**Presenter: Dr Rinda Blom**

**PROGRAMME INTRODUCTORY PLAY THERAPY ONLINE**

**Day 1:**

**18:00-19:30 Orientation and introduction to play therapy**

 **Child development and play therapy (theoretical**

 **presentation)**

 **Models of play therapy**

**19:30-19:45 Tea/coffee break**

**19:45-21:00 Theoretical orientation of gestalt play therapy**

**Day 2:**

**18:00-19:30 Theoretical discussion of child-centred play therapy**

 **Video clips of child-centred sessions**

 **Preparing for the first session (video clip – setting**

 **up the play room)**

 **Preparing administrative forms for parents (practical**

 **discussion of documents)**

 **Discussion topics for first session with parents**

**19:30-19:45 Tea break**

**19:45-21:00 Child-centred play therapy in practice**

 **Reflecting contents (practical exercises in reflecting**

 **contents)**

**Day 3:**

**18:00-19:30 Reflecting feelings (practical exercises in reflecting**

 **feelings)**

 **Facilitating decision-making and responsibility**

 **(practical exercises)**

 **Setting limits during play therapy (practical examples**

 **and lecture)**

**19:30-19:45 Tea/coffee break**

**19:45-21:00 Aspects to take into account when assessing children**

 **(Child’s level of emotional awareness, temperament,**

 **relevant criteria of the DSM V)**

 **Assessing pre-school children (discussion of play**

 **themes and possible meaning thereof)**

 **Identifying themes in children’s play**

**Day 4:**

**18:00-19:30 Assessment of children five years and older**

 **Assessment activities (drawings etc)**

**19:30-19:45 Tea break**

**19:45-21:00 The rosebush drawing – practical exercise**

 **Video clip (handling of the rose bush during play**

 **therapy**

**Day 5:**

**18:00-19:30 The safe place drawing – practical exercises and**

 **reflection in groups of two**

 **Treatment planning in play therapy and the feedback**

 **interview with the parents**

**19:30-19:45 Tea/coffee break**

**19:45- 21:00 Gestalt play therapy process and video clips for**

 **illustration**

 **Activities for bodily and sensory contact-making**

 **during gestalt play therapy (lecture and discussion)**

**Day 6**

**8:00-10:30 Activities for improving children’s emotional**

 **intelligence**

 **Activities for expression of aggressive energy**

 **Activities for strengthening the child’s sense of self**

 **Emotional expression in play therapy (video clips of**

 **board games that can be used in play**

 **therapy)**

**10:30-11:00 Tea break**

**11:00-12:30 The house/tree/person as projective technique and**

 **practical exercises plus sharing in breakout groups**

 **Sand tray work in gestalt play therapy**

 **Video demonstrations of sand tray sessions**

**12:30-13:30 Lunch break**

**13:30-14:30 Self-nurturing in play therapy**

 **Activities for self-nurturing**

**14:30-14:45 Tea/coffee break**

 **14:45-15:30 Skills training and puppetry in play therapy**

 **Termination in play therapy**

**15:30-16:00 Evaluation and termination**