

An Introduction to Humanistic Play Therapy

Developmentally Appropriate Psychotherapeutic Work with Young Children

Date: April 13th 2019, Limerick

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 Outcome: 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: Cathy O'Donoghue **M.I.A.P.T.P, MA Humanistic & Integrative Psychotherapy and Play Therapy, B.Ed** is an experienced and accredited psychotherapist with a specialisation in Play Therapy. She has worked as a teacher, trainer, workshop facilitator and psychotherapist in a variety of settings. Cathy worked in a systemic manner with children, adolescents, parents and siblings providing specialised child-centred psychotherapy and support to families who have been affected by CSA at the CARI Foundation from 2014-2018. She also works with children who engage in harmful sexual behaviours. Cathy now maintains a very busy private practice, where she works with children and adolescents presenting with a wide range of issues including anxiety, emotional regulation difficulties, developmental delays, learning and attentional difficulties, grief, parental separation, bullying and peer difficulties as well as more complex issues such as attachment difficulties and children who have experienced abuse and trauma. Cathy works from an integrative, person centred perspective and endeavours to build strong working relationships with parents/carers using creative approaches to empower parents towards greater awareness and presence in their parenting. She is trained in Filial Therapy and Circle of Security Parent group facilitation. She has also designed and delivered trainings and workshops for parents, teachers and other professionals on the power of play and unconditional positive regard when relating to and working with children. Cathy also teaches on our MA Programme.

CTC Booking Form

Please make additional copies as needed

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Dates: 13th April 2019

Venue: CARI Foundation, Ennis Road, Limerick

(not wheelchair accessible)

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 Employment

Mobile Phone Number

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

Nature of payment: 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 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: Siobhan 086 1962501, childrenstherapycentre@gmail.com, www.childrenstherapycentre.ie Website: www.childrenstherapycentre.ie Facebook Page: <http://on.fb.me/CTC-facebook>