

# Get Your Hands Dirty! A Week of Expressive Arts and Sand Tray in Play Therapy

Dates: July 24-28, 2017

Speaker: Clair Mellenthin, LCSW, RPT-S

Location: Eastham, MA

Seminar Location: The Captain's Quarters

## **Monday: Introduction to Expressive Arts in Play Therapy**      Learning Objectives:

1. Participants will learn techniques of expressive arts for use in therapy
2. Participants will learn evidence-based interventions in play therapy
3. Participants will be able to identify how utilizing a blended approach of modalities can be useful in play therapy

## **Tuesday: Self- Esteem and Finding My Anthem**      Learning Objectives:

1. Participants will be able to identify how self-esteem challenges arise across developmental phases
2. Participants will be taught play therapy and expressive arts interventions for use in their clinical practice
3. Participants will discuss multiculturalism and how this impacts self-esteem

## **Wednesday: The World's Largest Sand Tray: Sand Tray at the Beach**      Learning Objectives:

1. Participants will learn basic skills of utilizing Sand Tray in play therapy
2. Participants will be able to identify different symbolisms in play
3. Participants will increase understanding of multiculturalism in play therapy

## **Thursday: More Than Words: Using Expressive Arts to Heal the Unspeakable**      Learning Objectives:

1. Participants will learn how utilizing play therapy can help child trauma victims heal therapeutically
2. Participants will learn new play therapy techniques to address trauma symptoms manifested by children and families exposed to trauma
3. Participants will learn the difference between complex trauma, secondary trauma and primary trauma

## **Friday: Super Heroes and Villains...The Good, the Bad, and the Ugly**      Learning Objectives:

1. Participants will learn how trauma impacts brain development, relationships and behavior
2. Participants will learn how to include parents into the therapeutic process and maximize the parent-child relationship
3. Participants will learn how trauma impacts the attachment patterns in the family system

To Register:

Online registration and lodging info available at the NE-APT website:

[www.newenglandplaytherapy.org](http://www.newenglandplaytherapy.org)

For more information, contact NE-APT [info@newenglandplaytherapy.org](mailto:info@newenglandplaytherapy.org)