PLAY THERAPY TRAINING PROGRAM

This program provides professionals and students in the community with the opportunity to learn more about play therapy or to receive the training necessary to become a Registered Play Therapist (RPT). The Play Therapy Program is offered in a series of six weekend workshops that are each worth 25 continuing education hours. Individuals can attend one or all of the workshops.

In order to become an RPT, individuals must have a total of 150 continuing education hours in play therapy. Workshops include content required of any mental health professional interested in attaining a Registered Play Therapy credential. The play therapy education requirement can be met if an individual attends all six of the weekend workshops.

These workshops are consistent with guidelines established by the Association for Play Therapy and pertain to four main areas:

- Play Therapy History
- Play Therapy Theories
- Play Therapy Techniques and Methods
- Play Therapy Applications

INSTRUCTOR:
Dr. Sharon Silverberg is a Registered Play Therapist supervisor and serves as the director of the Play Therapy Program at ODU. She is also an adjunct assistant professor in the Department of Counseling and Human Services in the Barton College of Education. As a Licensed Professional Counselor and Licensed Marriage and Family Therapist, she has more than 13 years of clinical experience. Her areas of clinical expertise include children, adolescents, adults, couples and families, and clinical supervision.

WORKSHOP #1
August 5-7, 2016
PRINCIPLES OF PLAY THERAPY

This workshop will provide information about the rationale, philosophy, history and theoretical underpinnings specific to the application of play therapy with various populations in different settings. Basic facilitation skills, specific goals, and the role of the play therapist will be explored and practiced in relation to specific theories and in terms of general process of play therapy.

Learning Objectives:
1. Describe the benefits, philosophies, and rationale of play therapy techniques with various populations in different settings.
2. Demonstrate the ability to perform basic play therapy facilitation skills using interventions presented through role-plays and small group activities.
3. Identify at least two ways the activities presented and practiced can be used as interventions with various play therapy clients in the community.

WORKSHOP #2
October 28-30, 2016
GAMES, ACTIVITIES AND EXPRESSIVE ART IN PLAY THERAPY

The therapeutic power of selected games, structured activities and expressive arts will be explored as they pertain to play therapy. Techniques specific to art, drama, children's literature, puppets and music will be illuminated as ideal mediums through which children and adolescents express and heal themselves through the process of play therapy. Basic techniques and strategies for incorporating such tools and techniques will be described and demonstrated.

Learning Objectives:
1. Describe the benefits of selected games, structured activities and expressive arts in play therapy.
2. Demonstrate basic ability to perform play therapy techniques with selected games, structured activities and expressive arts in play therapy with adolescents and adults.
3. Identify at least two ways the activities presented and practiced can be used as interventions with various play therapy clients in the community.

WORKSHOP #3
December 2-4, 2016
SYSTEMATIC INTERVENTIONS GROUP, FAMILY AND FAMILY PLAY THERAPY

Basic theoretical and philosophical concepts related to systems theory, group therapy and family counseling will be presented. Group logistics, process, conflict resolution and group facilitation skills will be described. In addition, methods will be covered illustrating how to implement filial therapy for parents to become healthy agents in their children's lives.

Learning Objectives:
1. Describe the benefits of play therapy techniques when working with groups and families.
2. Demonstrate basic ability to perform play therapy techniques when working with groups and families using creative interventions presented through role-plays and small group activities.
3. Identify at least two ways the play therapy activities presented and practiced can be used as interventions with groups and families in the community.

WORKSHOP #4
February 24-26, 2017
PLAY THERAPY AND CREATIVE INTERVENTIONS WITH ADOLESCENTS AND ADULTS

Research has indicated that play therapy is an effective treatment modality with people of all ages. This workshop will explore the process of play therapy and creative interventions when working with adolescents and adults. Multicultural considerations and societal influences that specifically pertain to this population will also be addressed.

Learning Objectives:
1. Describe the benefits of selected games, structured activities and expressive arts in play therapy with adolescents and adults.
2. Demonstrate basic ability to perform play therapy techniques with adolescents and adults using creative interventions presented through role-plays and small group activities.
3. Identify at least two ways the play therapy activities presented and practiced can be used as interventions with adolescents and adults in the community.

WORKSHOP #5
April 21-23, 2017
SANDTRAY AND NARRATIVE TECHNIQUES IN PLAY THERAPY

Through experiential sandtray, exercises and didactic methods, information about the rationale, history and general application of sandtray in play therapy will be illustrated. Basic facilitation skills, theoretical constructs and strategies for processing sandtray and narration techniques will be discussed and demonstrated.

Learning Objectives:
1. Describe the benefits of sandtray and narration techniques in play therapy.
2. Demonstrate basic ability to perform sandtray and narration techniques in play therapy presented through role-plays and small group activities.
3. Identify at least two ways sandtray and narration techniques presented and practiced can be used as interventions with various play therapy clients in the community.

WORKSHOP #6
June 9-11, 2017
ADDRESSING TRAUMA AND LOSS THROUGH PLAY THERAPY

This workshop will investigate specific issues faced by children, adolescents and families affected by difficult environmental and systematic situations. The implications of abuse, crisis, death and divorce will be reviewed as they pertain to the process. The process of play, techniques, treatment plans and consultation procedures will also be explored.

Learning Objectives:
1. Describe the benefits of addressing trauma and loss in children, adolescents and families utilizing play therapy techniques.
2. Demonstrate basic ability to perform play therapy techniques presented through role-plays and small group activities addressing trauma and loss in children, adolescents and families.
3. Identify at least two ways the activities presented and practiced can be used as interventions addressing trauma and loss in children, adolescents and families.
SCHEDULE:

All workshops are held on Fridays, 5 - 9 p.m., Saturdays, 8 a.m. - 7 p.m., and Sundays, 8 a.m. - 7 p.m. with a half-hour lunch break; lunch not included.

Since seats are limited to the first 25 participants, registration is required. Participants MUST register to reserve a spot prior to the actual weekend workshop.

Workshop #1: PRINCIPLES OF PLAY THERAPY
August 5-7, 2016
CRN: 201615-90029

Workshop #2: GAMES, ACTIVITIES AND EXPRESSIVE ARTS IN PLAY THERAPY
October 28-30, 2016
CRN: 201625-90007

Workshop #3: SYSTEMATIC INTERVENTIONS: GROUP, FILIAL AND FAMILY PLAY THERAPY
December 2-4, 2016
CRN: 201625-90008

Workshop #4: PLAY THERAPY AND CREATIVE INTERVENTIONS WITH ADOLESCENTS AND ADULTS
February 24-26, 2017
CRN: 201635-90001

Workshop #5: SANDTRAY AND NARRATIVE TECHNIQUES IN PLAY THERAPY
April 21-23, 2017
CRN: 201645-90001

Workshop #6: ADDRESSING TRAUMA AND LOSS THROUGH PLAY THERAPY
June 9-11, 2017
CRN: 201645-90002

Workshops will take place in the Strome College of Business, Room 1009 Constant Hall.

Directions: From I-64, take exit 276 Naval Base/Terminal Blvd. Merge onto International Terminal Blvd. toward Hampton Blvd. Turn left on Hampton Blvd. and continue approximately 2.4 miles. The ODU campus will be on your right.

Hotel arrangements: Hotel arrangements: The SpringHill Suites by Marriott is located directly across Hampton Boulevard from the campus. The hotel offers ODU discount rates. Call (888) ODU-7488.