

Play Therapy: Working with Children

A Two Day Workshop

Facilitator-Leith Thompson



Play is a child's language

It is not always easy to get children talking in a therapeutic setting. When a child feels safe in relationship they will often talk about the real things happening in their lives. Play and fun can help a child to feel safe...children often express what they are thinking and feeling through play.

This Workshop focuses on working with children aged 5-12 years of age, drawing on a range of modalities to enable Play Therapy. Participants will be introduced to a number of creative Play Therapy approaches that have proven to make counselling fun and open possibilities for expression of thoughts, emotions, and change. Being a hands-on course, attendees will have the opportunity to apply learning to realistic scenarios, and personally engage with practical ideas, experiencing the effect of these for themselves.

Leith has worked in the Tauranga area for the last twenty years. He has worked in private practice specialising in working with children and young people. Leith has worked with Western Bay of Plenty PHO and B.O.P. Therapy Foundation working with at risk children, contracting to local schools and teaching a six week Mental Health Program to both primary and college aged children. In this presentation Leith shares his knowledge of:

Play in Therapy

- Helping children to express themselves.
- Using play to make therapy fun.

Therapy in Play

- Employing games such as snakes and ladders and hop scotch in therapy.
- Constructing block homes and pondering the feelings that live in each home.
- Building play road maps with Mental Health road safety signs.

Cognitive Behaviour Therapy in Play

- Pondering together thoughts, feelings and effects on a child's life.
- The use of T. shirts to make thoughts more visible.
- Challenging unfriendly thoughts in fun, child friendly ways.



Family Sculpting Therapy in Play

- Making a child's family life visible.
- Replaying difficult events of a child's life together.

Narrative Therapy in Play

- Noticing themes that can be worked with.
- Following children's language closely for problems and strengths.

This Workshop will aid counsellors, counselling students, social workers, senco and any others who work with children. Participants will leave armed with the knowledge and skills to incorporate Play in Therapy and Therapy in Play.

Tauranga Workshop

Date: Monday 2nd December 2024
Tuesday 3rd December 2024

Time: 9.00am - 4.00pm

Venue: Central Baptist Church, downstairs room.
640 Cameron Rd, Tauranga
Use 13th Ave car park.



To register email: solacecounselling101@gmail.com

Cost: \$550.00 pp incl GST.

Early Bird \$499.00 incl. GST if paid before 31/10/2024.

Students: \$450.00 incl GST if paid before 31/9/2024.

Cancellation Policy: A fifty percent refund will be paid up to two days before the Workshop. No refund will be paid in the last 24 hours or for non attendance.

Payment details

01-0373-0113606-27

Reference - Your name and Play Therapy Workshop

Morning teas and coffee/tea provided.

Past Workshops feedback

"Absolutely loved the practical ideas explored. The visual approaches were great. To see how you use play therapy."

"I want to buy a Hobberman ball and a Big pencil and lots of big rulers to snap!"

"Absolutely everything."

"T-Shirts, Sculpting board, Hobberman Ball, Presence, Curiosity, Somatic, Pencil."

"A lot of helpful resources and tools."

"Really enjoyed the T-Shirt work, Thank you."

"Great resources, well presented, Great illustrations. How to make applications... better, new and improved confidence and knowledge."

"So much, a clearer understanding of CBT and the need to teach it. Will defo use the t-shirt and alternative story idea. It makes so much sense!"

"That there is so much more to learn about myself and others."

"T-Shirts - Love it!"