



AN INTRODUCTION TO PLAY THERAPY

Play Therapy is a mode of therapy that helps children to explore their feelings, to express themselves and to make sense of their experiences. Play is child's natural medium to learn, communicate and to explore their worlds. Recovery from difficult life experiences can be facilitated by a Play Therapist allowing a child freedom of expression in a safe and trusting environment.

Conventional talking therapies may be inappropriate for children and young people who struggle to put their feelings into words. Play Therapy allows children the opportunity to explore and understand these feelings.

This two day workshop is aimed at experienced practitioners who work directly with children and want to develop their understanding of the use of play therapy and its techniques. This workshop would also be of interest to practitioners who are considering undertaking advance training to become a Play Therapist.

The workshop will explore the following areas:

- What is Play Therapy (models and theory)?
- Who can benefit from Play Therapy?
- What happens in a Play Therapy session?
- Developing contracts and boundaries in Play Therapy
- Types of Play
- Developing the Play Therapist tool bag
- Sources of further training

The two days will consist of tutor input, small and large group discussions and experiential exercises, which will encourage and facilitate rich a learning experience in a safe and supportive environment.