

Play Therapy Training Institute



Department of Counseling and Psychological Services

GeorgiaStateUniversity  COLLEGE OF EDUCATION

Presents

***Hopeful and Creative Strategies in Play Therapy
to Heal Trauma in Children:
Honoring Strengths Without Trivializing Suffering***

**David A. Crenshaw, PhD, ABPP, RPT-S
The Georgia State University Student Center
Friday, May 8, 2009
8:30 AM – 4:00 PM**

Brief Description of Training

This presentation will focus on creative and hopeful approaches in play therapy to address child trauma. The strategies will be anchored in developmental psychopathology research as well as recent neuroscience findings. The delicate balance of honoring resilience and strengths within the child and family without minimizing suffering is essential to reverence in healing. Specific intervention techniques will be presented and illustrated that attendees will be able to use in trauma-informed child therapy. Since trauma in children is often unable to be expressed in words, a range of creative arts techniques developed by the presenter along with other leading play therapists in the field will be shared, including symbolic play interventions, therapeutic use of symbols, drawing and storytelling strategies.



Presenter Information

David A. Crenshaw, PhD, ABPP, RPT-S is a Board Certified Clinical Psychologist by the American Board of Professional Psychology and is a Registered Play Therapist Supervisor by the Association for Play Therapy. He is Founder and Director of the Rhinebeck Child and Family Center in Rhinebeck, New York. He is a co-founder and past President of the New York Association for Play Therapy. He is the author of several books on child and adolescent psychotherapy including *Evocative Strategies in Child and Adolescent Psychotherapy* and *Therapeutic Engagement of Children and Adolescents: Play, Symbol, Drawing and*

Storytelling Strategies and co-author with John B. Mordock, of *A Handbook of Play Therapy with Aggressive Children*, and *Understanding and Treating the Aggression of Children: Fawns in Gorilla Suits*, all published by Jason Aronson, an imprint of Rowman & Littlefield Publishing. His most recent edited book is *Child and Adolescent Psychotherapy: Wounded Spirits and Healing Paths* and a forthcoming edited book is *Reverence in Healing: Honoring Resilience without Trivializing Suffering* (both published by Rowman & Littlefield). His career includes 30 years of clinically directing residential treatment centers and currently is on the Board of Directors of the Astor Home for Children, a member of its Governance Committee.

Intended Audience

Psychologists, licensed professional counselors, marriage and family therapists, psychiatric nurses, play therapists, social workers, school counselors, child life specialists, alcoholism and drug abuse counselors, art therapists, and pastoral counselors. There is no prerequisite for this workshop.

Session Ranking

This event is applicable to professionals of all skill levels

Schedule/Agenda

8:00-8:30 Registration

8:30-10:15 Introduction: Distinction between Tools and the Therapy;
Making trauma-informed play therapy safe for children

- a. Techniques to deal with dissociation
- b. Techniques to anchor to safety
- c. Techniques to reduce hyperarousal and soothe the brainstem
- d. Assessing ego-strength, titrating timing, and pacing to reduce emotional flooding

- e. Using playful techniques to allow for safe, gradual exposure to trauma events and painful memories
- f. Safe ways to work with trauma based nightmares

10:15-10:30 Break

10:30-11:45 Cohesive Trauma Narratives Expressed through Symbolic Play and Creative Arts

- a. The profound importance of the cohesive trauma narrative in healing trauma and dysregulated memory
- b. Using the natural language of children
- c. Narratives developed through symbolic play
- d. Narratives developed through creative arts

11:45-12:45 Lunch

(Information on local eateries at or near Georgia State University will be provided at the workshop.)

12:45-2:15 Working with Intense Affect and Trauma Re-Enactments

- a. Critical distinction between “being” and “doing” in therapy
- b. “Validating and honoring suffering
- c. Critical distinction between treating and healing
- d. “Affect phobic” therapists
- e. Trusting in the process, the strengths of the child, family, and therapist
- f. The compelling value of contained trauma enactments
- g. The importance of a strengths-based, reverent approach to trauma therapy

2:15-2:30 Break

2:30-4:00 Reverence in Healing Trauma: Reverence for Children, Families, and the Healer

- a. The Delicate Balances
 - i. Honoring Strengths without Invalidating Suffering
 - ii. Facilitating Hope but recognizing when Hope can be Dangerous
 - iii. Dedication in Trauma Work without Sacrifice to the Cause
- b. Specific Strategies to Honor Strengths
 - i. Via Symbolic Play
 - ii. Directed Drawing Strategies
 - iii. Directed Storytelling Techniques
 - iv. Directed Therapeutic Use of Symbols

Learning Objectives

Following the workshop, participants will be able to:

1. Describe ways to increase client safety in trauma-informed play therapy;
2. State the importance of cohesive trauma narrative in healing trauma and dysregulated memory;
3. Articulate the delicate balance of honoring strengths without dishonoring suffering and will learn at least 3 specific strategies to do so;
4. Cite three specific strategies that enable children to tolerate increasing exposure to reminders of trauma to reduce PTSD symptoms; and
5. Cite at least three specific strategies to counter emotional flooding when children are confronted with trauma material.

Costs/Registration Fees/What Fees Include

Workshop fee for professionals	\$100.00
Workshop fee for current students	\$50.00
**Continuing Education Credit fee (optional)	\$20.00

** If you are participating in the workshop to earn credits for professional license renewal or RPT/RPT-S credentialing (initial or renewal), you must include the continuing education credit fee in your payment.

Cancellation/Refund Policy

Cancellations must be received in writing seven days prior to the conference to receive a refund, and are subject to a \$25.00 processing fee. No refunds will be made after Friday, May 1, 2009.

Number of Continuing Education Contact Hours Offered

6.00 contact hours

Continuing Education

Continuing education credit for this event is sponsored by *The Institute for Continuing Education*. The program offers 6.00 contact hours. Credit is awarded on a daily basis with full attendance required. The processing fee is \$20.00 per person and may be paid in advance with the registration fee. CE processing fee may also be paid on site. Application forms for CE credit will be available on site. For questions regarding continuing education, please contact *The Institute* at: 800-557-1950; FAX: 866-990-1960.

Psychology: This activity is co-sponsored by Georgia State University and The Institute for Continuing Education. The Institute for Continuing Education is an organization approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content.

Counseling/MFT: The Institute for Continuing Education is an NBCC approved continuing education provider and a co-sponsor of this event. The Institute for Continuing Education may award NBCC approved clock hours for programs that meet NBCC requirements. The Institute for Continuing Education maintains responsibility for the content of this program. NBCC Provider No. 5643.

Social Work: The Institute for Continuing Education is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), through the Approved Continuing Education (ACE) program. The Institute for Continuing Education maintains responsibility for the program. ASWB Provider No. 1007. Licensed social workers should contact their individual state jurisdiction to review current continuing education requirements for license renewal.

Drug-Alcohol: The Institute for Continuing Education is approved by the National Association of Alcohol and Drug Abuse Counselors (NAADAC) to provide continuing education for alcohol and drug abuse counselors. NAADAC Provider No. 00243.

Nursing: The Institute for Continuing Education is an approved provider of continuing education in nursing by the California Board of Nursing, Provider CEP 12646. Nurses should contact their state board to determine if credit issued through an approved provider of the CA Board of Nursing is acceptable for credit by their state board.

Play Therapy: The Institute for Continuing Education is approved by the Association for Play Therapy to offer continuing education specific to play therapy. APT Provider No. 98-040.

Notice of Events Not Offered for Continuing Education Credit

No additional events will be offered.

ADA Accommodations

Accommodations will be made in accordance with the law. If you require ADA accommodations please contact Dr. Lauren Wynne (404-413-8189) at least two weeks before the conference date so arrangements can be made.

Space is limited. Please reserve your spot today!
PLAY THERAPY TRAINING INSTITUTE @ GEORGIA STATE UNIVERSITY
Registration Form

Hopeful and Creative Strategies in Play Therapy to Heal Trauma in Children: Honoring Strengths without Trivializing Suffering

Georgia State University Student Center
Friday, May 8, 2009 ~ 8:30 AM to 4 PM

Name _____

Address _____

City _____ State _____ ZIP _____

Work Phone _____ Cell Phone _____

Email _____

Current License/Certifications _____

Registration Fees Professional \$100 _____

Student ** \$50 _____

Continuing Education Fees \$20 _____

Total Fees Included _____

Make check payable to: Georgia State University

Mail registration form and check to:

Play Therapy Training Institute
Georgia State University
P.O. Box 3980
Atlanta, GA 30302-3980

** To qualify for the student rate, please complete the Application for Student Discount Rate (following page) and include it with your registration.

Cancellation/Refund Policy

Cancellations must be received in writing seven days prior to the conference to receive a refund, and are subject to a \$25.00 processing fee. No refunds will be made after Friday, June 1, 2009.

Registration Notification Policy

Notification that your registration has been received and approved will be sent via email to the email address you provide above. Information about directions and parking will also be included.

Further Questions

Please contact Lauren Wynne at 404-413-8189 or playtherapy@gsu.edu

**Application for Student Discount Rate
Play Therapy Training Institute at Georgia State University**

Please complete the following application to be approved for a student rate for **Hopeful and Creative Strategies in Play Therapy to Heal Trauma in Children: Honoring Strengths without Trivializing Suffering (05/08/09)**. Please include this form with your registration and mail a check with the student rate. If your request for a student rate is denied, you will be notified via email.

The following must be completed and signed by your primary professor:

I certify that _____ has a bachelor's degree and is pursuing an advanced degree in a mental health related field of study during the current academic semester.

Field of Study:

Master's Degree Program in _____

Education Specialist Degree Program in _____

Doctoral Program in _____

Signature of Professor

Name of Professor (Printed)

Department

Institution

Date