

## Play Therapy

Instructors may include\* Deanne Ginns-Gruenberg, MA, BSN, LLP, RPT-S, Terry Kottman, PhD, MCC, LMHC, RPT-S

This presentation provides the participant trauma-specific play therapy strategies. Strategies (puppets, sand tray, and other mediums) will be demonstrated and critical therapeutic guidelines related to their use will be highlighted. A review of the most current trauma-specific books for use in sessions will also be presented. Participants will also take part in activities using some the materials discussed.

Brief Description of Instructional Format:

Videotaped segments of interviews with traumatized children are used to demonstrate intervention process. Didactic presentation provides information and framework related to PTSD; break out sessions provide participants opportunities to practice strategies presented. Multiple handouts provide checklists, etc..

### Goal:

To provide participants with an overview of varied play material and activities that can help facilitate a child's ability to communicate issues and details of his/hers traumatic experience.

### Session Objectives:

To provide up- to-date play therapy strategies focused specifically on trauma..

### Learning Objectives:

Learner will be able to:

- Identify trauma-specific play intervention strategies and materials to better facilitate specific interventions with traumatized children.
- Learn storytelling techniques and identify current children's books dealing with traumatization.
- Be shown other mediums other than direct interview (Q & A) approach.

9 am – 10:30 am	Play therapy overview (Rationale & Modalities)
10:30 am– 10:45 am	Break
10:45 am – noon	Identification of the use of specific play materials.
noon – 1 pm	Lunch
1 pm – 2:30 pm	On going demonstration of the use of play and play materials for intervening with traumatized children.
2:30 pm – 2:45 pm	Break
2:45 pm – 4:00 pm	Group activities related to eliciting feelings and expressive techniques. Utilizing bibliotherapy.