

# ChildPlayWorks NZ Clinical Play Therapy Training Programme

**Birds fly,  
fish swim,  
children play**

*Garry Landreth*

**Play is the natural world of a child. In their play a child can express their thoughts and feelings and come to an understanding of their world.**

ChildPlayWorks offers a comprehensive Child-Centered Play Therapy (CCPT) training programme in New Zealand.

CCPT is a specialised way of working therapeutically with children. This unique approach is based on solid theory and is one of the most thoroughly researched theoretical models of play therapy in the world.

CCPT could be equally termed 'Emotional Regulation Therapy' because of the clear emotional regulation outcomes during the process of therapy. There is also a natural alignment of CCPT with neuroscience research in the field of PLAY alongside the nervous system with Jaak Panksepp (play circuitry); S. Porges (neuroception of safety) and in the field of Trauma with Bruce Perry (neurosequential model).

## ChildPlayWorks Clinical Play Therapy Training Programme

### Course Presenters

**Judi Jacobsen MNZAC**

Consultant Child Play Therapist, Counsellor

**Megan Longman MNZASW**

Consultant Child Play Therapist, Social Worker

ChildPlayWorks offers solid, New Zealand-based clinical training in the specific modality of Child-Centered Play Therapy (CCPT). The 3-stage training programme can be completed within 3 years. Our training is of interest to counsellors, social workers, teachers, early childhood educators, psychotherapists, psychologists, art therapists, occupational therapists, speech and language therapists, mental health nurses (including those in their final year of study in these areas) as well as all others who work with children. For some, additional study in counselling may be required.

### Stage 1: Introductory

#### The Wonderful World of Child-Centered Play Therapy: a 5-day workshop

The theoretical model and philosophical framework of CCPT is explored as well as a basic understanding of the dynamics and importance of the unique therapeutic relationship. Facilitative, relationship-building ways of responding to children and core CCPT skills are introduced in role play demonstrations and these are developed in experiential role plays. The playroom and its toys are introduced.

Child development and attachment is put within the context of CCPT. Understanding of this is consolidated in case examples, role play demonstrations, and in experiential role plays using skills already developed.

Therapeutic stages and themes in CCPT are introduced. Development of play therapy skills and further facilitative ways of responding to children are explored.

*N.B. Stage 1 is also offered as a standalone professional development workshop.*

#### Stage 2: Readiness for Practice / Establishing and Consolidating Practice

##### (a) Deepening and Strengthening the Therapeutic Relationship: a 5-day workshop

A focus on dynamics in a beginning clinical context of CCPT. Self as therapist is explored and there is a strong experiential focus on advancing and strengthening play therapy skills and relational ways of being with children which were initially developed in Stage 1. These include responding to challenges in the playroom and taking part in role play with a child.

Guest presenter Wendy Kelly, Ph.D., (Clinical Psychologist) presents a 1-day workshop – 'The Effects of Trauma on Children's Attachment Relationships' (*also a standalone, professional development workshop*). Clinical practice issues are



further explored, and trainees can apply to begin supervised practice for their therapeutic work with children in a playroom setting. These issues include developing a relationship with parents/caregivers; the initial parent/caregiver interview and assessment process; and reflectivity and documentation around sessions.

### **(b) Issues in Clinical Practice: a 5-day workshop**

Clinical practice is further explored and strengthened, and peer support is encouraged. Clinical issues include working with parents/caregivers as therapeutic partners and strengthening the parent/child relationship; typical problems and issues in CCPT; and determining therapeutic process.

Guest presenters Andrea Broadhurst (Occupational Therapist; practicing Psychotherapist) and Heather Chambers (Consultant Child Psychotherapist) present Heather's 'Adult Exploration of Attachment Interview: In search of internal working models (AEAI)' in a 1-day workshop (*also a standalone, professional development workshop*).

Modules include DVD material from highly respected leaders in the field of CCPT and case material. There is a strong emphasis on play therapy skill development, role play demonstrations and experiential role plays, and personal reflective activities.

### **Stage 3: Advanced Practice**

#### **(a) Clinical Practice and Individual Research: a 5-day workshop**

Trainees present individual (non-academic) research in a chosen field of CCPT. Trainers present a model for working with parent and child together in the playroom in order to strengthen their relationship.

#### **(b) The Emergent Child-Centered Play Therapist: (online)**

Accessing online presentations with Jeff L. Cochran, Ph.D., NCC, LMHC and Nancy H. Cochran, MA, CAS, LMHC.

Online Forum participation: Group reflective discussions on the online presentations; supporting each other's work with children and linking theory to practice. An individual case study completes the theoretical component of The Emergent Child-Centered Play Therapist.

### **Ongoing Professional Development**

Webinar presentations for trainees and graduates with overseas experts in the field of CCPT.

### **1-day Professional Development Workshops**

PD workshops are offered to early childhood centres, primary schools, and other interested social service agencies for staff development.

### **2020 Workshop fees:**

#### **5-day training workshops (*price per workshop*):**

Stages 1, 3a & 3b: \$1395 earlybird\* or \$1445 standard fee

Stages 2a and 2b: \$1495 earlybird\* or \$1545 standard fee

#### **An Introduction to CCPT (3 days):**

\$820 earlybird\* or \$850 standard fee

*\*earlybird payment date is 4 weeks prior to workshop date*

### **2020 Dates for new training group (Cambridge):**

Stage 1 (5 days): 16–20 March 2020

Stage 2 (a) (5 days): 29 June–3 July 2020

Stage 2 (b) (5 days): 9–13 November 2020

### **2020 Dates for those already in training (Cambridge):**

Stage 3 (a) (5 days): 17–21 August 2020

Stage 3 (b): online in 2020

### **2020 An Introduction to CCPT:**

An Introduction to CCPT (3 days):

A professional development workshop which holds credits towards Stage 1

August 2020 (Dunedin - dates to be advised)

16–18 September 2020 (Cambridge)

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## **Internationally recognised Child Centered Play Therapy training provider**

ChildPlayWorks certification programme in play therapy has been formally recognized by IDEALS/NIRE – the oldest and among the most prestigious certifying bodies in CCPT in the United States as being “equivalent in quality.”

This designation, which has been granted to fewer than five programmes outside of the US, allows graduates of ChildPlayWorks to be eligible for admittance to their advanced certification programmes in CCPT Supervision and in Filial Therapy.

We are thankful to everyone in the ChildPlayWorks community because it was the quality of our students, training staff, and supervisors that allowed us to receive this distinction.