

ChildPlayWorks Clinical Play Therapy Training Programme

FREQUENTLY ASKED QUESTIONS

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1. What qualification can I gain from completing your training programme?

After successfully completing all the requirements of the ChildPlayWorks Clinical Play Therapy Training Programme, we award our successful graduates with a ChildPlayWorks Post Graduate Certificate in Child Centered Play Therapy. Whilst this award is not NZQA approved or on the NZQF, the award recognises the post graduate nature of our training and the academic level of written assignments and in-depth supervision. The certification programme comprises a total of 987 hours with this encompassing pre and post course readings; academic and reflective assignments; and workshop attendance.

2. How long does your training take to complete?

The ChildPlayWorks Clinical Play Therapy Training Programme can be completed within 3 years, with this including supervised practice hours, supervision hours and personal therapy hours.

3. Can this training be integrated into other counselling modalities?

Child-Centered Play Therapy is a complete modality within itself and is not eclectic in any way. In Stage 1 you will discover why this is so and why this way of working is so unique for therapist and child. However, Child-Centered Play Therapy ways of responding to children, which will deepen the therapeutic relationship, can be integrated into other counselling modalities and these can strengthen your work with children after attending one of the two standalone training workshops: 'An Introduction to the Wonderful World of Child Centered Play Therapy' (3 days) or 'The Wonderful World of Child Centered Play therapy' (5-days).

4. What will I gain from attending the initial 'An Introduction to Child-Centered Play Therapy' 3-day workshop?

This is a great workshop for furthering your understanding of how you are able to be alongside children in a deeply relational manner and as such this is a standalone workshop for people who work alongside children in a range of settings. It is also helpful in gaining an awareness of whether this unique way of being with children 'fits' for you before applying for the full training programme.

Please note that attendance at this workshop does not equip you to become a play therapist. In the workshop, we introduce the principles and theoretical framework of Child-Centered Play Therapy, and this is then expanded in experiential activities. This will in turn equip you with relational responses and relational ways of being with children which you can take back into your workplace setting (teaching, nursing, social work, counselling, etc.) to enrich your interactions and communications with children. Your relationships with children will be greatly enhanced because of applying what you learn, and you will be able to directly use many of the responses you learn to deepen the work you do with children.

5. Does the initial 'An Introduction to Child-Centered Play Therapy' 3-day workshop hold credits for the rest of your training programme?

For those who feel drawn to this play therapy approach, and who meet the entry requirements, this 3-day workshop holds credits towards Stage 1 of the ChildPlayWorks Clinical Play Therapy Training Programme. At the end of the 3-day workshop, course participants can apply to enter the full training programme. NB: applications do not need to be considered until after completing the Stage 1, 5-day workshop intensive 'The Wonderful World of Child-Centered Play Therapy'.

6. If I attend the initial 'An Introduction to Child-Centered Play Therapy' 3-day workshop and then decide to continue with the rest of the training – do I need to attend this again to complete Stage 1?

'An Introduction to Child-Centered Play Therapy' holds credits towards Stage 1 of the full training programme and you do not need to attend this content again unless it has been more than 1 year since originally attending.

7. Can I attend the 5-day workshop 'The Wonderful World of CCPT' without attending the introductory 3-day workshop first?

Yes, you can. The 5-day standalone workshop (also Stage 1 of the full training programme) covers the 3-day content so the 3-day workshop is not a pre-requisite for attendance.

8. Am I able to do Child-Centered Play Therapy with children after attending the introductory 3-day workshop ('An Introduction to Child-Centered Play Therapy')?

It would be very unwise to consider working with children in Child-Centered Play Therapy after attending this initial 3-day workshop. In fact, we strongly advise against doing so because this workshop is only an introduction to a very specialised play therapy approach.

9. When can I start working with children in play therapy?

Most trainees apply to begin their supervised play therapy practice in Year 2. However, at the end of the first 5-day onsite workshop intensive of Stage 2 ('Deepening and Strengthening the Therapeutic Relationship'), trainees can consider applying to begin supervised play therapy practice with children in a playroom setting. We consider it unsafe practice to start working with children in Child-Centered Play Therapy too early because the levels of self-awareness and of the theoretical, philosophical and experiential understanding of this approach need to be clearly evident for safe and ethical practice with children. In supervised practice, all work with children is carried out alongside qualified supervisors who are fully trained in Child-Centered Play Therapy; who have sold training and qualification in supervision; have specific training and qualification in CCPT supervision; and who are pre-approved by ChildPlayWorks.

10. Do I need to wait until the end of the first 5-day workshop of Stage 2 ('Deepening and Strengthening the Therapeutic Relationship') before I can use any of what I have learnt in Stage 1?

After completing Stage 1, and before you attend the first 5-day workshop of Stage 2, we recommend that you regularly practice the new relational 'ways of being' you will have acquired. During Stage 1 we discuss ways you can do this safely to strengthen your relationships with children but without it becoming a Child-Centered Play Therapy therapeutic process (which you will not be ready for).

11. I have a counselling degree which included papers on working with children and their families with some of this being in play therapy. Can these papers be cross credited towards your training?

Your counselling degree and your papers on working with children will be an excellent base for entering our training programme and you will already have gained an understanding of what play therapy is, which will be very beneficial for you. Whilst at first glance it may appear that there could be some repeat of your studies, it is however important that you enter the training programme at Stage 1. Child-Centered Play Therapy (CCPT) is a complete, specialised counselling modality and we ask that all trainees enter the training programme at Stage 1 to gain a solid understanding of the philosophical framework and underpinnings of CCPT. Much of the success of therapeutic work with children in CCPT comes from this thorough understanding and we structure our training programme carefully to ensure that each training module builds on from the previous one. (#12 below might also be helpful for you).

12. I have a qualification which included papers in child development and attachment. Can I join in the training in Stage 2?

On the surface, it sounds like a feasible option for you. However, the levels of training are all sequential and our Child-Centered Play Therapy trainees are required to move through the training modules sequentially. Because Child-Centered Play Therapy (CCPT) is a complete counselling modality, it is essential to have this developmental, 'building-on' process. Much of the success of the therapeutic work with children in this modality comes from a thorough understanding of the philosophical framework which is introduced and explored in Stage 1. Child-Centered Play Therapy is essentially a therapeutic, relational 'way of being' with children and is not a set of acquired techniques which can be 'used' with children. The quality of the CCPT therapeutic relationship is the basis for change in a child and, consequently, attendance at Stage 1 is required to gain the depth of understanding needed for this unique therapeutic process.

13. I have already done study in child development and attachment; will it be necessary for me to repeat this information in Stage 1 and again in Stage 2?

Any study in child development and attachment will be extremely helpful for you alongside your play therapy training. Child-Centered Play Therapy does not need to have an in-depth

understanding of attachment as the therapeutic work is done any way through the uniqueness of the therapeutic relationship. However, we personally believe it is very helpful to have an understanding of attachment and how this relates to the child we are working alongside.

In Stage 2a ('Deepening and Strengthening the Therapeutic Relationship'), Dr Wendy Kelly (clinical psychologist) runs a 1-day seminar 'The Effects of Trauma on Children's Attachment Relationships' and we open this up to all professionals who work with children. Dr Kelly has worked in the area of child maltreatment, foster care and mental health for over 30 years and her expertise is in the field of attachment. In Stage 2b ('Issues in Clinical Practice'), Heather Chambers (consultant child psychotherapist) and Andrea Broadhurst (occupational therapist) run a 1-day seminar in which they present Heather's 'Adult Exploration of Attachment Interview (AEAI): In search of internal working models'. Heather's and Andrea's expertise is in attachment and we also open this workshop up to all professionals who work with children. (Please refer to #14 below for further information on the 'AEAI' workshop).

14. What is the AEAi presentation in the second 5-day workshop in Stage 2 ('Issues in Clinical Practice')?

In the second 5-day workshop intensive in Stage 2 'Issues in Clinical Practice', we invite Heather Chambers and Andrea Broadhurst to conduct a 1-day seminar in which they teach a therapeutic interview Heather has designed called 'AEAI: Adult Exploration of Attachment Interview: In search of internal working models (AEAI)'. In the interview, a parent or other adult is worked with collaboratively to discover what 'makes them tick' the way they do as a parent and in relationships. It is a great tool which is readily learned and takes a day. Inevitably it is experiential and so the person learning the tool also learns much about themselves.

This process is Heather's own work and is unique to her. AEAi has become recognized and published as such in a recent family therapy journal. We have included this 1-day workshop in our training because of the in-depth learning and self-understanding play therapy trainees gain from the day and it is a process which they can put into place with their work alongside adults (parents/caregivers, etc.).

15. What practicum training requirements do you have?

We have a requirement of 200 hours of supervised practice, 50 hours of supervision, and because of your work with children we have a requirement of 30 hours of personal therapy.

For safe and ethical practice, trainees need to be a member of a Professional Association which has a code of ethics and standards of practice, covering therapeutic work.

In the application process, we request signed permission for a police check, and there is a requirement for professional indemnity insurance (those employed in an agency setting will potentially be automatically covered).

16. I am trained in Early Childhood and I would like to become a play therapist. Am I able to attend your training with ECE as my base qualification?

Your ECE training is great and gives a wonderful base for working with children and for knowledge and understanding around child development. Entry into our training programme requires trainees to hold a base qualification which enables membership of a Professional Association which has standards of practice and a code of ethics. For this, most people hold qualifications in a counselling, social work, psychology, etc. framework.

Being trained in ECE, and if you have membership of the Teachers Council, there are two options for you. We ask that you either complete a counselling degree (the preferred option), or you complete a focussed counselling paper which covers both theoretical and experiential understanding of the Person-Centered Counselling model (e.g. you can complete a 30-credit counselling paper with BTI for this – please ask us for details). Whilst the counselling degree is preferable, the 30-credit counselling paper with BTI (or an equivalent of this) will meet our entry requirements. This requirement is because of the careful work needed alongside parents and caregivers, as well as to give greater understanding of the overall therapeutic process. Alongside this, you will also be able to apply for student membership of APPTA (Australasian and Pacific Play Therapy Association). All our trainees also need to have professional indemnity insurance to begin any work with children.

17. I am a primary teacher and I would like to become a play therapist. Will my teaching qualification be enough to enter your play therapy training programme?

See above (#16) for further information. Your education training is excellent, but the education focus of your training tends to be a sticking point for entering a therapeutic modality, particularly the non-directive nature of CCPT. Hence the requirement of some further counselling study alongside your play therapy training, as well as the requirement of Professional Association membership which has a code of ethics and standards of practice (see above #16).

18. What sort of work will be required of me between training workshops?

In all three stages of training and between each 5-day workshop intensive, there are chapters of reading to complete with these mostly being drawn from the two main texts *Play Therapy: The Art of the Relationship* (Landreth, 2012) and *Child-Centered Play Therapy* (Cochran, Nordling, & Cochran, 2010). In Stages 1&2 there are some reflective and/or creative assignments between training workshops, as well as practical exercises which will help prepare you for your work alongside parents/caregivers in supervised practice. In Stage 3, assignments have an academic focus but all work is easily achieved within realistic timeframes (if you require further clarification on any of this please email info@childplayworks.co.nz).

19. Is your training recognised by other organisations?

Our training is regularly sought after for staff of social service agencies throughout New Zealand, who work with children and their families. The ChildPlayWorks Clinical Play Therapy Training Programme provides in-depth study in Child-Centered Play Therapy and it is reported back to us that agencies who enrol their staff in our training programme tend to become sought after in their communities as providers of excellent therapeutic work with children.

Please note (as stated on the CPW website 'Home' page) that **ChildPlayWorks is an 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 Child-Centered Play Therapy (CCPT) in the United States as being "equivalent in quality." This designation, which has been granted to fewer than 5 programmes outside of the United States, allows graduates of ChildPlayWorks to be eligible for admittance to their advanced certification programmes in CCPT Supervision and in Filial Therapy.

20. Does your training meet NZAC's training/membership requirements?

The ChildPlayWorks Clinical Play Therapy Training Programme is not recognised by NZAC (NZAC is not currently approving any new training programmes). Instead, our training provides people who already hold membership of a Professional Association with a **specialised approach in working therapeutically with children**. As such, it can be viewed as comprehensive professional development, and because it is a complete training within itself, it is inherently much more than the occasional workshop training day. Instead, it is a specialised, comprehensive 3-Stage training programme and can be completed within 3 years.

21. Am I able to get a student loan to do your training?

We are unable to offer you the option of a government funded student loan, but we can instead offer you an automatic payment option of which there are three possibilities:

1. Each training workshop can be paid for separately by automatic payment and this can be at the early bird fee if it is completed by the early bird date.
2. Each training workshop can be paid for separately by automatic payment but if this extends past the early bird date, the standard fee applies.
3. An automatic payment system can be put in place for the whole course regardless of the training workshop dates and this will be set at the standard fee. This must be completed, however, by the end of your training and before any award is presented.

22. There seem to be quite a lot of hours required for personal therapy. Can these hours be reduced?

We are unable to lessen the hours of personal therapy. We consider that personal therapy is a vital component alongside our training and is integral to the quality of our requirements. If you have had some recent personal counselling, we are able to consider this on an individual basis and some hours could be credited towards the 30-hour requirement. Factors we take into consideration are the modality of counselling used and how recent this was. The personal

therapy process requirement is completed over the full period of training and preferably does not start until you begin your CCPT supervised placement. When you start working with children in CCPT, challenges tend to present themselves from your own journey and need to be processed within a therapeutic relationship. For safe and ethical practice as we work alongside children, and to maintain our effectiveness as Child Centered Play Therapists, we need to address these challenges as they arise.

23. Do I need to continue with any further training after I have completed your training programme?

Once you complete the ChildPlayWorks Clinical Play Therapy Training Programme, you can practice as a play therapist and there is no more training needed. We do however recommend, as well as provide, ongoing professional development each year with this being mostly in the form of online webinar presentations. These give excellent ongoing development in CCPT as well as providing a professional development community which is very important for your ongoing work. CPW professional development can also be counted as professional development for your professional membership of NZAC, NZCCA, and ANZASW.



Many thanks from The ChildPlayWorks Team

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www.childplayworks.co.nz

Te manawa whanaungatanga mō ngā tamariki katoa

The heart of relationship for every child