**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**