



## Rocky Mountain Play Therapy Institute

### Red Stream: Advanced Theory and Techniques in Play Therapy

The Red Stream Advanced Theory and Techniques program is a 10-day (75 hours) certificate program designed for those in post-secondary or graduate programs who wish to enhance their current professional designations. As an advanced program, participants must have taken the Green Stream Foundations of Play Therapy program (or equivalent). Combined, these two programs offer 150 hours of approved training. It is recommended that participants have a background in child development and are actively working with children in a treatment-oriented setting.

The Red Stream Advanced Theory and Techniques program course is divided into five, two-day modules. Each module will include core topics necessary to certify as a play therapist. There is a heavy emphasis on specialized play therapy techniques and special topics. Participants have an opportunity to practice skills in fully equipped play therapy rooms. Group learning emphasizes the integration of theory and practice, along with group consultation. Individual supervision is also available upon request, outside of course hours. The goal of this program is to expand assessment and treatment planning skills, increase competence in the use of various play therapy modalities, and gain practical skills as a practitioner in play therapy. Students are to submit a detailed case study to facilitate integration of course material. Students will have three months to complete the required written assignment.

To access program dates see the training calendar at [www.rmpti.com](http://www.rmpti.com)

#### Who Should Attend?

The Red Stream Advanced Theory and Techniques in Play Therapy program will be of interest to those practitioners who are currently working with children in a treatment-oriented setting. Those currently enrolled in post-secondary institutions or graduate programs may also use this program as a way to build on their current professional designations. As an advanced course this will enhance your ability to market a specialization as well as prepare for Certification or as a Play Therapist.

**Entrance Requirements:** Attending or completed post-secondary education. Completion of the Foundations of Play Therapy Program (or equivalent)

**Location of Training:** Customized training is held at your agency site or at the Rocky Mountain Play Therapy Institute in Calgary, Alberta Canada.

## **Module Descriptions**

### **Module 1**

#### ***Day 1: Advanced Treatment Planning using the Play Therapy Dimensions Model***

- Use of the PTDM in supervision
- Use of the Client Moderating Factors Form in your practice
- Use of the Immersion/Therapist Self-Evaluation Scale
- Use of the PTDM Tracking and Observation Form
- Practical exercises using case examples

#### ***Day 2: Attachment: Play Based Interventions and Approaches***

- Identify primary domains for tracking attachment behavior
- Co-regulation and the psychobiology of attachment
- The Filial Therapy Approach
- Theraplay Approach
- Considering adult attachment organization when working with children and caregivers

### **Module 2:**

#### ***Day 1: Spontaneous Creative Interventions in Play Therapy***

- How to make use of case conceptualization and tracking of themes
- Having supplies available to move art into play and play into art
- Freeing your spirit – using intuition versus structured games
- Turning structured games and activities into unstructured, non-directive activities
- Using children's creativity in play sessions
- Finding ways to see that "what looks like nothing is often something important"

#### ***Day 2: Family Play Therapy***

- Defining Family Play Therapy
- Important elements and phases of brief Family Play Therapy
- Preparing the family members for play sessions
- Family Play Assessment
- Providing feedback to parents
- Role play opportunities using a case vignette

### **Module 3:**

#### ***Day 1: Group Play Therapy***

- Directive and Non-directive play therapy groups
- Group design and process
- Power of group dynamics
- Caregiver roles
- Monitoring progress

## ***Day 2: Facilitative Play Approaches with Autism Spectrum Disorders***

- Examining PDD and ASD from a play-based perspective
- Facilitative play strategies
- Including parents as agents of change
- Goal setting and tracking progress
- Experiential exercises

### **Module 4:**

#### ***Day 1: Advanced Sandplay***

- Understanding sandplay theories and the therapy process
- Use of sandplay therapy with children; what to expect at different developmental stages
- Experiential exercises: static and dynamic sandtrays
- Using sandplay with specific referral issues: trauma, divorce, adjustment issues
- Special considerations when working with siblings or families

#### ***Day 2: Working with Highly Aggressive Children***

- Pathways to aggressive and disruptive behaviours
- How play therapy fits within a multi-modal treatment approach
- Effectively managing aggressive behaviours in the play room
- Moving along a continuum of interventions; decision-making factors
- Integrating various models/approaches to play therapy (Cognitive Behavioral, Adlerian, Gestalt, etc.)

### **Module 5:**

#### ***Day 1: Working with Anxious or Depressed Children***

- Identifying internalizing problems through children's play
- Examining and enhancing resiliency factors
- Considerations for treatment planning: goals setting in areas such as coping skills and self-esteem
- Specific play-based techniques for the anxious or depressed child (e.g., therapeutic storytelling, psychodrama, music & movement)

#### ***Day 2: Ethics and the Law***

- Understanding the therapeutic contract: Who is the client?
- The Play Therapist as Expert Witness (video example)
- Examining best-practices and competency issues
- Tips for safeguarding your practice
- Therapist safe-care and self-evaluation
- Ethical supervision
- Advance group discussion: ethical dilemmas

## Learning Objectives

To provide participants with an opportunity to integrate play therapy theory and techniques, as applied to specific referral issues and populations. Upon successful completion of the five modules each participant will have gained:

- An understanding of how to utilize family play therapy strategies
- An ability to identify the sandplay process and applications of sandplay therapy to working with children at different developmental stages
- An awareness of play-based behaviours exhibited in children with internalizing difficulties and an understanding of specific intervention strategies
- An advanced understanding of ethical and legal issues for play therapy practitioners
- An ability to engage and work with children with disruptive and aggressive behaviours
- An understanding of play-based approaches for enhancing attachment
- An understanding of the play therapy process and the role of the play therapist
- An ability to set up play therapy groups and tailor interventions for specific referral issues
- An ability to make use of the intuitive self
- An awareness of the competencies required for setting up an effective play therapy practice

## Instructional Methods

- Experiential activities
- Case examples
- Role plays and video taping
- Reading assignments
- Small group activities
- Video presentations
- Slides
- Session seminars
- Written exercises
- Group consultation

## Certificate Award

Participants will receive a Certificate in Advanced Theory and Techniques in Play Therapy from RMPTI. The certificate confirms the completion of 75 hours of specialized play therapy training approved by APT (Approved Provider #06-179) and CACPT. All training hours count toward certification or registration as a Play Therapist. The Certificate is awarded on the basis of:

- Satisfactory completion of a written case study
- Continuous evaluation by instructor of course work contributions and core competencies using a structured feedback form
- Satisfactory attendance (no whole module may be missed unless there are extenuating circumstances. A makeup assignment may be requested depending on time missed)

How can I apply these skills? Participants will be able to work with a range of presenting issues utilizing multiple play therapy techniques in an integrated manner. Participants will have the ability to work with children individually, in groups, and in a family setting. Upon completion of the program participants will be able to develop detailed case plans and tailor interventions to specific populations.

\* For certification standards as a Play Therapist visit [www.playtherapy.ca/careerdevelopment1.html](http://www.playtherapy.ca/careerdevelopment1.html)

## **Beyond the Diploma Program what do I need to be a Certified Play Therapist ?**

\* For standards for certification visit [www.rmpti.com](http://www.rmpti.com) or see the Certification standards section on this disk

- A Graduate Degree including specific courses
- Clinical practice hours equaling 2500 hours

Canadian participants will forward their full applications to Play Therapy Canada for review. Applications are then forwarded to Play Therapy International for final award of Certified Play Therapist credential.

Duration: (5x) 3-day modules or (3x) 5-day intensives over a 7-9 month period

### **How can I apply these skills?**

Participants will be able to work as play therapists, applying play-based assessment and treatment approaches to a variety of referral issues. The play therapist will be conversant in a number of play modalities, such as art, music, puppets and sandplay, and be able to tailor interventions accordingly. A thorough understanding of the play therapy process, and various theories of child psychology and psychotherapy, will allow you to represent your work through written reports as well as during case conferences. Additionally, participants will learn how to work effectively with families and various referral sources, providing timely and effective interventions. You will have obtained the skills necessary for establishing a practice as a play therapist or to work as part of a multi-disciplinary team.