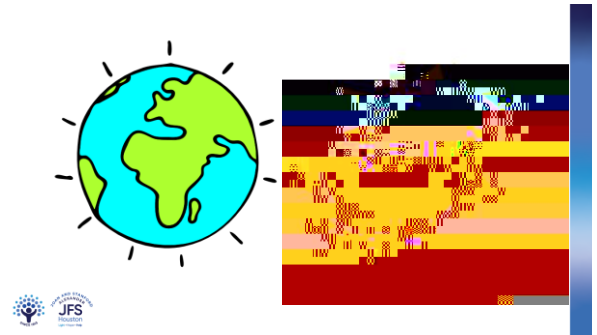




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## Learning Objectives

- Increase knowledge of the Association for Play Therapy & the Process of becoming a Registered Play Therapist
- Define Play Therapy
- Identify the Seminal and Historically Significant Play Therapy Theories
- Understand Use of Play Therapy Tool Kits



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## Play Therapy Definition

- The Association for Play Therapy defines play therapy as "the systemic use of a theoretical model to establish an interpersonal process wherein trained play therapists use the therapeutic powers of play to help clients prevent or resolve psychosocial difficulties and achieve optimal growth and development."



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## Introducing Andrew



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## Why Play Therapy?

Play is a child's natural way of communicating and expressing their feelings



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## Registered Play Therapist Info

- Association for Play Therapy (APT) established in 1982
  - All mental health fields (social workers, licensed professional counselors, licensed marriage and family therapists, psychologists)
- Registered Play Therapist Credential (RPT™, RPT-S™)
  - 150 hours of Play Therapy Instruction
  - Supervision (35 hours + 5 observations)
  - Play Therapy Clients (350 hours)
  - 2-7 Years
- School Based-Registered Play Therapist (RSB-RPT-S™)



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## Seminal and Historically Significant Theories

- 1) Adlerian Play Therapy
- 2) Child-Centered Play Therapy
- 3) Cognitive Behavioral Play Therapy
- 4) Developmental Play Therapy
- 5) Ecosystemic Play Therapy
- 6) Filial Play Therapy
- 7) Gestalt Play Therapy
- 8) Jungian Play Therapy
- 9) Psychoanalytic Play Therapy
- 10) Attachment Theory and Theraplay



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## Similarities

- Play
- Relationship
- Therapeutic Powers of Play
- Facilitate Change and Growth



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## Differences

- Office or Playroom
- Directive or Non-Directive
- Goals
- Structure
- Role of Family



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## Case Study #1

- 5-year-old child
- Generalized Anxiety Disorder
- Engaging in Regressed Behaviors



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## Case Study #2

- 8-year-old child
- Adjustment disorder, unspecified
- Divorced parents
- Emotional regulation



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## Counseling Tool Kits

- Developmentally Appropriate
  - Ages 3 to 6
  - Ages 7 to 12
  - Ages 13 to 17



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## Tool Kit Details

- | Age 3 to 6   | Age 7 to 12  | Age 13 to 17   |
|--|--|--|
| <ul style="list-style-type: none"> <li>• Crayons</li> <li>• Board Book (<i>The Way I Feel, Giraffes Can't Dance</i>)</li> <li>• Stuffed Animal</li> <li>• Age-Appropriate Fidget</li> <li>• Hoberman Sphere</li> <li>• Sensory Liquid Timer</li> <li>• Puppets</li> <li>• Construction Paper</li> <li>• Play Doh</li> <li>• Move Your Body Game</li> </ul> | <ul style="list-style-type: none"> <li>• Age-Appropriate Fidget</li> <li>• Hoberman Sphere</li> <li>• Sensory Liquid Timer</li> <li>• Puppets</li> <li>• Feelings Thumb Ball</li> <li>• Thoughts and Feelings Sentence Completion</li> <li>• Brain Flakes</li> <li>• Markers</li> <li>• Play Doh</li> <li>• Bright Spots Game</li> </ul> | <ul style="list-style-type: none"> <li>• Age-Appropriate Fidget</li> <li>• Journal</li> <li>• Hoberman Sphere</li> <li>• Feelings Thumb Ball</li> <li>• Colorful Pens</li> <li>• Mandala Coloring Book</li> <li>• Playing Cards</li> <li>• Rubik's Cube</li> <li>• Positive Affirmation Cards</li> <li>• Feelings Wheel Sticker</li> </ul> |



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## Questions



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