

YELLOW STREAM PROGRAM

Certificate in Attachment-Based Play Therapy

Who Should Attend?

The yellow stream programs are designed for those practitioners who wish to add to their play therapy training resume. All hours accumulated in the yellow stream count towards play therapy certification. Practitioners require a total of 30 days of play therapy training as one part of their requirement for certification. This course prepares Counselors to screen for attachment issues, to formulate treatment plans, and to adapt a variety of play-based activities to enhance parent-child relationships.

Entrance Requirements

Completed or attending a graduate degree in Counseling, Psychology, or Clinical Social Work, or completion of the Certificate in Therapeutic Play Skills Program (Green stream).

Required Reading

Hughes, D.A. (1997). *Facilitating developmental attachment; The road to emotional recovery and behavioral change in foster and adopted children*. Jason Aronson Inc, Northvale, NJ.

Levy, T. M. (Ed) (2000). *Handbook of attachment interventions*. Academic Press, San Diego, California.

Location of Training

Training program is held at your site or at the Rocky Mountain Play Therapy Institute in Calgary, Alberta Canada.

Module Descriptions

Course Description

The "Attachment-Based Play Therapy Certificate" Program is divided into 5 one-day modules. Each module will include specific topics related to attachment theory, assessment and engagement protocols and relationship-enhancement interventions. As an organizing framework, participants will be introduced to the "*Brightening the Relationship*" model, published by RMPTI, through a detailed case example illustrated on videotape, will engage in screening/assessment activities, as well as case conceptualization and treatment planning strategies. The goal of this program is to enhance therapist awareness of clinical judgment in selecting, tailoring and implementing relationship-enhancement treatment activities, particularly the therapist's role in vitalizing attunement and methods of conceptualizing and working with adult attachment issues. Case vignettes are used to foster case conceptualization and treatment planning skills. Materials included.

Module 1:

- Attachment through the Life Cycle - Introduction
- Attachment behavior system
- Progressive drawing exercise
- The significance of internal working models
- Infant attachment - assessment & classification
- Video examples
- Origin of self and affect regulation
- Attachment in middle childhood
- Diagnostic classifications
- Attachment patterns in adolescence
- Understanding the impact of relational trauma
- Use of process journal

Module 2:

- Adult attachment - introduction to current theory and research
- Vitalizing attunement – therapist’s role
- Self awareness exercise – “Play Time”
- Factors to consider in assessment and treatment planning
- Existing models of relationship-enhancement therapies
- *Brightening the Relationship* - Introduction to model
- Relationship domains
- Introduction to case; attachment script interview
- Play-based parent child observation - practical exercise

Module 3:

- Introduction to relationship dimensions interview
- Phases of treatment – applications of the *Brightening the Relationship* model
- Case example – case formulation and treatment planning
- Tailoring play-based treatment interventions for each relationship dimension – compassion; empathy; insight; circles of communication; reflective dialogue; mindsight
- Practical exercises for each relationship dimension
- Case study assignment

Module 4:

- Case presentations – designing phases of treatment and adapting relationship-enhancement activities
- Working with adult attachment issues
- Practical exercises

Module 5:

- Special topics – a) adults & relational trauma, b) families of children with special needs, and c) adopted children
- Linking assessments to therapeutic goals
- Monitoring treatment outcomes and effectiveness
- Communicating outcomes to parents and third parties

Learning Objectives

To introduce practitioners to a dynamic play-based process for conceptualizing and intervening on relational issues. To provide the practitioner with a comprehensive and sound screening-assessment approach, linking play-based interventions to relational needs and issues.

Upon successful completion of the course each participant will have gained:

- Theoretical knowledge of attachment organization and how it surfaces in the attachment behaviors and sequences of children.
- An understanding of the primary relational domains
- An appreciation for the impact of relational trauma and the role of the adult attachment system in parent-child work.
- An understanding of screening-assessment strategies, including parent script interviews and parent-child observations.
- An understanding of how to engage parents in the treatment process
- An appreciation of the critical factors in treatment planning and the stages of treatment.
- A practical understanding of how to monitor treatment outcomes and provide feedback to parents and third parties
- An understanding of how to adapt play-based interventions for specific referral issues.

Methods

- Experiential learning activities
- Video clips
- Case vignettes/examples
- A competency based role play demonstrations
- Process journal

Awards

Participants will receive a Certificate in Dynamic Play-Based Assessment from Rocky Mountain Play Therapy Institute and PTI/IBECPT.

The certificates will be awarded on the basis of:

- Satisfactory attendance (no whole module may be missed unless there are extenuating circumstances. A makeup assignment may be requested depending on time missed).
- Completion of two critiques of assigned readings
- Completion of a written case study/treatment plan
- Satisfactory role-play demonstration of a dynamic play-based relational activity

How can I apply these skills?

Participants will be able to utilize a screening-assessment protocol and develop a treatment plan specific to referral issues. Additionally, participants will be able to effectively tailor play-based strategies to enhance treatment effectiveness.