

## 2009 FALL CONFERENCE SCHEDULE

7:45 am to 8:45 am On-site registration

9:00 am to 12:15 pm Breakout Sessions

12:15 pm to 1:15 pm Lunch on your own

1:15 pm to 4:30 pm Afternoon Sessions

## ACCOMMODATIONS

Accommodations must be made on your own. A limited number of rooms are available at conference rates if you reserve by the dates listed.

**Best Western**, \$79, 336-584-0151 (by October 26th)

**Courtyard Marriott**, \$79, 336-585-1888 (by November 11th)

**Country Suites**, \$80-89, 336-584-1115 (by October 22nd)

## CONFERENCE OBJECTIVES

After attending this conference, participants will be able to:

- State how specific psychological strengths and weakness or deficits can be diagnosed in children and adolescents using Strayhorn's model.
- Understand comparative differences between the principals of Gestalt Play therapy and non-directive play therapy approach.
- Implement and facilitate a specific eight week expressive arts grief and loss group in their particular treatment setting complete with curriculum, handouts, and pre/post test.
- Describe ways to work with problem behaviors in the playroom.
- Identify and use at least two types of developmental play therapy.
- Identify two ways to use storytelling and bi-lateral stimulation in a play therapy practice.



Heloisa Portela, Ph.D.  
8416 Parkstone Drive  
Raleigh, NC  
27613

# Play Therapy in a Nutshell

North Carolina Association for Play Therapy  
Fall Conference  
November 13th, 2009  
Elon University, Elon, NC



*Designed for licensed counselors, social workers,  
psychologists, marriage & family therapists,  
other licensed practitioners and graduate students  
who practice or wish to learn more about  
play therapy techniques and theory*

Moseley Student Center, Elon University, Elon, NC  
campus map at [www.elon.edu](http://www.elon.edu)



## MORNING SESSIONS 9:00 am to 12:15 pm

### Breakout Sessions

#### **Integrating Play Therapy with Art and Music for Grieving Children and Adolescents**

**Tina Hazelman, LPC, NCC, ATR-BC & Tania Arcos**

In this presentation, expressive arts and play are used as a means of providing grieving children/teens with avenues to express their grief. Clinicians will learn how to facilitate an expressive arts group with adolescents experiencing grief while being provided with a detailed curriculum and handouts. They will participate in expressive arts activities and learn about providing basic critical incident stress debriefing using art and play. Clinicians will also be provided with specific coping strategies to teach their clients using art therapy, play therapy, dialectical behavior therapy, yoga, and animal assisted and equine psychotherapy.

#### **Effectively Weaving Storytelling, Sandplay, Hypnosis & Bi-lateral Stimulation into Play Therapy**

**Rosalind L. Heiko, Ph.D.**

This presentation is an overview of how to frame storytelling, clinical hypnosis (trance work) and bi-lateral stimulation (including EMDR) into play therapy and sandplay sessions with children. Participants will learn how a therapist can effectively present imagery (clinical hypnosis trance work) while using bi-lateral stimulation pulsers ("buzzies"). This innovative method provides an effective way to address more complex trauma and stress reactions of children during play therapy sessions, while keeping children's interest and attention. Material will be addressed through discussion, case presentation, video material and an experiential format.

#### **Child-Centered Play Therapy: Beyond the Basics**

**Phyllis Post, Ph.D, LPC, RPT. & Peggy Ceballos, Ph.D.**

This presentation will use a discussion and experiential format to focus on more advanced issues when practicing child-centered play therapy, including limit setting, strategies for providing choices to children, problems in the playroom, and considering issues of diversity. While the theoretical underpinnings of child-centered play therapy will be integrated throughout the workshop, participants should have a basic understanding of child centered play therapy to best learn from this presentation. A variety of media will be used to help participants understand the skills and concepts, and participants will have opportunities to practice skills in peer groups.

## LUNCH ON YOUR OWN 12:15 to 1:15 pm

## AFTERNOON SESSIONS 1:15 to 4:30 pm

#### **The Competent Play Therapist**

**Sandra Frick-Helms, Ph.D., RPT-S**

Strayhorn's "competency model" provides a frame work for counselors and therapists to diagnose clients, set treatment goals quickly, and provide ongoing evidence of progress in treatment. The model also describes a set of interventions that can be used to provide "psychological skill practice" to children and adolescents. Lecture, demonstration, and learner practice will be provided in diagnosing areas of skill strength and deficit and in designing interventions to correct skill deficits and/or strengthen weak skill areas. The workshop will include a comprehensive packet of materials.

#### **Developmental Sensory Play Methods: Treating Early Childhood Trauma**

**Karen Wheeler, LCSW, RPT-S and Heather Klein, LPC**

These presenters will show video of developmental play sessions which use water and mud trays and developmental play activities. Research suggests that tactile sensory activities can stimulate healing because they address a non-verbal portion of the brain which is affected by early childhood trauma. This presentation will focus on at least 10 developmental play activities that highlight the tactile and sensory experiences each activity provides the client. This will include an opportunity for participants to understand and experience EMDR tactile sensors.

#### **A Gestalt Play Therapy Sampler**

**Ann P. Young, M.Ed., LPC**

This interactive workshop will explore the use of experiential materials in working with children, adolescents, and adults using the principles of Gestalt Play Therapy. Participants will gain a better understanding of this more directive play therapy approach through demonstration and learn to incorporate materials such as clay, puppets, games, drama, and sand. Gestalt play therapy emphasizes the use of contact and resistance when working with clients and aims at integrating the individual through experiences in the here and now. The activities used in this workshop are designed to help clients work with polarities in order to become aware of their behaviors and to learn to express emotions in a positive way.

## CONFERENCE REGISTRATION

Name (please print) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Professional Discipline (please check one):

\_\_\_\_ Counselor                      \_\_\_\_ Psychologist

\_\_\_\_ Social Worker                \_\_\_\_ MFT

\_\_\_\_ Other: \_\_\_\_\_              \_\_\_\_ Full-time student at \_\_\_\_\_

Professor's signature: \_\_\_\_\_

(faculty advisor must verify student status)

## MORNING SESSIONS

Integrating Play Therapy with Art and Music for Grieving Children and Adolescents

Effectively Weaving Storytelling, Sandplay, Hypnosis and Bi-lateral Stimulation into Play Therapy

Child-Centered Play Therapy: Beyond the Basics

## AFTERNOON SESSIONS

The Competent Play Therapist

Developmental Sensory Play Methods: Treating Early Childhood Trauma

A Gestalt Play Therapy Sampler

FEES	Half Day	Full Day
APT members	\$60	\$105
Non-members	\$70	\$135
Students	\$35	\$65

Add a \$15 late fee for registration at the door. No refunds after Nov. 6th. There will be a \$10 refund fee for paid, but cancelled registrations. Online registration is our preferred method of registration; however mail registrations are gladly accepted. Online registration form can be found at our website, <http://www.ncapt.org>

Credit cards accepted through Acteva for a fee.

## QUESTIONS?

Email [heloisaportela@gmail.com](mailto:heloisaportela@gmail.com)

Mail registration form and payment to:

**Heloisa Portela, Ph.D.**

**NC Association for Play Therapy**

**8416 Parkstone Drive Raleigh, NC 27613**

