

# **An Introduction to Humanistic Play Therapy**

## **Developmentally Appropriate Psychotherapeutic Work with Young Children**

**Date: 16<sup>th</sup> February 2019**

**Fee: €110**

This experiential day will introduce participants to non-directive play therapy skills and practice. It is not designed to qualify participants to engage in this work with clients – it is an introduction and skill building session that will introduce the theory and practice of play therapy. However, participants will develop skills which can be used to enhance relationships with children with whom they have contact in their personal and/or professional life. Participants will also experience the power of play in a very personal way. It is an ideal introduction to the field and will aid decision making in regard to possible subsequent training in the field.

Non Directive Play Skills - Demonstrations, practice and feedback

- Selecting and equipping play spaces for non-directive play
- Appropriate play materials
- Developing a relationship of trust with the player
- Providing structure
- Attending and responding to play
- Tracking and reflecting skills
- Reflecting content and feelings
- Non-verbal messages
  - Child's level
  - Facial expression and body language
- Verbal messages
  - Tone
  - Pitch
  - Developmental considerations
- Esteem building responses
- Recognising efforts and achievements

Learning Outcomes: Participants will have developed:

- An awareness of the principles of non directive play therapy
- Non-directive therapeutic skills
- An increased ability to assist children in developing their capacity for self regulation and decision making within the context of a safe, ethical relationship

**Course Facilitator: Nicola Kee, MIAPTP** is a Psychotherapist with a Specialisation in Play Therapy. She has a BA (Hons) in Childhood Studies with Behavioural Studies and a BA (Hons) in Social Studies in Social Care. She also holds a Certificate in Autism Studies. For over 20 years Nicola has been working with parents and their children who experience psychological distress such as trauma, bereavement, parental separation and separation anxiety. She also works with issues concerning adoption, attachment and behavioural difficulties. Nicola also has a background in working with children with disability using therapeutic play to aid their learning and development.

# CTC Booking Form

Please make additional copies as needed

## An Introduction to Humanistic Play Therapy

**Date :** 16<sup>th</sup> February 2019

**Venue:** Dromore National School, Crossroads, Killygordon, Co Donegal

**Times:** 10am – 4.45pm. Centre open from 9.45am.

**Payment:** Please include fee (or invoicing details) of €110, payable to Children's Therapy Centre

Name

Address

E-mail

Profession

& Place of

Mobile Phone Number

Amount of fee Note: Fee includes tea/coffee break but not lunch.

enclosed

Cheque - Postal Order - Bank Draft - Online transfer to bank a/c

**If you require an invoice please give full details of whom it is to be sent to:**

Bookings: Return booking form with fee to CTC, Tír Na nÓg, Slievenagorta, Ballymore, Mullingar, Co. Westmeath, or email to [childrenstherapycentre@gmail.com](mailto:childrenstherapycentre@gmail.com) and send payment in post. Cheques should be made payable to Children's Therapy Centre.

Cancellations: In the event of any cancellation a booking fee of €50 will be retained. Full fee is non refundable in the event of cancellations within 2 weeks of the event, although substitutions are possible.

Further Details: Eileen Prendiville 087 6488149, [childrenstherapycentre@gmail.com](mailto:childrenstherapycentre@gmail.com), [www.childrenstherapycentre.ie](http://www.childrenstherapycentre.ie)  
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