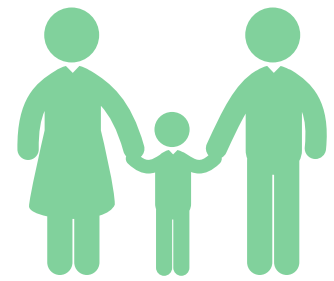


GROUP THERAPLAY



TRAINING COURSE FOR PROFESSIONALS

WHAT IS THERAPLAY®?

The Theraplay Institute provide the following description of Theraplay: Theraplay is a child and family therapy for building and enhancing attachment, self-esteem, trust in others, and joyful engagement. It is based on the natural patterns of playful, healthy interaction between parent and child and is personal, physical, and fun. Theraplay interactions focus on four essential qualities found in parent-child relationships: Structure, Engagement, Nurture, and Challenge. Theraplay sessions create an active, emotional connection between the child and parent or caregiver, resulting in a changed view of the self as worthy and lovable and of relationships as positive and rewarding. In treatment, the Theraplay therapist guides the parent and child through playful, fun games, developmentally challenging activities, and tender, nurturing activities. The very act of engaging each other in this way helps the parent regulate the child's behaviour and communicate love, joy, and safety to the child. It helps the child feel secure, cared for, connected and worthy. We call this "building relationships from the inside out."

THERAPLAY HAS BEEN USED SUCCESSFULLY TO HELP:

CHILDREN WHO ARE TRAUMA SURVIVORS

SHY, WITHDRAWN CHILDREN

OVERACTIVE, CONTROLLING OR AGGRESSIVE CHILDREN

FOSTER/ADOPTIVE CHILDREN WITH ATTACHMENT DIFFICULTIES

CHILDREN WITH AUTISM SPECTRUM DISORDER AND PERVASIVE DEVELOPMENT DISORDER

CHILDREN WITH PHYSICAL OR MENTAL CHALLENGES

CHILDREN WHO LIVE IN GROUP SETTINGS

More information can be found at www.theraplay.org
or you can watch a short video at [What is Theraplay?](#)

ABOUT THE TRAINER

COURSE OBJECTIVES

- How to apply Theraplay principles to group treatment
- How to plan and structure a Theraplay group
- How to adapt group Theraplay to different populations
- How to manage resistance and other problems
- Describe the steps toward implementing group sessions internally
- Skill development in how to use group rules and techniques through practice

THERAPLAY TRAINER

Dr. Amelia Fay Taylor, BSc Hons, PGCE, DAppEdPsy, HCPC Reg. CPsychol.

Amelia is a certified Theraplay Practitioner and Chartered HCPC Registered Educational Psychologist. Amelia works within a Local Authority Educational Psychology Service in the North East of England and also independently provides assessment and therapeutic work through LifeCycles Psychology. Amelia specializes in work with children in care and post adoption where there is a history of trauma and attachment difficulties. Amelia also integrates Theraplay with mountain biking in her LifeCycles Programme. Amelia is trained in Video Interaction Guidance, Dyadic Developmental Practice and to teach Mindfulness with children. She is passionate about developing Theraplay practice to bring the highest quality evidence based interventions to families in need. Amelia is currently a Theraplay Supervisor in training. Amelia can be contacted at info@lifecyclespsychology.com and via her website <https://lifecyclespsychology.com>

THIS COURSE WILL RUN
OVER TWO DAYS

25th November (online)

2nd December (F2F)

£360 Lunch and refreshments are included

HILTON TEMPLEPATRICK
Paradise Walk, Castle Upton Estate, Templepatrick BT39 0DD

FOR FURTHER INFORMATION PLEASE CONTACT

dawn@psychologicalpathways.com

Or visit our **website**



Psychological Pathways