



# PLAY THERAPY

By Dr Patricia Sherwood

Play Therapy- an evidence-based approach

**2 Day Workshop**  
**4<sup>th</sup> & 5<sup>th</sup> March 2019**

**A module of the Certificate of Artistic Therapies from Sophia College, Australia.**

Play Therapy using a Casework Approach demonstrates clearly processes for diagnosis, intervention and evaluation. The workshop will also cover documentation processes for artistic therapies.

## Who Should Attend?

This workshop is for anyone working with or has the desire to work with children or families- teachers, counsellors, social workers, occupational therapist, art therapist, dance therapist, mental health nurses, psychotherapist and other mental health professionals and students in this field.

It is suitable for those working or studying in fields including education, special needs, allied health, hospital play therapy, disability and child support areas and who have a strong interest in supporting children's emotional/psychological growth and development.

## WHY PLAY THERAPY?

- Communication medium ideal for children with limited verbal skills
- A non-judgmental approach
- Engages the child or adolescent in languages that increase their inter personal and intrapersonal communication
- Encourages clients to express their feelings, experiences and cognitive functioning.
- Apply Play Therapy for
  - Emotional Development
  - Psychosocial Development
  - Cognitive Development



**Kimochis: Sensory tools used for Play Therapy**

# EXAMPLES OF PLAY THERAPY

*that includes using: toys, puppets, or stories or a combination of these to promote therapy*



## Day 1 – Areas Covered

- Introduction to play therapy and attachment theory;
- Play therapy: indications and contra indications for clients;
- Non directive play therapy: theory and experiential exercises;
- Directive play therapy use for diagnosis;
- Role of the counsellor/therapist in play therapy and Interventions;
- Evaluation of efficiency and documentation.

## Day 2 – Areas Covered

- Experiential Exercises:
  - Playing with Puppets & Masks
  - Drawing for diagnosis and pre and post interventions
  - Processing scenarios with Visual Cards
  - Selection of play items for and effective play therapy room
  - Life Span development interventions





Dr Patricia Sherwood is a postgraduate supervisor at Notre Dame University in Australia. She has lectured for 30 years in Social Work, Psychology, Social Science, Counselling and Special Education.

- She founded the Indo-Pacific Journal of Phenomenology and is the Director of Sophia College of Counseling
- She provides mental health and wellbeing training to teachers and parents in Australian schools.
- Has extensive international experience, having trained in Australia, Singapore, Malaysia, and South Africa within the fields of counselling and mental health recovery.

**YouTube video of Dr Sherwood -Artistic Therapies in Sophia College**

**<http://youtube.com/watch?v=PjUEUWzPw0U>**

Training	Date & Time	Price
Play Therapy	4 <sup>th</sup> & 5 <sup>th</sup> March 2019  (9:00am - 5:00pm)	Normal Price: \$800  <b>Early Bird Price: <u>\$700</u> only !</b>

**Venue: To be confirmed**

**Morning Tea and Lunch will be provided.**

We are committed to keeping class sizes small to facilitate interaction, so please register early.

Trainings will be highly experiential and interactive.

*Workshop can be considered for VCF funding as a non pre-approved course.*



**For More Information**

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