



Info about Theraplay Group Training

Group Theraplay training is for professionals who want to use Theraplay in classrooms, day care, residential settings or with family groups. This two-day training is for people who have not taken our four-day Level One Theraplay training. If you have already taken Level One training, you should attend the one-day option for Group Theraplay training.

A Theraplay Group is an adult-directed, structured play group that incorporates playful, cooperative and nurturing activities that enhance the emotional well-being of children. Unlike other play group approaches, Theraplay learning takes place on a non-verbal level. Instead of talking about positive social behavior, the group leaders and children DO positive social interaction. Positive messages from the group interaction gradually become a part of the child's internal sense of self.

Why is Theraplay good for children in group settings:

- Creates an atmosphere that is warm, nurturing, engaging and challenging
- Meets the basic needs of children so they can be freed emotionally to explore their world
- Engages hard-to-reach children
- Brings fun and exuberance into the lives of children
- Builds healthy relationships among individuals in a group
- Places emphasis on cooperation between children
- Encourages children to learn and practice self-control
- Enhances trust of others through concrete, personal and positive experiences
- Helps children with regulatory disorders and tactile issues
- Simultaneously addresses cognitive, social and emotional development

Program Content:

- Principles of attachment theory on an intellectual and experiential level
- The Four Dimensions of Theraplay for child development
- How to quickly assess which of the dimensions a particular child might need
- Strategies for incorporating Theraplay in daily interactions with children
- The importance of touch for children's well-being and regulation
- The effects of complex trauma on a child's brain and behavior

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- Applying Theraplay principles to children's groups
- Adapting Theraplay Groups to different populations
- Leadership skills for implementing a Theraplay group
- Addressing resistant behavior within the Theraplay group
- Experiential practices of both being a participant and a leader
- Strategies for successful implementation

Learning Objectives:

- Describe the four dimensions of Theraplay, a modality of play therapy
- Apply Theraplay play principles to group treatment
- Develop play therapy skills in using the group rules and group techniques through practice
- Demonstrate how to adapt the use of group Theraplay, a modality of play therapy, with various populations
- Describe how nurturing and regulating physical connection can assist a child to feel calm and more organized in a play therapy group setting
- List three effects of complex trauma on a child's brain and behavior
- Describe three techniques for managing resistance and problem situations in play therapy groups
- List a variety of materials and activities that are appropriate for the group Theraplay model
- List three essential strategies for successful implementation

Who should attend:

- School counselors and social workers
- Special education teachers (Masters level)
- Clinicians who work with groups of children or family group therapy