

Play Therapy Training Institute



Department of Counseling and Psychological Services



The Play Therapy Training Institute *Proudly* Presents:
TERRY KOTTMAN, PH.D., RPT-S, NCC, LMHC

This is an IN-PERSON workshop and offers 3 APT Contact Play Therapy credits!

***We ARE Having Fun Now:
Using Tabletop Games in
Play Therapy***

Wednesday, June 22, 2022

10:00 AM – 1:00 PM

Georgia State University

College of Education & Human Development

30 Pryor Street, SW, Room 150

Atlanta, GA 30303



Overview

Come to this fun, experiential workshop, and learn about using tabletop games in play therapy to build relationships with clients; explore interpersonal dynamics; help clients gain insight into maladaptive patterns; and work with them on social skills, anger management, and organization.

Presenter Information

Terry Kottman, Ph.D., RPT-S, NCC founded The Encouragement Zone, a center in Cedar Falls, Iowa, where she provides play therapy training and supervision, life coaching, counseling, and “playshops” for women. Terry developed Adlerian play therapy, an approach to counseling children that combines the ideas and techniques of Individual Psychology and play therapy. She regularly presents workshops and writes about play therapy, activity-based counseling, school counseling, and life coaching. She is the author of *Partners in Play*, *Play Therapy: Basics and Beyond*, and several other books.

Abstract

Most people (even play therapists) think tabletop games are restricted to the (for most of us) not-so-favorites: chess, checkers, Monopoly, Clue, Risk, and Battleship. In this experiential workshop, refresh and re-calibrate your ideas about tabletop games and learn a plethora of new (and old) games you can use in play therapy. Many of the therapeutic powers of play (Schaefer & Drewes, 2014), such as direct teaching, indirect teaching, positive emotions, stress inoculation, stress management, therapeutic relationship, social competence, empathy, creative problem solving, resiliency, moral development, self-regulation, and self-esteem, can be activated by a play therapist trained to use tabletop games to build relationships; explore interpersonal dynamics and intrapersonal issues; and help clients gain insight into maladaptive patterns of thinking, feeling, and behaving. In this workshop, you will acquire knowledge about playing games as a fun way to help clients learn and practice social skills, anger management strategies, stress management skills, self-regulation, and organizational skills. We will explore how to use tabletop games to “hook” clients who resist the “traditional” way of connecting with others--children and adolescents on the autism spectrum, with learning disabilities and ADHD. Tabletop games are also a great resource for working in play therapy with families, creating good times and positive energy, and in group play therapy. Using Adlerian conceptualization, we will experiment with ways to help clients enhance their ability to connect, believe they are capable and that they count, and to increase their willingness to try new things and take risks (courage--not the board game).

Learning Objectives

At the end of this workshop, participants will be able to...

1. Describe methods for using tabletop games to work with play therapy clients on social skills, anger management strategies, stress management skills, self-regulation, and organizational skills.
2. Apply Adlerian play therapy conceptualization to explain how using tabletop games can help clients enhance their ability to connect, believe they are capable and that they count, and to increase their willingness to try new things and take risks.
3. Identify tabletop games they can use to build relationships in play therapy; explore the interpersonal dynamics and intrapersonal issues of play therapy clients; and help play therapy clients gain insight into maladaptive patterns of thinking, feeling, and behaving.

Costs/Registration Fees

Affiliation	Cost
Professional	\$65.00
*CPS Alumni	\$35.00
**Student	\$15.00

*Please provide the year you graduated and Panther Card ID #.

**Current students must complete and send the Application for Student Discount Rate (p. 4) to qualify for the reduced fee.

Registration Website

https://secure.touchnet.com/C20797_ustores/web/store_main.jsp?STOREID=172

Please note: The Play Therapy Training Institute does not accept checks.

Cancellation/Refund Policy

Cancellations must be received in writing seven days prior to the workshop to receive a refund and are subject to a \$10.00 processing fee.

Number of Continuing Education Contact Hours Offered

This is an in-person workshop and offers **3 APT Contact Play Therapy credits!**

ADA Accommodations

Accommodations will be made in accordance with the law. If you require ADA accommodations please contact [Katie Lowry](mailto:Katie.Lowry@gsu.edu) (404-413-8012) at least two weeks before the conference date so arrangements can be made.

Questions? Please contact Laura Cobourne at lcobourne1@student.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.

Please complete, obtain signatures, and scan then e-mail this form to kmlowry@gsu.edu.

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)

Date