

# Foundations in Play Therapy 101



This training is designed for professionals such as counselors, social worker, teachers, childcare workers, or psychologist who work with children in agencies, private practice, and school settings. Participants will learn about the basics of play therapy interventions and techniques. This is an introductory workshop that will cover the research driven rationale, philosophy, history, and theoretical concepts specific to both directive and nondirective play therapy. Participants will be introduced to the toys and materials needed to set up a play therapy room or assemble a portable play therapy kit.

## Objectives

Discuss play therapy origins including history of play therapy and important concepts about how play therapy has evolved. Learn definitions for play and play therapy.

Describe the basic skills for practicing play therapy. Introduction to direct and non-directive play therapy techniques.

Identify materials needed to set up a play therapy room or assemble a portable play therapy kit and explore play therapy room options.

Discuss guidelines for Registered Play Therapist credentials and play therapy supervision requirements.

A total of 3.5 Direct Contact Hours has been approved by APT

Approved Provider #18-558

Light refreshments served