



# DAY 1

## EMBRACING THE HEALER IN YOU: DIVING INTO THE EMBODIED MIND OF THE HELPER IN PLAY THERAPY

(4 CEs open to all)

### WORKSHOP DESCRIPTION

Practical strategies for self-exploration and self-care will be addressed in this deep-experiential workshop. The exercises and areas of exploration will put you in touch with your most authentic self and will support your understanding of the moment-to-moment decision making in child and play therapy. This workshop will address how working with traumatized children and families can bring significant personal growth to clinicians and at the same time activate trauma responses that have the potential to bring the therapeutic process to stagnation, resulting in burnout and impact the healing process of your most vulnerable clients. We will explore how our own early attachment experiences influence us as play therapists and impact our capacity to engage in co-regulation with our young children. At the end, this experience will put you in touch with the depths of your human existence as you embrace the healer in you. Come and join us for this transformative workshop!

### LEARNING OBJECTIVES

Clinicians will be able to:

**1 hour** - Identify elements of the mind of the clinician that impact therapeutic processes and outcomes in child therapy

**1 hour** - Utilize practical strategies for self-exploration and self-care.

**1 hour** - Identify how working with traumatized children and families can bring significant personal growth to clinicians and at the same time activate trauma responses, shame and character strategies that exist in the clinician's inner system.

**1 hour** - Identify how our own early attachment experiences influence clinicians in play therapy and impact our capacity to engage in co-regulation with our young children

# DAY 2

## EMDR THERAPY, CHRONIC SHAME, SELF & OTHER-DIRECTED AGGRESSION IN CHILDREN WITH COMPLEX TRAUMA & DISSOCIATION

(6.5 CEs Advanced EMDR training – must be EMDR-trained to attend)

### WORKSHOP DESCRIPTION

This presentation will support the clinicians in understanding the origins of shame as well as providing a framework to conceptualize and work with self- and other-directed aggression and hostility in children within the eight phases of EMDR therapy. Portals and entry routes into shaming, hostile and aggressive parts that meet the needs of the child and their developmental capacities will be provided. How to utilize a multimodal approach within the EMDR framework and incorporate the use of metaphors in play therapy, Sandtray and expressive arts strategies will be covered. How to join the child while providing the companionship, containment, co-regulation, and co-organization of their experiences which provide the foundation for integration and healing to take place will be addressed. Parts work and tips on the labor that is often needed with hostile, critical and perpetrator-imitating parts will be covered as well as the systemic work that needs to accompany the treatment of such children. Top down and bottom-up approaches and strategies will be covered as well as ways to titrate the entrance into the mind of the child during play therapy sessions.

### LEARNING OBJECTIVES

**1 hour** - Cite theories and etiological factors in the origins of shame as well as the contributing factors that are at the center of hostility and violence in children that may come for play therapy.

**1 hour** - Identify strategies to work with caregivers and the generational wounds that maintain shame-states as well as aggression directed toward self and others

**1 hour** - Identify portals and entry routes into shaming, hostile and aggressive parts as well as parts that hold loyalty toward the perpetrator.

**2 hours** - Utilize a multimodal approach within the EMDR framework and incorporate the use of metaphors, play therapy, Sandtray, Polyvagal based interventions and expressive arts.

**.5 hour** - Identify strategies to work with the internal conflict and increase neuroception of safety in play therapy

**1 hour** - Identify top down and bottom-up approaches in therapy with children and strategies as well as ways to titrate the entrance into trauma memories that lay at the core of violent acts.

**10.5hrs non-contact CEs**

Play therapy credits may not be awarded to non-mental health professionals.

**PRESENTED BY Ana Gomez, MC, LPC**

**VENUE: ZOOM**

**DAY 1 . October 1st 2021**

**9AM-1:30PM PST**

**Registration: 8:30am  
Workshop start: 9:00am  
Break 1: 10:30am (15 mins)  
Break 2: 12:00pm (15 mins)  
End: 1:30pm**

**CEs: 4**

**DAY 2 . October 2nd 2021**

**9AM-5:00PM PST**

**Registration: 8:30am  
Workshop start: 9:00am  
Morning Break: 10:30am (15 mins)  
Lunch: 12:30pm – 1:30pm (1 hour)  
Afternoon Break: 3:00pm (15 mins)  
End: 5:00pm**

**CEs: 6.5**

### CANCELLATION POLICY:

1. To cancel your registration, please send us a cancellation notice via email at info@bcplaytherapy.ca no later than 2 weeks before the start of an event for a full refund less a \$25.00 cancellation fee. No refund is issued if you cancel your registration within 2 weeks of the event.
2. Please note that all payments received and/or processed on workshop day will be processed at manual registration rates.
3. If you have any questions about the workshop, please contact us at info@bcplaytherapy.ca.

