



Trauma Sensitive Play Therapy Workshops

The makings of a Play Therapist

Foundations of the Play Therapy Relationship

January 12-13, 2017, 9:00 am – 4:30 pm

Beginner / Intermediate

Using Play Therapy to Heal from Trauma

February 15-16, 2017, 9:00 am – 4:30 pm

Intermediate / Advanced

Location for both trainings: Sadie Center for Learning and Excellence in Amherst, NY

Why Play Therapy?

The principles and practices of play therapy enable practitioners to engage and motivate child clients in the therapeutic process by harnessing the healing power of play. Play therapy enables the therapist to become a trusted part of the child's world. By grounding the therapist in the concept of using play as the process for client learning, play therapy training can help increase the insights, creativity and innovation of the therapist and make psychotherapy more developmentally appropriate for children.

Therapists strategically utilize play therapy to help children express what is troubling them when they do not have the verbal language to express their thoughts and feelings (Gil, 1991).

In play therapy, toys are like the child's words and play is the child's language (Landreth, 2012). We can't do therapy with children as if they are little adults. It's developmentally inappropriate and it's BORING!

Why these workshops?

These two workshops — “Foundations of the Play Therapy Relationship” and “Using Play Therapy to Heal from Trauma” — will provide clinicians with the foundations and creative interventions to work comfortably with children of all ages. Participants will learn hands-on, practical play therapy techniques that will help these children lower defensiveness and increase feelings of competency and success. Experiential activities, hands-on practice, and demonstration videos will be used to help participants gain insight into the child's world. *If you have child clients that are bored, disruptive or avoidant, then these two workshops are for you!*

Participants may take one or both workshops based on their interest, but some previous exposure to play therapy is needed to take the trauma workshop, as a basic level of understanding will be assumed.

Who Should Attend?

Social Workers, Psychologists, Family Therapists, Art Therapists, Psychiatrists, School Counselors, Child Life Specialists, Mental Health Counselors and Graduate Students.

Foundations of the Play Therapy Relationship

Trainer: Ann Beckley-Forest, LCSWR, RPT-S
January 12 – 13, 2017, 9:00 am – 4:30 pm
Beginner / Intermediate



Why This Workshop?

This two-day training will increase your confidence in working with children. Learn to design your space and choose materials to engage children therapeutically and create emotional safety.

Play Therapy is a way to approach children by entering their world and allowing them to express their worries and master struggles by using child-centered play and game-based learning.

We will explore the continuum of non-directive to directive play therapy experiences and how to know what is happening in the session. We will also consider how to increase your success with the interventions you already use, such as CBT, by making them engaging and fun.



Learning Objectives

Participants will be able to:

- Apply content to establish a play therapy environment in the office or on the go by selecting materials such as sand tray miniatures, puppets, and creative art supplies.
- Demonstrate in a practice session at least 3 ways to create emotionally safe spaces for children with the child-centered play therapy approach.
- Define each level on the continuum of directive, child-responsive and child-centered (non-directive) play therapy and give an example of the therapist's behaviors at each level.
- Show 3 ways to teach coping skills to children through movement and game based interventions
- Describe their own approach to involving parents in play therapy activities.



Who should attend?

Clinicians new to the field, new to working with children under 10 or who are afraid to work with kids. Also, anyone who needs a refresher on the “how-tos” of play therapy.



Using Play Therapy to Heal from Trauma

Co-Trainers: Ann Beckley-Forest, LCSWR, RPT-S
Annie Monaco, LCSWR
February 15 – 16, 2017, 9:00 am – 4:30 pm
Intermediate /Advanced

Who should attend?

Any therapist who is seeking creative interventions to help their traumatized clients. This workshop assumes a basic working knowledge of play therapy and seeks to enhance the skills and effectiveness of the therapist in using play therapy to help their child clients make progress on goals relating to trauma, attachment, grief/loss and digesting difficult experiences such as divorce.



Why This Workshop?

Please note: attendance at Foundations of Play Therapy workshop or prior training in play therapy is required.

The impact of both exposure to trauma and insecure attachment is now well understood to have a key role in most of the presenting problems for our child clients. As play therapists, we need a framework to help children move from being either avoidant of these experiences or “stuck” in post-traumatic play. This two-day training builds on foundational play therapy skills to understand the impact of trauma and how to help children digest trauma and difficult experiences to reduce their reactivity. Therapists will learn creative interventions as well as how to use the themes and metaphors of the child’s play to gradually approach and process traumatic material. We will review in depth the work of leading play therapists such as Paris Goodyear-Brown and Eliana Gil. A core component of this training is understanding attachment wounds and how to utilize attachment based activities and behaviors. You will also learn over 20 soothing interventions to manage dissociation and hyper-arousal.

Learning Objectives

Participants will be able to

- Compare how kids are “stuck” in post-traumatic play to developmentally expected play.
- Apply a phase model for trauma-informed play therapy to a current case.
- Demonstrate in a practice session their mastery of a play therapy based approach to assessing for trauma history.
- Analyze the themes of a child client’s play to amplify and suggest metaphors to gradually approach traumatic material.
- Explain the steps to follow in helping children construct a trauma narrative to digest the trauma fully.
- Apply 20 soothing tools to manage dissociation and hyperarousal in and out of session.
- Explain the mechanism of disrupted attachment and choose helpful attachment-promoting activities.

Trainers

Ann Beckley-Forest, LCSWR, RPT-S



Ann is a Licensed Clinical Social Worker in private practice, and has previously spent a year in Beijing, China, where she offered trainings in play therapy in several cities in China and in Singapore. Ann is a Registered Play Therapy Supervisor through the Association for Play Therapy

(a4pt.org) and has focused on interventions with children and adolescents throughout her career. She likes to say she became a play therapist because she never really grew up and loves having toys in her office! Her specialties include intervention with young children, as well as problems of attachment and child and adolescent trauma. She is certified in EMDR and an EMDR consultant-in-training as well as a faculty member of the Child Trauma Institute, through whom she has had the chance to offer trainings locally, nationally and internationally. Email: ann.beckleyforest@gmail.com

Annie Monaco, LCSWR

Annie Monaco is a Licensed Clinical Social Worker and a faculty member of the Child Trauma Institute & Trauma Institute and University at Buffalo School of Social Work liaison. Annie has over 25 years of experience serving children, teens, families and adults. She is a trauma therapist and has extensive training in complex trauma, family therapy, and play therapy. Her private practice includes a multitude of behaviors and issues including foster care, out of country adoptions, juvenile justice and dissociation.

Annie travels extensively throughout the US and internationally providing a multitude of trauma-informed trainings and agency and therapist consultation. Annie is a trainer of EMDR, Progressive Counting, and STAR (Strategies for Trauma Awareness and Resiliency). Email: traumatrainer@anniemonaco.com



Dates & Times

Foundations of the Play Therapy Relationship
January 12-13, 2017
9-4:30 daily

Using Play Therapy to Heal from Trauma
February 15-16, 2017
9-4:30 daily

Location

Sadie Center for Learning and Excellence
4955 North Bailey Avenue, Suite 108
Amherst, NY 14226

Cost

Foundations of the Play Therapy Relationship
\$185 Early Bird (before December 10, 2016)
\$200 Regular (after December 10, 2016)

Using Play Therapy to Heal from Trauma
\$200 Early Bird (before December 10, 2016)
\$225 Regular (after December 10, 2016)

Special Rate for Both Trainings

\$375 Early Bird (before December 10, 2016)

If you have 3 or more staff persons from an agency, please contact Ann Beckley-Forest at 716-553-2256 or ann.beckleyforest@gmail.com for a discount.

Registration

Please register for these workshops online at anniemonaco.com/register/.

If you need a printed registration form, please contact Annie Monaco at traumatrainer@anniemonaco.com or 716-289-2037.

Cancellation Policy

No refunds after the start of the program. There will be a \$100 fee for those canceling 30 or fewer days prior to the start of the workshop. More than 30 days prior to the start of the workshop, there will be a \$50 fee.

Continuing Education Hours

NYSED Contact Hours: 12 live in-person hours are approved for each two-day training; 24 live in-person contact hours if you attend all four days. Approval details are below. Full attendance is required; no partial credit will be awarded for partial attendance.

NYSED Social Work Contact Hours: University at Buffalo School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers. #0001

NYSED Mental Health Counselor Contact Hours: University at Buffalo School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0008.

NYSED Marriage and Family Therapist Contact Hours: University at Buffalo School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0007.

NYSED Creative Arts Therapist Contact Hours: University at Buffalo School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists. #CAT-0003.

ASWB ACE Social Work Credits: The University at Buffalo School of Social Work Office of Continuing Education, #1312 is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org through the Approved Continuing Education (ACE) Program. University at Buffalo School of Social Work Office of Continuing Education maintains responsibility for the program. ASWB Approval Period: 7/2/2015 - 7/2/2018. Social workers from states other than NY should contact their regulatory board to determine course approval for continuing education credits. 12 clinical continuing education credits are approved for each two-day workshop (24 credits if you attend all four days). Content level is beginning and intermediate for the first workshop; intermediate and advanced for the second workshop.

Trauma-Informed Certificate Programs offered through the University at Buffalo School of Social Work Office of Continuing Education: The two-day workshop on 'Using Play Therapy to Heal from Trauma' counts as 12 Skill Intervention or Elective hours for an additional fee.

Association for Play Therapy CEs: APT Approved Provider 15-406. 12 contact hours/CE's for each workshop.

Questions?

Do you have questions about the workshop? Which one to attend or the material being covered? Please contact Ann Beckley-Forest at ann.beckleyforest@gmail.com. or 716-553-2256.

ADA Accommodations

If you require any support for your ADA needs, please contact Annie Monaco at least 3 weeks prior to the event at traumatrainer@annimonaco.com or 716-289-2037.

Customer Service

We are happy to respond to any concerns or questions you may have. Please contact Annie Monaco at traumatrainer@annimonaco.com or 716-289-2037.



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P.1: [Pablo's cubism period began at three](#) by [woodleywonderworks](#)

P.2 (top to bottom): [Peinture by Frédérique Voisin-Demery](#), [Safe Places to Play and Hang Out](#) by [National Assembly for Wales](#), [Doll Faces](#) by [normanack](#)

P.3 (top to bottom): [Phnom Penh](#) by [ND Strupler](#), [Happy](#) by [David Robert Bliwas](#), [LEGOs](#) by [davidydave](#)

P.5: [Jugando con Playmobils](#) by [Manuel Martín](#)