

JOIN US FOR AN UPCOMING INSTITUTE OFFERED THROUGH THE CRISIS AND TRAUMA RESOURCE INSTITUTE (CTRI)

The Crisis and Trauma Resource Institute provides exceptional training and resources in the areas of Mental Health, Counselling Skills and Violence Prevention



PLAY THERAPY – TOOLS FOR HELPING CHILDREN AND YOUTH

Children express themselves, learn about their world, and feel most at ease when playing. This interactive workshop focuses on how to use play therapy strategies to help children and youth positively cope and work through stressful life experiences. Participants will become familiar with Play Therapy theory, clinical guiding principles, and various directive and non-directive creative interventions to use with a wide age range of children and youth. From an experiential lens, this training explores how to apply playful strategies to support children and youth on their path to healing. Get ready to play! **Bonus:** Participants will also receive a small play-based toolbox to use during the training, and to take home! Topics include:

- Why does Play Therapy Work?
- Attachment, Neuroscience, Family Systems
- Children's Growing Brains: Cognitive and Development Stages
- Inner Resiliency – Child-Centered Play Therapy
- Using Directive vs. Non-directive Approaches with Children and Youth
- How Play can Help Overcome Trauma
- Play-based Cognitive and Behavioural Therapy Strategies
- Creative Interventions for Emotional Awareness and Self-Reflection
- Art-Based Therapy
- Helping Children and Youth Develop Self-Regulation
- The Impact of Family – How Family Play Therapy Helps
- Building the Blocks of Attachment
- Somatic Approaches and Body-based Exercises
- Skills for using a Sand Tray
- Tools to use Puppetry
- Develop Story-telling Skills

Saturday November 30, 2019 • 8:30am to 4:00 pm (8:30am Registration and Breakfast, 9:00am Workshop Opening, 12:00pm Lunch and Networking, 4:00pm Workshop Closing) • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara educators: \$80 includes continental breakfast and lunch, outside Niagara educators: \$85 • To register, call the ECCDC at 905.646.7311 ext. 304, email eccdc@eccdc.org or visit www.eccdc.org