

# CTC Intensive Training Workshop

## Diversification for Play Therapists Series

### Delivering Therapeutic Mental Health Programmes in Schools

**Edel Lawlor**

**Date: 19<sup>th</sup> May 2018**

**Fee: €110**

Play therapists often need support in entering new markets and providing a broader range of child and family interventions in addition to play therapy. This workshop is part of a series of training events which support this diversification of practice by play therapists and other suitably qualified professionals.

This experiential training day addresses all that is involved in planning, developing, and delivering therapeutic mental health programmes for children in primary school settings. It focuses on two creative arts based programmes that Edel developed:

1. Happy Hearts, Happy Heads - a mental health programme for primary schools. This programme is designed and delivered to raise awareness about mental health in children. A 3 tier approach is used, involving children, parents and teachers, so that everyone gets to learn about mental health and ways big people can look out for little people's hearts and heads. The children's sessions include the use of stories, arts and puppets.
2. To Leave with Ease – making the transition from primary school to secondary school. This full day programme involves a full school day creative workshop with 6th class students. The idea is to help students with concerns they may have about secondary school, celebrating change and recording positive memories of primary school through creative activities. It also includes a parents workshop (evening) - helping parents to help their children with transition and exploring the world of teenagers.

Content during this training day includes:

- Linking mental health, wellbeing, and personal development with specialised programmes
- Working with schools using a 3 pin approach: children, teachers and parents;
- Setting up and promoting both the *Happy Hearts, Happy Heads* and the *To Leave with Ease* programmes;
- Advertising and networking;
- Materials required;
- Delivering both programmes, including content.

**Edel Lawlor** is a child and adolescent psychotherapist specialising in play therapy, she also has qualifications in; Sand Tray Therapy, Social Care, Therapeutic Art and Theraplay. Edel has 20 years experience of working therapeutically with children and families from a variety of backgrounds, setting up her own centre, 'Expressive play', in Kilflynn, Co. Kerry in 2005. Edel has supported children and parents through one to one therapy and also group workshops. She has developed several school programmes for children to enhance self-esteem and cope with transitions such as secondary transition. Edel also provides training for students and professionals working with children in; Child protection, Therapeutic play skills, The effects of domestic violence on children, Understanding parenting struggles and supporting parents, Parenting on the path of recovery and many more. Alongside these Edel facilitates her own parenting support programme 'Creative parenting'. Edel's work has been acknowledged at local and national level and published in a chapter in 'Parenting in Modern Ireland' in 2015.

# CTC Booking Form

Please make additional copies as needed

## Delivering Therapeutic Mental Health Programmes in Schools

19<sup>th</sup> May 2018

**Venue:** CARI Foundation, Ennis Road, Limerick  
**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 (available locally or bring a packed lunch).  
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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