

# **Children's Therapy Centre: Play Therapy Showcase**

## **Applying Play Therapy Concepts Across Diverse Settings**

**15<sup>th</sup> June 2019**

This training will be of great interest and benefit to a range of professionals including, but not limited to, teachers, social workers, play therapists, psychologists, psychotherapists, foster carers, family support workers, childcare staff, and parents. Policy makers and service managers will also gain a lot from the exciting content and will soon recognize its relevance in providing therapeutic responses to children in both care and educational settings. Child therapists in attendance will develop valuable skills in working effectively with adults in the child's wider systems to support their healing and healthy development. We will focus deep attention on the therapeutic powers of play and highlight the importance of the practice of play therapy, and the usefulness of developing skills associated with play therapy for broad a range of those who engage with children who may be struggling with emotional and/or behavioural issues. We will consider a range of diverse settings (e.g. residential, community, medical, therapeutic, care and educational) in which play therapy concepts can be usefully applied. We will be mindful of the common occurrence of adverse childhood experiences (abuse, neglect and childhood challenges), and the mounting evidence of the associated negative consequences on mental, physical and social wellbeing throughout the lifespan. Early play-based interventions can significantly address and reduce the impact of such experiences, reduce toxic stress, and stimulate the development of more healthy neural pathways. This facilitates the expansion of the child or adolescent's window of tolerance so that they can achieve and maintain optimal levels of arousal rather than being triggered by innocuous stimuli into states of hyper- or hypo-arousal. Play is the ultimate medium to engage a child in healing activities.

We will open with a Keynote Presentation, "**Knowing Me-Knowing You**" by Gabrielle Eisele, that focuses on how we can provide a therapeutic response to problematic behaviours which are common to children who have experienced developmental trauma and that often act against them getting their attachment needs met. Such behaviours often arouse in others the very opposite response to what the child most needs to experience in relationships. This will be followed by a presentation by Carol Duffy on the "**RRight Play Therapy Techniques**" which offers professionals in all areas a neurobiologically informed model which facilitates the smooth merging of play skills with existing practices.

We will continue with a series of diverse panels and presentations and a whole host of experiential activities. We learn by doing – so active learning for all and an abundance of take home skills for all those who are involved with children and who want to facilitate them in remaining within their zone of optimal arousal!

## **Knowing Me~Knowing You**

### **Attachment Awareness & Positive Relationships with Children**

The keynote presentation, by Gabrielle Eisele, Play & Filial Therapist and Supervisor, focuses on understanding how children with complex attachment histories present relationship challenges and how various professionals and carers might respond sensitively and helpfully within their role. We are all shaped from before birth to adulthood by the world of relationships we live through. Our first relationship with our primary attachment figure, either secure or insecure, underpins our sense of identity, our expectation of others and our view of the world. If this is less than 'good enough' then other relationships can be fostered to heal and fill the gaps but this requires deep awareness, understanding and expertise. In this presentation we will initially look at how attachment formation develops and what can undermine the achievement of a secure attachment. We will then consider how we as professionals, parents, and carers can increase our understanding of both their experience of relationships and our own so that we can understand, support, and rebuild bonds with the children we care for. This facilitates us in providing more therapeutic responses to the challenges these children present.

#### The presentation will:

- Expand on current knowledge of the process and styles of Attachment Formation;
- Consider attachment formation difficulties as underpinning issues for concerning behaviours;
- Offer new and more successful responses to concerning behaviours informed by Attachment Theory;
- Explore approaches which strengthen attachment relationships within families, and between professionals and the children and parents/carers with whom they work.

The Keynote Presentation will be followed by a range of sessions, with a wide variety of contributors, which will provide opportunities for short presentations and engage delegates in a range of experiential activities. These sessions will address areas with relevance to supporting children in a range of diverse settings; achieving and maintaining optimal levels

of arousal; understanding relevant neurobiology; creative ways to support children struggling with a range of difficult emotions; planning neurosequentially informed interventions for a range of children, adolescents and adults; developmentally appropriate tools to engage children based on the context of the setting in which the work is placed; and enhancing your toolkit of practical play therapy informed techniques for all age groups.

We will also have:

- A 'Play Therapy Bazaar' at which the presenters will showcase therapeutic activities they have designed or adapted to activate the therapeutic powers of play to assist children in gaining empowerment over difficult emotions and to resolve issues with which they struggle;
- 'Stations' at which there will be a range of therapeutic activities for delegates to visit and engage with to explore materials that are useful in enabling stressed children to become more regulated;
- Children's Therapy Centre MA alumni will display and discuss a number of Poster Presentations summarising their research dissertations. These will address a number of topics with relevance to psychotherapy and play therapy.

The Research Posters will be on display throughout the day and there will be time allocated to visit the sites, review the material, and engage with the presenters. Poster presenters will also take part as members of a panel to give brief information about their topic area and to present links between their research area and ways in which play therapists and other professionals can support children with whom they work.

### **Overall Objectives:**

- Examine how play therapy concepts and skills may be systemically applied to diverse settings, including the family home, schools, health care and community-based settings.
- Explore ways to enhance the skill set of multi-disciplinary team members in regard to assisting children struggling with emotional and/or behavioural issues with whom they engage.
- Explore approaches which strengthen attachment relationships within families, and between professionals and the children and parents/carers they work with.
- Discuss a broad range of research applicable to diverse settings
- Reflect on own therapeutic practice and ability to apply play therapy skills to diverse settings

## Learning Outcomes:

- Participants will develop a clear understanding from a **neurobiological, attachment and trauma informed lens** on reasons behind engaging with play skills in their practice and how this will undoubtedly enhance their practice
- Participants will learn an *organising framework* to support decision making around the **when, what, why and how** to use the play skills demonstrated.
- Participants will leave with **practical and easy to implement play skills** that will support their understanding of clients and enrich their potential to develop more **meaningful and supportive relationships** with children and to further support this between children and their families and this will also lend itself to **greater communication potential**.
- Participants will learn practical play skills that are suitable for use as an **enhancement and enrichment of existing models of practice**.
- Participants will learn Play Therapy Techniques that are designed to promote **self-regulation and positive relational experiences** with their child clients and families.

**Gabrielle Eisele** is a BAPT Play & Filial Therapist and Supervisor. She has been working with children and young people in a range of roles across the UK and America for over 40 years. These diverse roles include: Specialist Advocate for disabled children and young people, Special Needs Play Development Worker, Adviser for the Family Fund Trust, Portage-worker, high school, college and university lecturer, child-worker for Women's Aid, Expert Witness for the courts on children's attachment relationships, as well as providing training in all areas of child welfare and development, mental health, therapeutic work and Autism across the country. Gabrielle has specific interest in the impact of adversity on in-utero and early-years development. She established and manages The Nurturing Families Programme which is an early intervention model based on Filial and Systemic Family Therapy.

Gabrielle is co-founder and Service Manager of The Windfall Centre in Wales.

**Carol Duffy** MIAHIP, MIAPTP, is a senior play therapist in Tusla and a supervisor and core trainer at the Children's Therapy Center. She has over 16 years experience working with developmental and relational trauma and attachment disruptions, particularly with children in alternative care. Carol is active in the promotion of play and playfulness in all areas of children's lives and advocates for the importance of regulation, particularly co-regulation and positive relational experiences being available for children in their day-to-day lives. Carol believes in the unbridled potentials that the therapeutic powers of play offer all professionals when they marry play with their existing practices.

# CTC Booking Form

Please make additional copies as needed

## Applying Play Therapy Concepts Across Diverse Settings

**Venue:** Breffni Suite, Johnstown Estate, Enfield, Co Meath

**Date and Times:** Saturday 15<sup>th</sup> June 2019 9.30am – 5pm **Deposit to secure booking: €50**

Name

Address

E-mail

Mobile Phone:

Occupation

Special Dietary or other  
requirements:

Amount of fee enclosed €50 deposit or full fee?

Nature of payment: Cheque - Postal Order - Bank Draft - Online transfer to bank a/c

**Please Select Conference Fee below: Fee includes lunch and tea/coffee breaks.**

\_\_\_\_ **Standard Fee for 15<sup>th</sup> June** ..... € 130

\_\_\_\_ **Reduced fee if attending TraumaPlay training also** (Booked and paid in full by 30<sup>th</sup> Feb 2019)..... € 90

There will be a €40 reduction in conference fee (€90 instead of €130, including lunch) for those booking the Conference and the 'TraumaPlay<sup>SM</sup>: A Flexibly Sequential Play Therapy Model for Treating Traumatized Children' training with Paris Goodyear-Brown on the following two days and paying for both events prior to 28th February 2019.

**Are you are interested in attending the TraumaPlay<sup>SM</sup> event also:** Yes \_\_\_\_ No \_\_\_\_

**Accommodation if required (Special Conference Rates):**

\_\_\_\_ **Bed & Breakfast** for \_\_\_\_ nights:

**Single Room (total):** Fri or Sat night: €169 \_\_\_\_, Sun Night: €139 \_\_\_\_, Special rate for any two nights: €278 \_\_\_\_

**Shared Room (total):** Fri or Sat night: €179 \_\_\_\_, Sun Night: €149 \_\_\_\_, Special rate for any two nights: €298 \_\_\_\_

Indicate if double or twin \_\_\_\_\_ required and who you will be sharing with: \_\_\_\_\_

**When deposit is received you will be issued with a detailed Fee Statement.**

**Bookings:** Return booking form with deposit/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 or pay by electronic transfer. Cheques should be made payable to Children's Therapy Centre. **As reference for electronic transfers you need to use 15June and your initial and surname (e.g. Ref: 15JuneJ.Doe)**

### Bank Account Details:

**Name and Address:** Permanent TSB, O'Connell Street, Limerick, Ireland **Account Name:** Children's Therapy Centre

**Account Details:** Sort Code: 99 07 23 **Account Number:** 86173408

**Swift / BIC code:** IPBSIE2D **IBAN –** IE49IPBS99072386173408

**Cancellations:** In the event of any cancellation a booking fee of €50 will be retained in respect of the 15<sup>th</sup> June. Full fee is non-refundable in the event of cancellations within 1 month of the event, although substitutions are possible.

**Further Details:** Siobhán Prendiville 086 1962501, Email: [childrenstherapycentre@gmail.com](mailto:childrenstherapycentre@gmail.com),

**Website:** [www.childrenstherapycentre.ie](http://www.childrenstherapycentre.ie) **Facebook Page:** <http://on.fb.me/CTC-facebook>