

## Outline

Introduction: Ice breaker activity

### Building Healthy Relationships: Attachment Theories

Video on neuroscience of attachment and the brain  
Mary Ainsworth: 4 types of attachment styles  
Bowlby Attachment Theory  
Video of Still Face experiment  
Group activity

### Infant & Child Development Theory

Maternal mental health  
Freud, Erikson, Piaget and Mahler  
Video: marshmallow test with children ages 3-5

### Why Play?

Evidence supporting benefit of play  
Therapeutic powers of play  
Group activity

### Play Therapy

Getting started  
Therapeutic benefit  
Limitations & potential risks  
Assessment and treatment  
What is the need behind the behavior?  
What does the behavior tell us?  
What are the skills behind the behavior?

### Engaging Children in Play

Neurobiology of play  
Repair of developmental trauma  
Tools for self-regulation  
What is needed for a play therapy room: the basics  
From intake to termination  
An ongoing process

### Creative Play Therapy Interventions for:

Sensory  
Aggression  
Anxiety  
Sensory Processing D/O  
Enuresis  
Trauma/Grief  
Nightmare/Sleep Disorders  
Hyperactivity  
Divorce

### Play Therapy and Techniques

Non-directive play  
Client-centered play therapy  
Sandtray  
Art & music  
Dolls and dollhouse  
Case study and video

### Developmental Play Therapy Ethical Issues of Therapeutic Touch

Intro to Dr. Courtney's FirstPlay® Kinesthetic Storytelling Infant Massage®  
FirstPlay® - Demonstration with baby dolls  
Becky Bailey: Baby doll groups and "I love you rituals"  
Developmentally-appropriate songs and games

### Directive Techniques

Fun with Feathers  
Puppet Play  
6 Senses Safe Place  
Superpowers  
Fun with Food  
Bubble Tennis  
Pooh/Inside-Out Feelings  
Favorite books and interventions  
Casey's Greatness Wings  
Greatness Sticks®  
Sandtray Interventions  
Mindful Freeze Dance  
Wiggle out the sillies  
Sandtray play therapy

**Case Studies** will be shared throughout the workshop when introducing interventions to participants, so you will get real life examples of the therapeutic value of my most beloved play therapy interventions I use with young children.

**Group Activity:** creative reflection exercise

### Final Community Activity

**Target Audience:** Play Therapists  
Psychologists • Counselors • Social Workers  
Educators • Occupational Therapists  
Occupational Therapy Assistants  
Speech-Language Pathologists

## Objectives

1. Demonstrate at least 3 ways play therapy assessments are useful for setting therapeutic goals and treatment planning for your clients.
2. Design 4 ways play therapy techniques can be used to form healthy attachments, attunement, and regulation in the children you work with.
3. Build confidence in understanding and treating behaviors of infants and young children through play therapy.
4. Learn 3 ways sandtray play therapy can quiet a child's nervous system when dealing with sensitive issues.
5. Learn the skills that are needed to teach parents and caregivers how to play with their child and how to make it a part of their daily routine.
6. Characterize how play therapy can reframe trauma experiences, increase self-regulation and connect to a mind/body awareness.
7. Summarize the importance and ethical issues of therapeutic touch when implementing play therapy.

### Live Seminar & Webcast Schedule (Time listed in Eastern)

**7:30** Registration/Morning Coffee & Tea  
**8:00** Program begins  
**11:50-1:00** Lunch (*on your own*)  
**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

Don't Miss!  
**LIVE VIDEO  
WEBCAST**

**WEDNESDAY**  
February 20, 2019

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# PLAY Therapy for Young Children

Innovative Attachment-Based  
Interventions to Treat Behavioral  
and Sensory Challenges

**FREDERICK, MD**  
Wednesday, February 20, 2019

**LIVE VIDEO WEBCAST**  
Wednesday, February 20, 2019

**ROCKVILLE, MD**  
Thursday, February 21, 2019

**FAIRFAX, VA**  
Friday, February 22, 2019



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Interventions to Treat Behavioral  
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Featuring Tammi Van Hollander, LCSW, RPT



*"If you trust play, you will not have to control  
your child's development as much. Play will raise  
the child in ways you can never imagine."*

~ Vince Gowmon

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