



# PLAY THERAPY ONLINE WORKSHOP

By Dr Patricia Sherwood

Play Therapy- an Evidence-Based Approach

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

Play Therapy adopting a Casework Approach demonstrates clear processes for diagnosis, intervention and evaluation. This workshop will also cover documentation processes for artistic therapies.

## Who Should Attend?

This workshop is for those working with or have 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 similar fields.

Suitable for those working or studying in the fields of education, special needs, allied health, hospital play therapy, disability and child support areas.



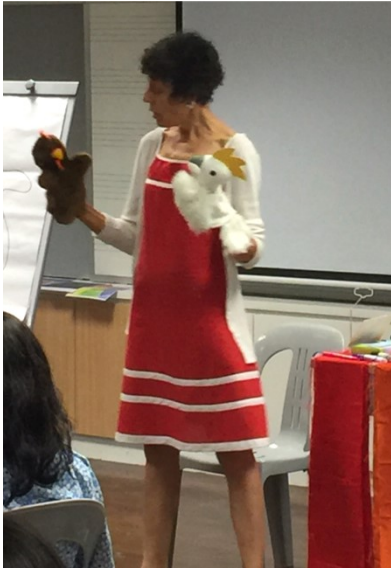
Kimochis: Sensory tools used for Play Therapy

## WHY PLAY THERAPY?

- Communication medium ideal for children with limited verbal skills.
- A non-judgmental approach.
- Engages the child or adolescent in a language 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

# 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 an effective play therapy room.
  - Life Span development interventions.





- Dr Patricia Sherwood is a postgraduate supervisor at Notre Dame University in Australia. She supervise PHd's and act as an examiner for Masters and PHd's.
- She has lectured for 30 years in Social Work, Psychology, Social Science, Counselling and Special Education. She is psychotherapist and a mental health accredited social worker and counsellor.
- 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.
- She has extensive international experience, having trained in 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>**

**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.**

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