Outline

Introduction: Ice breaker activity

Building Healthy Relationships: Attachment Theories

Video on neuroscience of attachment and the brain Mary Ainsworth: 4 types of attachment styles **Bolby Attachment Theory** Video of Still Face experiment

Group activity

Infant & Child Development Theory

Maternal mental health

Freud, Erikson, Piaget and Mahler Video: marshmallow test with children ages 3-5

Why Play?

Evidence supporting benefit of play Therapeutic powers of play Group activity

Play Therapy

Getting started Therapeutic benefit

Limitations & potential risks

Assessment and treatment

What is the need behind the behavior? What does the behavior tell us?

What are the skills behind the behavior?

Engaging Children in Play

Neurobiology of play Repair of developmental trauma Tools for self-regulation What is needed for a play therapy room: the basics From intake to termination An ongoing process

Creative Play Therapy Interventions for:

Sensory Aggression Anxiety

Sensory Processing D/O

Enuresis

Trauma/Grief Nightmare/Sleep Disorders

Hyperactivity

Divorce

Play Therapy and Techniques

Non-directive play

Client-centered play therapy

Sandtrav

Art & music

Dolls and dollhouse Case study and video

Developmental Play Therapy Ethical Issues of Therapeutic Touch

Intro to Dr. Courtney's FirstPlay® Kinestethic Storytelling Infant Massage FirstPlay® - Demonstration with baby dolls Becky Baily: Baby doll groups and "I love you rituals" Developmentally-appropriate songs and games

Directive Techniques

Fun with Feathers

Puppet Play 6 Senses Safe Place

Superpowers Fun with Food

Bubble Tennis

Pooh/Inside-Out Feelings

Favorite books and interventions

Casey's Greatness Wings

Greatness Sticks® Sandtray Interventions

Mindful Freeze Dance

Wiggle out the sillies

Sandtray play therapy

Case Studies will be shared throughout the workshop when introducing interventions to participants, so you will get real life examples of the therapeutic value of my most beloved play therapy interventions I use with young children.

Group Activity: creative reflection exercise

Final Community Activity

Target Audience: Play Therapists Psychologists • Counselors • Social Workers Educators • Occupational Therapists Occupational Therapy Assistants Speech-Language Pathologists

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PLAY Therapy for Young Children

Innovative Attachment-Based Interventions to Treat Behavioral and Sensory Challenges

FREDERICK, MD

Wednesday, February 20, 2019

ROCKVILLE, MD Thursday, February 21, 2019

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PLAY Therapy for Young Children

Innovative Attachment-Based Interventions to Treat Behavioral and Sensory Challenges

Featuring Tammi Van Hollander, LCSW, RPT



"If you trust play, you will not have to control your child's development as much. Play will raise the child in ways you can never imagine."

~ Vince Gowmon

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Objectives

- 1. Demonstrate at least 3 ways play therapy assessments are useful for setting therapeutic goals and treatment planning for your clients.
- 2. Design 4 ways play therapy techniques can be used to form healthy attachments, attunement, and regulation in the children you work with.
- 3. Build confidence in understanding and treating behaviors of infants and young children through 4. Learn 3 ways sandtray play therapy can quiet a
- child's nervous system when dealing with sensitive 5. Learn the skills that are needed to teach parents and caregivers how to play with their child and how to

make it a part of their daily routine.

- 6. Characterize how play therapy can reframe trauma experiences, increase self-regulation and connect to a mind/body awareness.
- 7. Summarize the importance and ethical issues of therapeutic touch when implementing play therapy.

Live Seminar & Webcast Schedule (Time listed in Eastern)

7:30 Registration/Morning Coffee & Tea

8:00 Program begins **11:50-1:00** Lunch (on your own)

A more detailed schedule is available upon request.

4:00 Program ends There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker.

PLAY Therapy for Young Children

Innovative Attachment-Based Interventions to Treat Behavioral and Sensory Challenges

Brain development is the most rapid in the first three years of life, and play therapy is integral in promoting healthy child development and sustaining the parent/child attachment.

This workshop is filled with appropriate, fun, play-based interventions to rewire the brain and create a sense of trust and safety in the infant and young child's world. Through play, children learn how to interact with the world around them, communicate and negotiate with others, discover emotions and empathy, ignite their imagination and creativity, boost resilience and self-esteem, and much,

This workshop will give you a clear understanding of attachment theory and child development, help you decipher the differences between developmental age and chronological age and most importantly, understand kids and the way they play.

Play therapy theories and techniques will include: Client-centered play therapy • Cognitive-behavioral play therapy • Developmental play therapy • Family play therapy • Theraplay®

Through videos, case studies and hands-on directive play-based activities, you'll increase your confidence to work with this young population and gain strategies for: Sensory Processing Challenges • Aggressive Behaviors • Anxiety/OCD/Perfectionism • Trauma/Grief • Co-regulation • Sleep Issues • Enuresis And more!

Children are sensory learners and play is a full sensory experience where children become engaged and make sense of the world around them.

Play will inspire and give you the tools to promote healthy development and attachment! Sign up today!

Speaker

Tammi Van Hollander, LCSW, RPT, is a licensed clinical social worker and registered play therapist. She is the owner of Main Line Play Therapy in Ardmore, PA where she works with children and families and also consults with local schools and community members. Tammi is an international speaker and a leader in the field of play therapy. She is a certified trainer for the Nurtured Heart Approach®, a certified FirstPlay® practitioner, trained in level one Theraplay® and EMDR. Tammi's work and creative interventions in the field of play therapy have been published and internationally recognized. She is the author of an attachment-based multi-sensory story titled Casey's Greatness Winas: Teachina Mindfulness, Connection and Courage to Children.

Tammi has been involved in international service work in the migrant camps in India, teaching volunteers and children about play and attachment, and is a part of the International Play Therapy Study Group and the Advanced Mastermind Group. Tammi specializes in attachment, sandtray play therapy and sensory integration working with children, families, and adults of all ages. She is regular faculty member at The Expressive Therapies Summit in NYC and LA. She is a sought after expert for speaking engagements, podcasts and webinars. She is a member of the Association for Play Therapy, NASW, and Specialist of Schools Organization.

Speaker Disclosure:

Financial: Tammi Van Hollander is the owner of Main Line Therapy, LLC. She receives a speaking honorarium from

Non-financial: Tammi Van Hollander is a member of the Association for Play Therapy.

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Play Therapy

Engaging & Powerful Techniques for the Treatment of Childhood Disorders

By Clair Mellenthin, LCSW, RPT-S

Play Therapy is filled with dozens of powerful play techniques adapted for use in individual, family, and group therapy, for schools, and at home. Discover how to use play therapy to treat: ADHD — Anxiety — Autism — Disruptive Behavior Disorders — Depression — OCD — PTSD — Trauma — Self-Esteem — Social Skills



60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan By Christina May Reese, LCPC, PHD

Attachment is the way that we connect to each other. Without attachment, people feel alone to deal with challenges they face, which leads to distress, dysfunction and mental health disorders. Improve your client's relationships by teaching them strategies to feel more connected, reestablish trust, and restore positive emotions. Dr. Christina Reese, a recognized attachment and trauma professional, has created a comprehensive guide that explains attachment over a lifetime, and offers trauma-informed approaches to treat attachment at any age.

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