

YELLOW STREAM PROGRAM

Certificate in Play-based Treatment of Trauma

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 use a variety of play-based interventions when working with traumatized children and adolescents.

Entrance Requirements

Completed or attending post-graduate level degree in Counseling, Psychology or Clinical Social Work or Completion of the Certificate in Therapeutic Play Skills (Green Stream). Some experience working with traumatized children is suggested.

Required Readings

Johnson, K. (1989). *Trauma in the lives of children*. Alameda, CA: Hunter House Inc.

Location of Training

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

Course Description

The "Certificate in Play-based Treatment of Trauma" Program is divided into 5 modules. Each module will include specific topics related to use of play with traumatized children, youth, and families. Participants will have the opportunity to engage in experiential play and expressive activities useful in the processing of situational, sexual, physical and emotional trauma. Participants will be exposed to various theories related to the treatment of trauma. Directive and non-directive approaches will be explored. The goal of this program is to deepen participants' understanding of the assessment and treatment of trauma. The program focuses on assisting participants to track the play process and manage legal and ethical issues.

Module Descriptions

Module 1:

- Introduction to the trauma spectrum
- The response to crisis pathways
- Children's reactions to trauma
- Theoretical underpinnings
- The directiveness continuum
- Personal exercises
- Experiential exercises with case studies
- Personal process journals (provided)

Module 2:

- Post Traumatic Stress Disorder
- Post Traumatic Stress Disorder reactions among children and adolescents
- Child development, trauma and memory
- Assisting caregivers and schools to intervene with troubled children
- Play and expressive interventions: Assessment
- Play and expressive interventions: Treatment
- Identifying re-enactments and trauma fragments
- Experiential exercises
- Video examples and slides
- The directiveness continuum / Case conceptualization

Module 3:

- Working with situational trauma: Loss, life transitions, natural disasters and situational crisis
- Case examples
- Practice using: Release play therapy (Play Therapy room experience)
- Practice using: Non-directive play therapy (Play Therapy room experience)
- Decision-making – how directive should I be?
- Tracking significant issues
- Recording observations, themes and process
- Consciousness dimension and use of interpretations
- Case conceptualization and planning

Module 4:

- Warm-up exercise
- Working with sexually abused children and adolescents
- Issues for consideration
- Experiential exercises using play therapy: sandplay, dollhouse, puppets, expressive art
- Enquiry and tracking with adolescents
- Caregivers and third parties – How to provide feedback?
- Case Presentation – Present a case you have worked on and describe the play-based intervention used
- Summary and Homework

Module 5:

- Working with physically and/or emotionally abused children and adolescents
- Issues for consideration
- Experiential exercises using play and expressive techniques: storytelling, bibliotherapy, art, mask-making, movement
- Case examples
- Ethics and practice guidelines when working with legal matters
- Hand-in “Case conceptualization”

Learning Objectives

To provide an overview of special issues related to the treatment of trauma.

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

- An introduction to trauma and efficacy of treatment
- An opportunity to work with a number of play-based approaches as related to the treatment of trauma
- A deepened understanding of how to intervene with traumatized children and adolescents
- An understanding of the special considerations when working with the spectrum of trauma
- An appreciation of the ethics, guidelines and legal issues related to treating abused children and adolescents
- Ways to provide feedback to parents and third parties
- An understanding of when to be directive or non-directive

Methods

- Experiential activities
- Video clips
- Case examples
- Reading assignments
- Written case conceptualization
- Case presentation

Awards

Participants will receive a Certificate in Play-based Treatment of Trauma 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 readings
- Satisfactory completion of a written case conceptualization
- A successful presentation of a case study

How can I apply these skills?

Participants will be able to assess for a history of trauma when working with children, adolescents. They will be able to use a range of play and expressive approaches when working with traumatized clients. Additionally, participants will be aware of legal obligations and understand how to provide feedback to third parties.