



**Theraplay<sup>®</sup>**  
Nurture Your Family with Fun

**Level One Theraplay Child and Family Therapy  
& Marschak Interaction Method (26 hours)  
PLUS Group Theraplay (6.5 hours)**

**Dates:** 8 to 12 April 2019

**Time:** 9.30am to 5.30pm

**Venue:** Morning Star Training Centre  
Block 323B Sengkang East  
Way #01-553 S. 542323

**Registration:**

Please contact Ms Kelvyanne Teoh  
at 62851377 or email  
[counselling@morningstar.org.sg](mailto:counselling@morningstar.org.sg) with  
the subject title "Theraplay Training".

Register early to  
enjoy **\$200** off  
the course fee!

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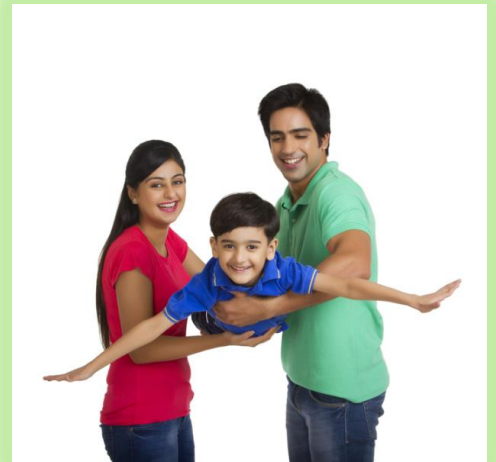


**THE**  
**Theraplay<sup>®</sup>**  
INSTITUTE  
*Building Better Relationships*

## WHAT IS THERAPLAY?

Theraplay is a therapist-guided dyadic psychotherapy that focuses on parent-child relationships and has been accepted by SAMHSA in the United States as an evidence-based practice. It:

- Enhances attachment, self-esteem, and trust in others through joyful engagement.
- Elicits cooperation and improves behavior issues in children through positive connection.
- Creates an active and empathic connection between child and parents.
- Focuses on four essential qualities found in parent-child relationships: structure, engagement, nurture and challenge.
- Results in a changed view of the self as worthy and loveable, and of relationships as positive.
- Is appropriate for all ages from infancy through to adolescence.



In the sessions, the therapist guides the parent and child through playful games, challenging activities, and nurturing interactions. **Theraplay helps the child** experience previously difficult interactions in new ways, helps overcome fear, increases trust, and creates a positive change in the child's sense of self. **Theraplay helps the parent** be attuned to the child, understand the motives of the child's behaviour and underlying needs, manage environmental stimuli, and carefully guide the child in a safe place.

The Marschak Interaction Method (MIM) Assessment is a structured technique for observing and assessing the relationship between two individuals, such as the biological parent and child, foster or adoptive parent and child, supportive caregiver and child. It consists of a series of simple tasks designed to elicit a range of behaviours in four dimensions.

While Theraplay may be used with a single child or an entire family, it can also be used with groups in a variety of settings for foster/adopted children, trauma and abuse victims, children with behavioural and developmental problems, and in schools and residential treatment facilities.

## TRAINING OBJECTIVES

Upon completion of the training, participants will be able to:

- Administer the MIM and analyse it at a beginning level
- Conduct feedback sessions with parents based upon the MIM analysis
- Use the MIM as a guideline for Theraplay treatment planning
- Principles of attachment theory on an intellectual and experiential level
- Observe demonstrations of Theraplay treatment and techniques
- Practice Theraplay activities in dyads
- Identify the types of behaviours that require a particular dimension
- Utilize the four Theraplay Dimensions to treat the specific needs of a child
- Describe how Theraplay is applied to meet the needs of children with behaviour problems, foster and adopted children, children with a history of trauma, neglect, abuse, ASD, and older children
- Describe how to guide parents to participate in a Theraplay treatment session

## SPECIAL FEATURES OF THIS TRAINING

- Use of video segments to feature demonstration of treatment of a real client family including the MIM assessment to provide feedback to the parents.
- The training is interactive, intense and practical to ensure participants leave with the knowledge and skills to begin using Theraplay in their work.
- The training includes sessions to practice a variety of Theraplay activities.
- The training concludes with the creation of a treatment plan for one of your own clients and a chance to practice it for feedback.
- The registration fee includes participation in two web supervision sessions. You will be able to view the supervisor and supervisee as well as the video treatment session of the supervisee. You will also be able to ask and respond to questions in real time.



## GROUP THERAPLAY

Group Theraplay training is for professionals who want to use Theraplay in classrooms, day care, residential settings or with family groups. The approach simultaneously addresses cognitive, social and emotional development. Theraplay Group brings fun and exuberance into lives of children and learning takes place on a non-verbal level and engages hard-to-reach children. Instead of talking about positive social behaviour, the group leaders and children EXPERIENCE positive social interaction. Trust of others is enhanced through concrete, personal and positive experiences and children learn and practice self-control through play. The training will provide strategies for incorporating Theraplay in daily interactions with children, adapting Theraplay Groups to different populations AND MORE!!

## WHO SHOULD ATTEND

Psychologists and Psychiatrists, Social Workers, Clinical Counsellors, Marriage and Family Therapists, School Counsellors, Play Therapists, Special Education Teachers, Occupational Therapists, Speech and Language Therapists, Adoption/Post-Adoption Support Counsellors, Early Childhood and Developmental Specialists, Infant Mental Health Professionals, Residential Care Professionals.

## CERTIFICATE OF COMPLETION

VWO applications are subjected to NCSS terms and conditions. **Full attendance of 26 hours of Theraplay Level One is required to attend the Group Theraplay training day and to further pursue certification as a Certified Theraplay Practitioner.** More information can be found at <https://www.theraplay.org/index.php/supervision-certification>

## TRAINER

Donna M. Gates, M.A., LCPC, is a Certified Theraplay Therapist and Senior Supervisor and Trainer for The Theraplay Institute. For the past 20 years, she has done individual, couples, and family therapy as well as domestic violence treatment, anger management treatment for adults and children, and parenting training and consultation. In the past, she has presented at the Theraplay International Conference and has written two articles for the Theraplay Newsletter, one on the use of Theraplay in Domestic Violence treatment groups and the other on the reparative effects of Theraplay in the treatment of families who have experienced family violence.

## COURSE FEES:

Registration by 31<sup>st</sup> January 2019: \$1,665. Registration from 1<sup>st</sup> February to 22<sup>nd</sup> March 2019: \$1,865. VCF funding is eligible for staff/volunteers of NCSS Member VWOs and MSF-funded VWOs. Terms and Conditions apply.