

Launch or enhance your play therapy career  
with **in person and online** training!

# Play Therapy Workshop Series

Trainer: Ann Beckley-Forest, LCSWR, RPT-S

## Dates & Times - ALL TIMES EASTERN

All dates Hybrid – in person or online  
12 CEs for each workshop

\$225 for one training, \$375 for any 2, \$525 for full series

### Foundations of the Play Therapy Relationship

Thursday and Friday  
February 8th and 9th, 2024  
9:00 am - 4:30 pm EST daily

### Play Therapy Models and Applications: Best Practices in the Play Therapy Room

Monday and Tuesday  
March 11th and 12th, 2024  
9:00 am - 4:30 pm EST daily

### Play Therapy for Trauma

Thursday and Friday  
April 25th and 26th, 2023  
9:00 am - 4:30 pm EST daily

## Hybrid Format (In person or online)

In person option in Buffalo, New York area with simultaneous live webinar option.

Live webinar participants will join via Zoom with cameras on and practice in breakout rooms. Required handouts and a list of supplies needed will be provided in advance. Participants will be required to complete a post-test.

## Why Play Therapy?


The principles and practices of play therapy enable practitioners to engage and motivate child clients through the therapeutic power of play. These evidence-based approaches enable the therapist to become a trusted part of the child's world and make psychotherapy more developmentally appropriate for children.

## Why these workshops?

These three workshops will provide master's level clinicians with the foundations and creative interventions to work comfortably with children of all ages. Participants will engage in hands-on, practical play therapy techniques that will help these children lower defensiveness and increase feelings of competency and success. Experiential activities, hands-on practice, and demonstration videos will be used to help participants gain insight into the child's world. If you have child clients that are bored, disruptive or avoidant, then these three workshops are for you.

## Who should attend?

Social workers, psychologists, family therapists, art therapists, psychiatrists, school counselors, child life specialists, mental health counselors and graduate students.



# Foundations of the Play Therapy Relationship

All sessions required, Hybrid – in person or online  
February 8th and 9th, 2024  
9:00 am - 4:30 pm, ALL TIMES EASTERN  
Beginner/Intermediate

## Description

This training will increase your confidence in working with children. Design your space and choose materials to engage children therapeutically and create emotional safety.

Play Therapy is a way to approach children by entering their world and allowing them to express their worries and master struggles. We will build upon the fundamentals of Child Centered Play Therapy, an evidence-based treatment for children.

We will explore the continuum of non-directive to directive play therapy experiences and how to determine what is happening in the session. We will also consider how to increase your success with the interventions you already use, such as CBT, by making them engaging and fun. We will talk about the difficulties of using these techniques with virtual therapy and how to address this challenge.

## Learning Objectives

Participants will be able to:

- Describe at least 2 events from the history of the development of play therapy.
- Select play therapy materials such as sand tray miniatures, puppets, and creative art supplies.
- Demonstrate 3 ways to create emotionally safe spaces for children with the Child-Centered Play Therapy (CCPT) approach.
- Utilize therapists; reflective statements and techniques for setting limits in Child-Centered Play Therapy.
- Identify each level on the continuum of directive, child-responsive and child-centered (non-directive) play therapy and give an example of the therapist's behaviors at each level.
- Restate four considerations for parent consultations and involvement in the play therapy process.
- Describe 2 principles of temperament in play therapy to parent psychoeducation through a practice exercise.
- Show 3 ways to use play therapy to teach coping skills to children through movement and game-based interventions
- Demonstrate a guided play therapy technique for treating anxiety by applying Cognitive-Behavioral Play Therapy theory.



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# Play Therapy Models & Applications: Best Practices in the Play Therapy Room

All sessions required, Hybrid – in person or online

March 11th and 12th, 2024

9:00 am - 4:30 pm, ALL TIMES EASTERN

Beginner/Intermediate

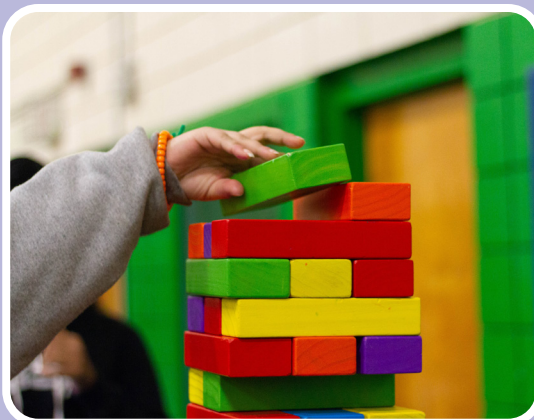
## Description

This workshop is designed to take participants on a journey of self-awareness as a child therapist by helping them to coherently apply play therapy theory to their current practice and deepen their commitment to using play to accomplish the core treatment goals in therapy with children. We will compare some of the leading models in play therapy and apply them through play therapy methods such as sand tray, art and dramatic play. We will examine best practices in diversity, equity and inclusion of all children's care as well as handling ethical dilemmas in the play therapy setting.

## Learning Objectives

Participants will be able to:

- Use a practice activity to demonstrate an ability to articulate the core therapeutic powers of play.
- Recognize how the use of sand tray and expressive arts complements play therapy practice with clients across the life span from childhood to adults.
- Demonstrate 3 principles from Child-Centered Play Therapy theory in a practice session with sand tray.
- Describe 3 principles Adlerian Play Therapy theory and practice in a family play activity.
- Describe 3 principles of the theory and practice of Gestalt Play Therapy and practice an experiential activity with clay.
- Describe 2 principles of the theory and practice of Solution-Focused Play Therapy in a sand tray activity using “the miracle question”.
- Compare 5 different theories within play therapy using a self-inventory about theoretical orientation.
- Describe 3 ethical issues in developing cultural humility and an anti-racist approach to play therapy practice.
- Describe play therapy principles and emerging research in practice with transgender and gender expansive youth.



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# Play Therapy for Trauma

All sessions required, Hybrid – in person or online

April 25th and 26th, 2023

9:00 am - 4:30 pm, ALL TIMES EASTERN

Intermediate/Advanced

## Description

**Please note:** attendance at **Foundations of Play Therapy** or **Models of Play Therapy** workshop OR prior training in play therapy is required.

The impact of both exposure to trauma and insecure attachment is now well established to have a key role in most of the presenting problems for our child clients. As play therapists, we need a framework to help children move from being either avoidant of these experiences or "stuck" in post-traumatic play. This training builds on foundational play therapy skills to recognize the impact of trauma and how to help children digest trauma and difficult experiences to reduce their reactivity. Therapists will apply creative interventions and use the themes and metaphors of the child's play to gradually approach and process traumatic material.

## Learning Objectives

Participants will be able to:

- Analyze a current case using a phase model for trauma-informed play therapy.
- Describe a play-therapy based approach to assessing for trauma history.
- Describe 3 strategies for emotional safety in and out of the play therapy room using a trauma-informed approach to Child-Centered Play Therapy (CCPT).
- Describe 5 themes in Child-Centered Play Therapy which may indicate post-traumatic play vs. developmentally expected play.
- Explain object-relations play therapy theory in metaphors which gradually approach traumatic material.
- Explain the mechanism of disrupted attachment and choose helpful attachment-promoting play therapy activities for children.
- Explain 3 steps to follow in helping children construct a trauma narrative to digest the trauma fully in a play therapy setting.
- Demonstrate the principles of therapeutic storytelling to using a current case.
- Select from 10 prescriptive play therapy activities to manage dissociation and hyperarousal in and out of session.

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# Trainer

**Ann Beckley-Forest, LCSWR, RPT-S**



Ann is a Licensed Clinical Social Worker in private practice in Buffalo, New York, and has focused on interventions with children and adolescents throughout her career. She likes to say she became a registered play therapist because she never really grew up and loves having toys in her office! She is a registered play therapy supervisor and approved provider of play therapy education, and her specialties include intervention with very young children, as well as problems of attachment and work with adolescent and adult survivors of trauma. She is certified in EMDR, an EMDR Approved Consultant and a faculty member of the Child Trauma Institute. She trains locally and internationally and writes about the integration of EMDR and play therapy, and co-edited the recently released book *EMDR with Children in the Play Therapy Room*.

## Registration

Please register for this workshop online at [www.annbeckleyforest.com/current-trainings](http://www.annbeckleyforest.com/current-trainings)

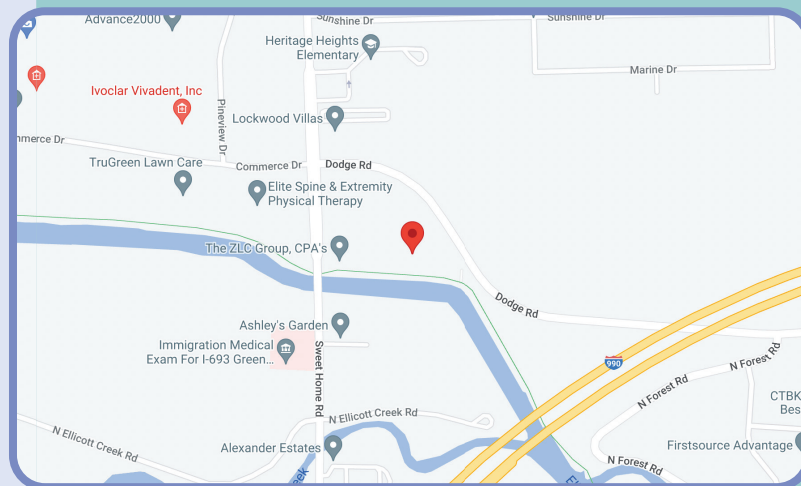
Any questions please send an email to [ann.beckleyforest@gmail.com](mailto:ann.beckleyforest@gmail.com) with the subject line: "Play Therapy Trainings"

Course will begin promptly at 9:00am. Please arrive 10-15 minutes early to allow ample time for registration.

## Training Location

55 Dodge Road

Getzville, NY 14068



## Contact Information

Phone: (716) 831-2700

Email: [HUTrainingSupport@horizon-health.org](mailto:HUTrainingSupport@horizon-health.org)

## Parking:

Participants are asked to park in the lot in front of the building across from Dodge Road and enter/exit through the main entrance doorway. A staff member will be available to direct participants to the training room.

## Refreshments/Lunch:

Light refreshments will be offered. Lunch is not provided. Training facility has refrigerators available for participants interested in bringing their lunch. Training facility will additionally provide a list of nearby restaurant options.

## Continuing Education

- CE-Classes.com is the provider of 12 CEs for each workshop:
- The American Psychological Association (APA) CE-Classes.com is approved by the American Psychological Association to sponsor continuing education for psychologists. CE-Classes.com maintains responsibility for this program and its content.
- This course is NOT available for NBCC credit
- This training does not offer ASWB ACE credit to social workers.
- Florida Certification Board
- The Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-Expires 3/31/2025
- The California Board of Behavioral Sciences. The California Board of Behavioral Sciences, BBS, recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements.
- California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number OS-12-174-0225 Expires 02-2025
- The Texas Board of Social Work Examiners – CE-Classes.com meets the requirements for acceptable continuing education
- The Texas Board of Professional Counselors – CE-Classes.com meets the requirements for acceptable continuing education
- Massachusetts Authorization Number: (TBD)
- Ohio Counselor, Social Worker and Marriage and Family Therapist Board – Approval from a state licensing board for counselors, social workers, marriage and family therapists is accepted by the OH CSWMFTB.
- New York Social Work Board – CE-Classes.com is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0120.
- New York Mental Health Practitioners Board CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0260.
- New York Psychology Board CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0211
- The Florida Board of Nursing (CE Provider #:50-4896) Expires 10/31/2024. Do not send certificates to the Florida Board of Nursing. You must keep this certificate for 4 years.
- The California Board of Registered Nursing. CEP 15647 Expires 11/30/2024.

## Association for Play Therapy CEs

Ann Beckley-Forest is APT Approved Provider 15-406.

12 CEs for play therapists for each workshop are available. For a suggested breakdown for the RPT requirements please see the website. Contact CEs for in person participants only. The virtual option meets the APT requirements for live webinars. Play therapy credit will not be granted to non-mental health professionals.

Certificates are awarded online after completion of the workshop. Participants print their own certificate after registering at CE-Classes.com, entering a keycode, and completing a post-test and evaluation form. Licensed Professionals should contact their regulatory board to determine course approval

*There are no known conflicts of interest for this workshop.*

## Refund Policy

Registration is fully refundable (minus 5% transaction fee ) 10 or more days prior to the workshop. Less than 10 days prior, eligible for 50% refund. Same day cancellations or no shows are never eligible for a refund. The presenter is not responsible for participant connectivity issues.

## Contact

Questions about these workshops, ADA accommodations or issues? Email [ann.beckleyforest@gmail.com](mailto:ann.beckleyforest@gmail.com)

Grievances should be made within 5 days and addressed to [monaco.training.center@gmail.com](mailto:monaco.training.center@gmail.com)

## ADA Accommodations

If you require any support for your ADA needs, please contact Ann Beckley-Forest at least 3 weeks prior to the event at [annbeckleyforest@gmail.com](mailto:annbeckleyforest@gmail.com) or 716-553-2256

## Customer Service

We are happy to respond to any concerns or questions you may have. Please contact Ann Beckley-Forest at [annbeckleyforest@gmail.com](mailto:annbeckleyforest@gmail.com) or 716-553-2256

