

## PLAY THERAPY

Play Therapy is defined as a dynamic interpersonal relationship between a child and a therapist trained in Play Therapy. The Play Therapist provides selected Play Materials and facilitates the development of a safe relationship for the child to fully express and explore the self (feelings, thoughts, experiences and behaviors), through the child's natural means of communication and play. Play itself does not produce the change, but it is the therapist's interaction and utilization of Play Therapy and Play that is critical.

## PROFESSIONALS LEARN

- A theoretical understanding of the framework for using *Play Therapy*.
- Using a client centred perspective.
- Identify indicators of emotional, sexual and ritual abuse.
- Practical exercises understanding the meaning of children's play.
- Practical reasons for therapeutic uses of play.
- How to *Play* theoretically with Children, and set realistic goals.
- How to work with the total system (parents and teachers).
- How *Play Therapy facilitates behavioural changes*.
- Communicating through *Play Therapy*.
- Reading themes in *Play Therapy* (Video).
- Make contact with children and structure the relationship in the Play Room.
- Therapeutic responses to children's Play.
- Helping children to develop self control and self responsibility.
- How to equip a *Play Therapy* setting.
- Work with what you have got.
- Toys and materials. Categories of toys. Tote bag playroom.
- Steps in therapeutic limit settings.
- Therapeutic limit settings. When to set limits.
- What to do when limits are broken.
- Termination.



**Reyhana Seedat M.MEDS.ScSW. R.P.T.S**  
**Approved Provider # 99-062**

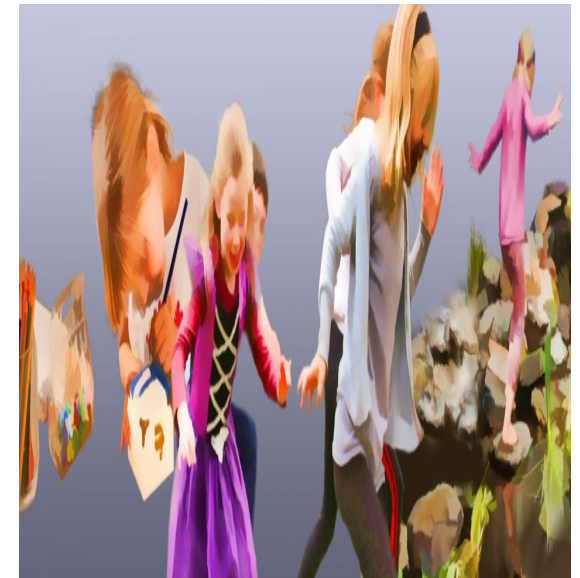
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## ABOUT THE PRESENTER

Reyhana Seedat B.S. W- MED.Sc S.W. R.P.T-S is a Certified Clinical, Family and Marriage Therapist. She is a member of the Association of Play Therapists. Trained under Dr. G Landreth, she has a wealth of experience in teaching therapeutic skills and supervising children in Child Psychotherapy and Play Therapy. She has broad frontline experience with adult and children's, mental health. In 1995, Reyhana was named as a South African Women of the 90's for her innovative work. She is an accomplished trainer, motivating all participants. She is a registered Play Therapist and Supervisor with the Association for Play Therapy.

## THE MAGIC OF PLAY THERAPY

*A series of workshops on  
specialized Play therapeutic skills  
with children.*



## WORKSHOPS AND SESSIONS

Get ready to dive into a series of workshops that will change the way you think about therapy! Whether you're a parent, educator, or just someone looking to understand the little ones in your life better, these sessions are for you.

From the whimsical world of Expressive Play Therapy to the insightful techniques of Filial Therapy, each workshop is designed to equip you with the skills you need to make a real difference. And yes, there will be fun involved!

Check out the workshops below and mark your calendars. You won't want to miss these transformative experiences!

## Introduction to Child Centred Play Therapy, History and the Development of Play Therapy

23/03/2024 8h00-17:00  
CE Hours: 6 Istanbul Turkey

### Description

Overview of Child-Centred Play Therapy. Historical development of Play Therapy. In-depth exploration of Play Therapy models and their evolution.

**DEVELOPMENT TOUCH THERAPY** is a highly compact, structured developmentally based group therapy programme. It provides individual and group therapy for young children, training for adults and the professional. The purpose of the touch is simply to enable the child to experience their living body and self. The Development Play Therapy training is unique, adults learn to do development play through exercises that enables them to experience themselves as seen. Touch exercises help them see and touch others. Development Play has proven effective with children who have relationship problems at the attachment Level. Psychotic, Attention Deficit Hyperactive Disorder (ADHD) sexually and physically abused children as well as those that act out destructively.

## Child Centred Play Therapy, The Play Therapist, Preparing Parents for Play Therapy, The Play Therapist Practice, Demonstrations and Audio-visual Material

24/03/2024 8h00-17:00  
CE Hours: 6 Istanbul Turkey

### Description

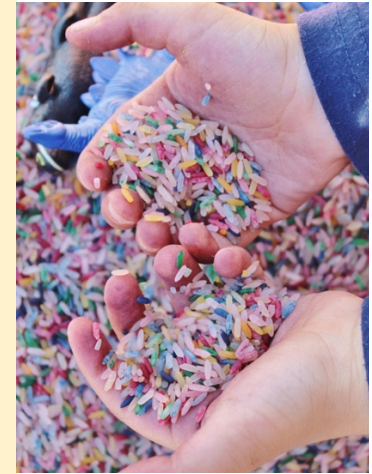
Understanding the Play Therapist's role in Child-Centred Play Therapy. Approaches to working with children in therapy. Preparing parents for effective play therapy sessions. Practice sessions, demonstrations, and audio-visual materials.

## Therapeutic Limit Setting, Characteristics of Facilitative Responses and Typical Problems in Play Therapy Practice. Practice, Demonstrations and Audio-visual Material

25/04/2024 8h00-17h00  
CE Hours: 6 Istanbul Turkey

### Description

Key techniques for setting therapeutic limits. Understanding the characteristics of facilitative responses. Identifying and addressing typical problems in play therapy practice. Practical demonstrations and audio-visual materials.



## Issues in Play Therapy, Process of Termination and Playroom Material Practice, demonstrations and Audio-visual Material.

26/04/2024 8h00-17h00  
CE Hours: 8 Istanbul Turkey

### Description

Key challenges and issues in play therapy. The termination process in therapy and its importance. Exploring effective playroom materials for therapeutic success. Practice sessions, demonstrations, and audio-visual materials

## EXPRESSIVE PLAY THERAPY

*Specific Play Therapy Techniques will be demonstrated.*

### Sand Therapy

Participants explore the remarkable power of Sand Therapy for both assessment and treatment purposes. Hands on training is provided for setting up Sand Therapy as well as how to observe, document and promote a healing process through Sand Therapy.



### Puppet Interviews

Participants learn how to conduct puppet interviews, observe family interactions and dynamics. These include; cohesion, boundaries, effective contact organisation, verbal and non-verbal communication. In addition discussions focus on decoding and incorporating symbols metaphors and metaphoric language that emerge during individual and family play activities and more.

### Art Therapy

Equips the therapist with the skills on how to read a child's spontaneous art productions. The therapist learns how to incorporate a child's own metaphorical art language to promote a specific treatment goal.

## PLAY THERAPY

Final Therapy

TouchTherapy

Expressive Play Therapy

EMDR TRAINING

### WHAT IS PLAY THERAPY

Play Therapy is defined as a dynamic interpersonal relationship between a child and a therapist trained in Play Therapy procedures. The Play Therapist provides selected play material and facilitates the development of a safe relationship for the child to fully express and explore self (feelings, thoughts, experiences and behaviours), through the child's natural means of communication: play.

Play itself does not produce the change, but it is the therapist's interaction and utilisation of play that is critical. This workshop will provide you, the professional, with:

- A theoretical understanding of the framework for using Play Therapy from a client centered perspective.
- How to play therapeutically with children. Set realistic goals.
- Identify indicators of emotional, sexual and ritual abuse.
- How to equip a play therapy setting as well as work with what you've got.
- How to work with the total system – parents and teachers.
- Practical exercises.
- Understanding the Meaning in children's play – therapeutic uses of play.
- How Play Therapy facilitates behavioural change.
- Practical reasons why we use Play Therapy.
- Communicating through play.
- Reading themes in Play Therapy (video).
- Making contact with children – structuring the relationship in the play room.
- Therapeutic responses to children's play.
- Helping children develop self-control and self responsibility.
- Toys and materials – categories of toys; and tote bag playroom.
- Therapeutic limit setting – when to set limits; steps in therapeutic limit setting.
- Termination

