

Child in Mind Academy Ltd

Providers of Quality Training for Childrens Services



Therapeutic Play Skills

Therapeutic Play Skills are essential if we are to truly understand the emotional world of the children we are working with. This 2-day training will equip professionals with the skills necessary to build positive therapeutic relationships with children. You will learn how to facilitate the child's emotional expression, and perhaps more importantly to communicate your understanding of this expression enabling the process of healing to begin.

Difficult life experiences can leave children with no outlet for their 'too big' feelings. For some children this means they become locked in a cycle of fear and rage. For others the world has become such a scary place that they withdraw from it and 'shut down'. This training will provide you with the creative skills needed to really connect with these children and provide them with a positive means of expression.

Do you know a child who is struggling with:

- Building and maintaining relationships
- Low self-esteem
- Depression
- Lack of self control
- Antisocial attitudes and behaviours
- Aggression and violence
- Lack of empathy and compassion
- Peer relationship difficulties
- Physical violence to self and others

The 'Therapeutic Play Skills' training will provide you with the knowledge and skills to understand the underlying emotional reason for the child's difficulties.

The training is predominantly experiential in nature, supported by the necessary theory to aid understanding. Participants should come in comfortable clothing and be prepared to play!

Who is this training for:

This training is ideal for counsellors and psychotherapists wanting to introduce therapeutic play into their practice to enable them to better understand the children they are working with. The training will also provide an introduction into the world of play therapy for those interested in pursuing the further training needed to qualify as a play therapist.

If you would like more information on how to book your Therapeutic Play Skills training please contact us.

Day 1:

- The 'language' of play
- The neuroscience of communication
- The therapeutic relationship
- Links to attachment
- Metaphor and symbol
- The unconscious
- The building blocks of therapeutic play
- Introduction to therapeutic media
- Working with play
- Knowing your own blocks
- Art
- Music

Day 2:

- Movement
- Sand
- Small world toys
- Drama
- Puppets
- The play space
- Developmental play
- Measuring therapeutic understanding
- Measuring the outcomes
- Self care

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