Object Relations Play Therapy
Workshops & Supervision Group
by
Helen Benedict, Ph.D.
Licensed and Certified Psychologist, Texas
Registered Play Therapist-Supervisor, Association for play therapy

Objectives:
Object Relations Play Therapy is one of the major approaches to work with the children who have trauma and attachment problems. This is a series of gradual level training that aims at enhancing professionals to work with children who have traumatic experience and attachment problems.

Workshop Details:
Workshop I: Object Relations Play Therapy
Date: 17-4-2012 (Tuesday)
Time: 9:30 am - 5:30 pm (6 contact play therapy credit hours)
Venue: Chinese YMCA of Hong Kong
3/F., Activity Building, 23 Waterloo Road, Yaumatei, Kowloon
Learning Objectives: Participants will learn about the theory, goals and techniques of Object Relations Play Therapy.
APT Level: Intermediate

This workshop will begin with an overview of Object Relations Theories as it applies to young children focusing on the work of Margaret Mahler and John Bowlby. Five distinct presentations of object relations problems will be identified according to their works when in development these presentations tend to occur. For each, the interpersonal dynamics and dominant play themes will be described. Then the most appropriate play therapy goals and techniques will be elaborated in considerable detail and illustrated using video.
Workshop II: Object Relations Play Therapy For Traumatized Young Children

Date: 18-4-2012 (Wednesday)
Time: 9:30 am - 5:30 pm (6 contact play therapy credit hours)
Venue: Chinese YMCA of Hong Kong
3/F, Activity Building, 23 Waterloo Road, Yaumatei, Kowloon

Learning Objectives: Participants will learn about the effects of trauma and attachment problems on the young child, play therapy goals and techniques of three major processes in Object Relations Play Therapy.

APT Level: Advanced

This workshop will first look at the effects of trauma and attachment problems on the young child’s behavior and brain development and then outline an object-relations based treatment approach involving three major processes: regulation of affect and behavior including therapist support of the child’s self-regulation and shifting the child’s response from threats to safety; modifying object relations or internal working models; and helping the child create a healthy life narrative and resolve specific traumatic memories. Appropriate play therapy goals and techniques of the three major processes will be illustrated using video.

Object Relations Play Therapy Supervision Group

Date: 19-4-2012 (Thursday)
Time: 9:30 am – 12:45 pm
Group Size: 10 people

Learning Objectives: Participants will learn about the application of theory and skills of Object Relations Play Therapy through cases presented in the group.

Venue: Chinese YMCA of Hong Kong Counselling Unit
3/F, Yun Kai Building, 466 Nathan Road, Yaumatei, Kowloon

This supervision group will focus on the application of Object Relations Theories into play therapy. Formulation of hypothesis and related skills will be discussed from an Object Relations Play Therapy perspective. Participants are expected to have attended the two Object Relations Play Therapy Workshops listed in this brochure or have attended similar workshops conducted by the trainer before.

Medium of Instruction: English
**Targets:** Mental health and other health professionals who work with children and family, social workers, teachers, and pastors.

**About the trainer:**
Dr. Helen Benedict is a prominent figure in teaching Object Relations Play Therapy for the children who have attachment problems. She has a Ph.D. in Developmental and Child Clinical Psychology from the Yale University. Dr. Benedict has over thirty-five years of experience in teaching psychology and clinical training. She is currently the Professor of Psychology and Director of Clinical Training at Baylor University. Dr. Benedict is a Licensed and Certified Psychologist in Texas, and a Registered Play Therapist-Supervisor of the Association for Play Therapy in USA. She has written extensively and conducted numerous workshops on Object Relations Play Therapy for children with attachment trauma and Thematic Play Therapy in the North America and Asia. Her recent workshop presentation at the Association for Play Therapy Conference 2011 is on integrating brain development, attachment and trauma into play therapy practice.

**Fee:**

<table>
<thead>
<tr>
<th></th>
<th>Early Bird:</th>
<th>Regular Fee:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Workshop I:</td>
<td>HK$900</td>
<td>HK$1000</td>
</tr>
<tr>
<td>Workshop II:</td>
<td>HK$900</td>
<td>HK$1000</td>
</tr>
<tr>
<td>Supervision Group:</td>
<td>HK$500</td>
<td>HK$600</td>
</tr>
</tbody>
</table>

Early bird rate will be given to the participants who register on or before 29/2/2012 as according to post mark on the envelope.

**Accreditation for Continuing Education**
Association for Play Therapy Approved Provider #12-866
Accreditation for other professional organizations is in process.

**Arrangement in case of bad weather**
Workshops and supervision group will be cancelled if Red or Black rainstorm warning signal, or Typhoon warning signal no. 8 is hoisted at 7:30 am. Workshops will start in two hours if the warning signal is taken down before 12:00 pm. Workshop will be rescheduled to 20-4-2012 in case the whole day of workshop is cancelled.
Object Relations Play Therapy Training

Registration Form - Workshop

Name: _________________________ (Dr./Mr./Mrs./Ms.)
Address: ___________________________________________________________

Tel: _________________________ Fax: _________________________________
Email: ___________________________________________________________
Profession: ____________________ Organization: ___________________

On or before 29-2-2012 After 29-2-2012
Workshop I: □ Early bird $900 □ Regular $1000
Workshop II: □ Early bird $900 □ Regular $1000
Total amount: _______ Bank: ________________ Cheque #: ___________

********************************************

Registration Form – Supervision Group

Name: _________________________ (Dr./Mr./Mrs./Ms.)
Address: ___________________________________________________________

Tel: _________________________ Fax: _________________________________
Email: ___________________________________________________________
Profession: ____________________ Organization: ___________________

On or before 29-2-2012 After 29-2-2012
Supervision Group: □ Early bird $500 □ Regular $600
Total amount: _______ Bank: ________________ Cheque #: ___________

Please issue TWO separate cheques for workshops and supervision group, make payable to the “Chinese YMCA of Hong Kong” and mail it with the registration form to the “CYMCA Counselling Unit, 23 Waterloo Road, Kowloon”. Fees paid will not be refunded unless the seats are full.

Enquiry: 2332-4899 (Ms. Tam/Ms. Li)