



## Post Graduate Certificate in Therapeutic Play Skills (MA in Practice Based Play Therapy)



*Delivered in Hong Kong by the Academy of Play and Child Psychotherapy  
for Play Therapy Hong Kong. Accredited by Play Therapy International (PTI)*

The Post Graduate Certificate in Therapeutic Play Skills is the first stage of the MA in Practice Based Play Therapy. The Certificate provides 15 days intensive tuition, the first 5 days, being from 20th to 24th September 2010.

The 5 day course will enable you to start working therapeutically with the children using non-directive play therapy skills.

The next 10 days of training will take place in Hong Kong in early 2011 enabling you to complete your 100 hours of practice required for your international Certification as a Practitioner in Therapeutic Play Skills. You may exit the programme, if you wish, at this point.

*Designed for any professional concerned with the emotional welfare and mental health of children:*

- Care Home Workers
- Counsellors
- Nurses
- Paediatricians
- Psychologists
- Psychiatrists
- Psychotherapists
- Occupational Therapists
- Social Workers
- Teaching Staff



Research based on over 6000 cases shows that play therapy, when delivered to PTI standards, is effective for 73% to 84% of children, aged 5 - 11 with the following conditions/issues:

- Abused children
- ADHD
- Autistic spectrum
- Behaviour problems
- Bereavement loss issues
- Communication problems
- Learning difficulties
- Nightmares
- Separated/divorced parents
- Trauma
- Under performing - academically, socially

### AN ENLIGHTENED APPROACH TO COPING WITH CHILDREN'S DIFFICULTIES A COHERENT AND COMPREHENSIVE TRAINING PROGRAMME

The overall purpose is to enable participants to practice safely and effectively using therapeutic play skills in a variety of settings to provide emotional support to individual children for slight to moderate problems.

Learning outcomes:

- A sound understanding of the principles underlying play therapy and the appropriate use of the play therapy tool-kit
- Practical skills for running therapeutic play sessions with individual children
- An ability to assess children's needs and organise the provision of therapeutic play facilities
- Increased confidence in using therapeutic play with children and adolescents
- The counselling, therapeutic and practical skills to enable you to carry out therapeutic play
- An understanding of the ethical considerations in working with children
- Awareness of your own process and development

The MA in Practice Based Play Therapy, of which the PG Certificate in Therapeutic Play skills is the first part, is the world's most popular and clinically proven play therapy training programme.

The basis of the PG Certificate course is non-directive play therapy, a safe and effective way of working with children. Our curriculum is based on the Axline principles, originally developed in the USA. However we include a number of enhancements which we have developed in the UK, Asia and Africa which enable the model to be culturally adapted for working with Chinese children.

The lives of children in the present day are highly regulated and controlled. Non-directive play therapy offers a child the opportunity of making choices and taking responsibility for them; expressing him/herself freely; being accepted unconditionally; having his/her deepest feelings respected and accepted.. The programme content is based upon the theory and practice of humanistic psychology, particularly that of Virginia Axline), Carl Rogers and the gestalt approach of Violet Oaklander. It recognises contributions made by others in the 20th century such as John Bowlby, Margaret Lowenfeld, Donald Winnicott, Rachel Pinney etc.

The complete MA programme will run over a three year period. This enables participants to progressively apply what they have learnt to practising with the children, from the start.

The proposed timing is:

- PG Cert. in Therapeutic Play Skills (Part1) 20<sup>th</sup> – 24<sup>th</sup> September 2010
- PG Cert. in Therapeutic Play Skills (Part 2) Spring 2011
- PG Diploma in Play Therapy Autumn 2011
- MA by Dissertation – according to demand

Over 1000 trainees have benefited from the features that make the programme unique:

- The course composition of 70% experiential work, which not only allows you to experience the processes that the children will undergo but also show you how to use the various media to communicate with them.
- The remaining 30% covering the informing psychological theories and neuroscience evidence that provide the basis for safe and effective practice.
- Knowing how to use the 'Play Therapy Tool-Kit™' of creative arts media, including sand tray, drawing and painting, music, movement, puppets and clay.
- A coherent and comprehensive programme, based on the competencies that define the PTI international standards – not an ad hoc event
- Learning is at post-graduate level. The courses are identical to those accredited academically by Canterbury Christ Church University in the UK
- A sense of achievement. You will see positive changes in the children that you work with and be able to measure them. This, as well as successfully completing the course work, should give you a tremendous sense of achievement. You will have made a difference to some children's lives as well as your own.

### PG Certificate in Therapeutic Play Skills – Part One Indicative 5 Day Programme

(The actual scheduling will depend upon the cohort's needs and pace of learning – but all subjects will be covered)

You will learn:

*Day 1* Definitions and models of play therapy; How to convince commissioners of services to use play therapy; the latest research on clinical outcomes; informing psychological theories; non-directive play therapy skills; how to assess children and decide upon the number of sessions required.

*Day 2* How to communicate using sand tray therapy skills; Using an ethical frame work to take clinical decisions in awkward situations; setting up to practice; study requirements; clinical record keeping procedures



Sand tray is the medium most used by boys and the second most popular with girls

### Why APAC?

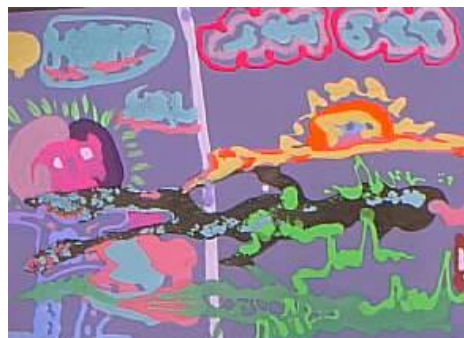
APAC courses have content that is based upon the competencies needed for good practice, we have an exceptionally well qualified faculty and the high quality of the academic work is recognised by a number of accrediting bodies. **But the most important test is how well our trainees perform in their work with the children.** We are unique in play therapy training in measuring the clinical outcomes of those who have been trained by us.

This research is part of a continuous programme conducted by PTUK and PTI. The results are updated every year. Currently the figures show that between 73% and 83% of the children receiving play therapy from our course members show a positive change – the worse the presenting problem, the higher the percentage showing a positive change.

These results are based on over 6000 cases and over 500 practitioners. Although we cannot guarantee the same level of success for individual course participants we can say with a high degree of probability that the performance a cohort will reach will be this standard.

*Knowing more about yourself.* As well as training you to be safe and effective practitioners we provide the opportunity for you to enable your own potential. Each cohort becomes a learning group undertaking self exploratory exercises.

*Day 3* How to communicate with children using drawing and painting; neuroscience evidence supporting play therapy; attachment theory – its application to play therapy



Drawing and painting is the most popular medium used by girls. You don't have to have any artistic ability to use art therapy skills

*Day 4* How to observe and analyse a child's posture and movement and communicate with them using movement therapy skills; using puppets with angry and shy children

*Day 5* Enabling children to express their emotions using clay; integrating the use of the media in the playroom; answers to outstanding questions

To reserve a place and for further information contact: [ptiorg@aol.com](mailto:ptiorg@aol.com) or Angela SIU at [afysiu@cuhk.edu.hk](mailto:afysiu@cuhk.edu.hk) or the web site <http://www.playtherapy.hk/>