



# Theraplay® Level One

## About Theraplay®

Theraplay® is a short-term attachment based play therapy for children and their care providers with a proactive focus on adult-child relationships, attachment theory, intersubjectivity and brain research. Theraplay® is based on the natural patterns of healthy interaction between adult and child and focuses on:

- Attachment, self-esteem and trust through fun and play
- The four essential qualities found in parent-child relationships: Structure, Nurture, Engagement and Challenge
- Creation of an empathetic connection between child and carer
- Resolution of behavioural problems i.e. excessive tantrums, anger, hitting, biting, clinginess, fearfulness, controlling behaviours, self-harm and attachment disturbances

The Marschak Interactional Method (MIM) is an observationally based assessment method used to evaluate parent-child relationships.

Further information can be found at [www.theraplay.org](http://www.theraplay.org)

## Course Objectives:

- Understand the history and theory of Theraplay®
- Knowledge of how to administer the MIM including methods of recording non-verbal behaviours, making inferences and formulating hypothesis
- Knowledge of how a MIM report is organised and used as a guideline for planning treatment
- Knowledge of how a feedback session is organised
- Increased knowledge of the interactional basis of parent-child attachment and self-esteem
- Skill development in the differentiation and use of the four Theraplay® dimensions
- Knowledge of how Theraplay® is used to meet the needs of children with behavioural problems, adopted/fostered children, autistic children, adolescents and traumatised children
- Knowledge of how parents are guided to empathetically observe and participate in Theraplay® sessions aimed at fostering better parent-child attachment

## Course Information

The workshops are intensive and rewarding with the number of participants limited so that each person can receive personal attention from the trainer. There are opportunities to:

- Observe the treatment of a family including MIM, assessment feedback and Theraplay® sessions
- Watch recordings of treatment with a variety of clients
- Practice the use of Theraplay® techniques
- Plan how to use Theraplay® with clients

Participants are requested to have a copy of the 3<sup>rd</sup> edition of the Theraplay book and that they bring the book with them. You are requested to read chapters 1, 2, and 4 in advance of the training. The book is available both from the office [www.Theraplay.org](http://www.Theraplay.org) and also at the Amazon UK website.

#### **Suitable For:**

Theraplay is suitable for professionals and practitioners with a background in child development, adoption and permanency or psychology. This may include:

Psychologists, Psychiatrists, Social Workers, Occupational Therapists, Teachers, Counsellors, Play Therapists, Family Therapists, Early Childhood specialists.

#### **Trainer:**

Fiona Peacock is a BACP Senior Accredited Counsellor and Certified Theraplay® Therapist. After 12 years of work in a CAMHS Children Looked After Team she now works in private practice providing therapy for children who are Looked After or Adopted, schools counselling, clinical supervision, training and consultation. She is also a Teaching Associate at the Faculty of Education, University of Cambridge, has contributed to McLaughlin and Holliday (2014) *Therapy with Children and Young People* (Sage:London) and the BACP MindEd on line training resource for Children and Young Peoples' counselling.

#### **Dates and Costs**

This 4 day course is run as 2 x 2 days and is available on the following dates:

**16-17 April and 8-9 May 2018**

**Or**

**9-10 July and 16-17 July 2018**

The course runs from 9.00am to 5.00pm each day.

Venue: Adoptionplus, Moulsoe Business Centre, Moulsoe, Nr. Milton Keynes, MK16 0FJ

Cost: £950 + VAT (£1140 inc VAT)

Lunch and refreshments are included

For further information or to book please contact Alice Hollingdale on 01908 218251 or email [alice.hollingdale@adoptionplus.co.uk](mailto:alice.hollingdale@adoptionplus.co.uk) or visit [www.adoptionplus.co.uk](http://www.adoptionplus.co.uk)

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