



Play Therapy & Sandtray Therapy Workshops

SACAC Counselling continues to contribute to Singapore's professional mental health community by bringing a series of world-class programs either complimentary or at a nominal price. The second and third in the series are Play Therapy and Sandtray Therapy.

These courses include power point material, video demonstrations, live demonstrations, case studies, and experiential role-plays, video demonstrations, live demonstrations, case studies, and experiential role-plays. This introductory course is for mental health therapists, psychologists, clinical social workers, family therapists, and elementary/ high school counsellors.

About the Presenter: Theresa Fraser



Theresa Fraser is an internationally recognized Play Therapy trainer and psychotherapist, specializing in child and youth care. Her specialties include Play Therapy, Sandtray, and Wordplay. Theresa is the executive director of Maritime Play Therapy Centre based in Nova Scotia, Canada, and the President of the Canadian Association for Child and Play Therapy. She has won numerous awards for her work in the mental health field, and has published books and peer reviewed articles on Play Therapy and trauma treatment.

To learn more, please visit: www.maritimeplaytherapycentre.com.

Play Therapy Workshop: Introduction to Play Therapy (16 hours)

This is a 4-day program. After this training the learner will:

Day 1: Play Therapy Basics (4 hours)

- Discuss the application of the therapeutic powers of play with clients across the lifespan
- Distinguish between play therapy approaches (directive versus non-directive)
- Identify Play Therapy healing tools utilized to work with children, teens, and families based on
- Review play therapy space set-up

Day 2: Introduction to Non-Directive Play Therapy Skills (4 hours)

- Identify administrative tasks to be completed before Intake and Assessment
- Discuss Termination in Child therapy
- Practice tracking behaviour in the playroom
- Practice acknowledging non-verbal behaviour
- Practice reflecting behaviour and content and feelings

Day 3: Practice utilizing Non-Directive Play Therapy skills (4 hours)

- Identify how to set limits in the Play Therapy space using the A.C.T. model (Landreth, 2002).
- Practice setting limits in the Play Therapy space
- Review children's play behaviours
- Review play therapy note template

Day 4: Directive Play Therapy Approaches to utilize with children and teens who experience anxiety (4 hours)

- Review when to use directive and non-directive approaches for children that experience anxiety and worry.
- Discuss how to engage children/ teens in play-based assessments
- Engage in activities that can assist with cognitive restructuring including sandtray/ puppet play and bibliotherapy.
- Practice activities that can assist children/teens in grounding and self-regulating.
- Engage in activities that can be utilized with children to support mastery and confidence.

Sandtray Therapy Workshop: Introduction to Sandtray Therapy Training (12 hours)

This is a 3-day program. After this training the learner will:

Day 1: Introduction to Sandtray

- Discuss the history of sand tray.
- Review how to set up sand tray in the play therapy room.
- List the different categories of sand tray miniatures.
- Identify the importance of symbolism and metaphor through the sand tray process.

Day 2: Stages of Sandtray Witnessing

- Review the stages of Non -Directive Sandtray Play
- Practice building and witnessing a sandtray
- Discuss applications of Sandtray across the lifespan

Day 3: Sandtray isn't just for children!

- Review how to create a mobile sandtray kit
- Practice engaging in a directive sandtray
- Practice building and witnessing a sandtray using adult case examples
- Discuss how to integrate sandtray play with other modalities including Cognitive Behavioural Therapy and Dialectical Behavioural Therapy
- Discuss how to incorporate sand tray play therapy in a variety of settings including families and groups.

PRICING

Play Therapy Workshop

INTRODUCTORY SESSION - 1 hr

Fri. 19th Nov 21 – 8 am to 9 am

Complimentary

Introduction to Play Therapy - 12 hrs

Day 1 – Fri. 11th Mar 22 – 8 am to 12 noon

Day 2 – Sat. 12th Mar 22 – 8 am to 12 noon

Day 3 – Sun. 13th Mar 22 – 8 am to 12 noon

Directive Play Therapy for children and teens with anxiety – 4 hours

Day 4 – Fri. 18th Mar 22 – 8 am to 12 noon

Price for 4 days:

\$300 excl. GST (early bird - register by 30th Nov 21)

\$400 excl. GST (after 30th Nov 21)

Sandtray Therapy Workshop - Pricing

Sandtray Therapy - 12 hrs (3 Days)

Day 1 – Fri. 22nd Apr 22 – 8 am to 12 noon

Day 2 – Sat. 23rd Apr 22 – 8 am to 12 noon

Day 3 – Sun. 24th Apr 22 – 8 am to 12 noon

Price for 3 days:

\$225 excl. GST (early bird - register by 30th Nov 21)

\$300 excl. GST (after 30th Nov 21)

*Upon completion of the workshops, supervision can be provided at a reasonable price.

Click [here](https://www.sacac.sg/professional-training.php) to register and secure your spot or visit [sacac.sg/professional-training.php](https://www.sacac.sg/professional-training.php).

If you have any queries, please contact us at pd@sacac.sg.