



# 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.

## 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

This four day training workshop is for qualified professionals who wish to undertake training on child/family counselling and attachment therapy. 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           | - Teachers                    | - Play therapists   |
| - Social Workers          | - Counsellors                 | - Psychiatrists     |
| - Occupational Therapists | - Early childhood specialists | - Family therapists |

**Monday 18 September – Thursday 21 September 2017**

**9.00am to 5.00pm each day**

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

**£950+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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