



# PLAY THERAPY

By DR PATRICIA SHERWOOD

*A module for the Certificate of Artistic Therapies from  
Sophia College, Australia*

**2 days Introductory Workshop – 10<sup>th</sup> & 11<sup>th</sup> November 2016**

**Play Therapy is an evidence-based approach.**

Play Therapy using a Casework Approach which demonstrates clearly processes for diagnosis, intervention and evaluation; including pre & post intervention assessments. Includes documentation processes in case work for artistic processes therapies used in the therapy

- Play Therapy encourages clients to express their feelings, experiences and cognitive functioning.
- Apply Play Therapy for
  - ✓ Emotional Development
  - ✓ Psychosocial Development
  - ✓ Cognitive Development
  - ✓ Behavioural Development

## WHY PLAY THERAPY?

- Communication medium ideal for children with limited verbal skills
- A non-judgmental approach
- Can be directive or non-directive
- Engages the child or adolescent in languages that increase their inter personal and intrapersonal communication

Psychologists/counsellors/social workers and special needs officers from schools, social work settings, hospitals and other helping professionals

# EXAMPLES OF PLAY THERAPY

*that includes using: toys, puppets, sandplay or stories or a combination of these to promote therapy*



## Day 1 – Areas Covered

- Introduction to play therapy and attachment theory
- Play therapy: indications and contra indications for clients
- Non directive play therapy: theory and experiential exercises
- Directive play therapy use for diagnosis
- Role of the counsellor/therapist in play therapy and Interventions
- Evaluation of efficiency and documentation

## Day 2 – Areas Covered

- Experiential Exercises:
  - Playing with Puppets & Masks
  - Drawing for diagnosis and pre and post interventions
  - Processing scenarios with Visual Cards
  - Selection of play items for an effective play therapy room
  - Life Span development interventions





Dr. Patricia Sherwood is a postgraduate supervisor at Notre Dame University in Australia. She has lectured for 30 years in Social Work, Psychology, Social Science, Counselling and Special Education.

- She founded the Indo-Pacific Journal of Phenomenology and is the Director of Sophia College of Counseling
- She provides mental health and wellbeing training to teachers and parents in Australian schools.
- Has extensive international experience, having trained in Australia, Singapore, Malaysia, and South Africa within the fields of counselling and mental health recovery.

YouTube video of Dr Sherwood talking on the Artistic Therapies course with Sophia College

<http://youtube.com/watch?v=PjUEUWzPw0U>

Training	Date & Time	Price
Introductory Play Therapy	10 <sup>th</sup> & 11 <sup>th</sup> November 2016 (9:00am - 5:00pm )	Normal Price: \$700 <b>Early Bird Price: \$600 only !</b>

**Venue: To be confirmed**

**Morning Tea and Lunch will be provided.**

We are committed to keeping class sizes small to facilitate interaction, so please register early.

Trainings will be highly experiential and interactive.

*Workshop can be considered for VCF funding as a non pre-approved course.*

**Early Bird  
Ends  
30<sup>th</sup> September 16**

**For More Information**

**Please call : (65) 6337-5153 Email: [relationalresources@rpsingapore.org](mailto:relationalresources@rpsingapore.org) Website: <http://www.relationalresources.info/>**