

Integrating EMDR and Play Therapy: Playful EMDR Innovative Solutions Volume I (12 CEs)

Session 1 - Program Presenters

Meet the Authors from our recent book on Integrating EMDR and Play Therapy as we combine these modalities in some new and innovative ways in an online webinar format!

Who should attend? : EMDR-trained therapists from beginners to advanced level

Low Price
\$189

THE POCKET SMOCK: PLAYFULLY PREPARED AND PROTECTED

**Faith
Thompson-Lee,
Ed.M.**



The Pocket Smock is a playful EMDR Phase Two intervention to facilitate the preparation process. It is designed to be a creative, visible and even tangible location to consolidate the child's acquired self-regulation resources. Faith Thompson-Lee is a Student Support Counselor, creator and coordinator of the district's first Reflection Room, EMDR therapist and certified Theraplay therapist in East Patchogue, NY and previously served as adjunct faculty at SUNY-Buffalo in the counseling program.

Learning Objectives

Participants will:

1. Explain how play therapy approaches and the core therapeutic powers of play make memory networks available for adaptive information processing with EMDR.
2. Apply 2 trauma-sensitive yoga-based embodied play therapy interventions to foster introspection, increasing regulatory capacities to build resilience, competency, and self-confidence.
3. Practice a proposed Pocket Smock for a client devise a plan to implement this playful and creative preparation resource in their therapeutic setting. Participants are invited to Make a Pocket Smock along with Faith! *Have a white T-Shirt, pencils, and markers.*

USING TRAUMA-SENSITIVE YOGA AND EMBODIED PLAY THERAPY FOR STABILIZATION AND RESOURCING

**Jennifer Lefebre-McCall,
Psy.D. RPT-S, TCTSY-F**



The practice of trauma-sensitive yoga helps to calm the central nervous system, thus decreasing the physiological and biochemical byproducts of stress, encouraging children to slow down, pay attention to the present, and to notice how their body is feeling. Embodied play therapy techniques, more specifically those that integrate trauma-sensitive yoga, allow children to develop a rich variety of resources for stabilization and affect regulation.

Jennifer Lefebre is a play therapist, EMDR therapist and the owner of Healing the Child Within in New Hartford, CT. She is certified to teach trauma-sensitive yoga and a well-known play therapy presenter.

**Moderators: Ann Beckley-Forest, LCSWR,
RPT-S & Annie Monaco, LCSWR, RPT**
**Editors of EMDR in the Play Therapy Room:
An Integrated Approach
(Springer, October 2020)**

Agenda

- 30 minutes - Integration of EMDR and Play Therapy
- 1 hour - Trauma Sensitive Yoga
- 1 hour - Pocket Smock preparation
- 30 minutes - Panel Presenters for Q & A

Playful EMDR Therapy with Children Webinar Series

Session 2 - Program Presenters

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SPLATTING OUT THE ANXIETY THROUGH PLAYFUL TRAUMA WORK, AN EMDR PHASE FOUR INTERVENTION

Alice Stricklin, MPH, L.M.F.T

As anxiety has been identified by the CDC as steadily increasing, EMDR can be effective in helping reduce and even at times eliminate anxiety responses of panic and phobia in children. Taming your Monkey, Bubble Gum brain, Figure Eights and vagal nerve massage are a few of the resourcing interventions that will be presented in this workshop. Alice will also show a playful and interactive approach to reduce the anxiety by “splatting” out the anxiety and trauma memory.



CREATIVE BLS FOR CHILDREN: COLOUR HANDS

Tyne Potgieter M.S., LMHC, NCC, CCMHC

Colour Hands is a playful, child-centred approach to administering EMDR for children who may be sensory seeking, seem hesitant or cautious when discussing the trauma, have low tolerance for exposure to the trauma, or find bilateral eye-movements challenging. This intervention seems particularly effective with children who seek a level of control and/or independence and those who tend to be more guarded when exploring their trauma experience.



Tyne was a child and family therapist in Florida and developed several interventions while using EMDR with children. Presently she is living in South Africa and is the founder of The Living Practice which targets therapeutic self-development and skills building for individual and corporate clients. She is also facilitating meditations and workshops and offer in-school observation services for families seeking recommendations for children.

Learning Objectives

Participants will:

1. Participants will be able to apply EMDR protocol in a play-based way to accommodate the age of the child.
2. Explain and replicate a playful approach to EMDR bilateral stimulation for children who may be sensory seeking and/or have low tolerance for exposure to the trauma.
3. Participants will demonstrate playful ways of working with EMDR and anxiety in children

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Editors of EMDR in the Play Therapy Room: An Integrated Approach (Springer, October 2020)

Agenda

- 30 minutes - Principles for playful adaptation of EMDR
- 1 hour - Colour Hands
- 1 hour - Splatting out the Anxiety
- 30 minutes - Panel Presenters

Synergetic Play Therapy and EMDR: Becoming the External Regulator for Integration

Session 3 - Program Presenters

Meet the Authors from our recent book on Integrating EMDR and Play Therapy as we combine these modalities in some new and innovative ways in an online webinar format!

Using a synergetic Play Therapy lens and a framework rooted in interpersonal neurobiology, this presentation will teach you how to become the child's external regulator as their disturbances arise in the playroom. The result is a deeper level of felt safety, allowing the child to integrate more quickly and fluidly. Understanding nervous system activation, emotional flooding, co-regulation in both directive and non-directive EMDR/play therapy sessions and how to work with the spontaneous emergence of the client's triggered states will be explored.



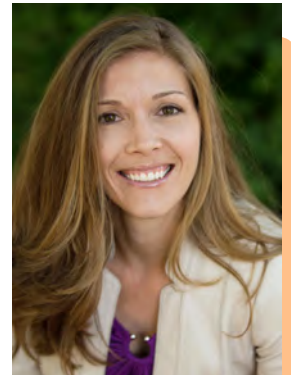
Jan Schaad, LCSW

Jan Schaad, LCSW, is an EMDR therapist, consultant and trainer. She teaches EMDR Basic Training for the EMDR Institute, and is an EMDRIA-approved provider of EMDR advanced trainings. Jan specializes in the integration of neuropsychological therapies with EMDR.

As EMDR clinicians, Lisa and Jan together train play therapists how to integrate EMDR and Synergetic Play Therapy theory into the play therapy process.

Lisa Dion, LPC, RPT-S

Lisa Dion, LPC, RPT-S, is an international teacher, creator of Synergetic Play Therapy, founder and President of the Synergetic Play Therapy Institute, and host of the Lessons from the Playroom podcast. She is the author of *Aggression in Play Therapy: A Neurobiological Approach for Integrating Intensity* and is the 2015 recipient of the Association for Play Therapy's Professional Education and Training Award of Excellence.



Learning Objectives

Participants will:

1. Describe what it means to become the child's external regulator in a play therapy setting to help deepen integration
2. Identify three non-directive EMDR interventions that can be used in a non-directive play therapy session
3. Describe four skills the play therapist must embody in order to co-regulate the child towards resolution

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Agenda

- 30 minutes - What is synergetic Play Therapy
- 30 minutes - Use of synergetic Play Therapy in EMDR
- 10 minutes - Break
- 1 hour 20 minutes - Managing triggered states in children
- 30 minutes - Moderated Q&A

Culturally Relevant and Playful EMDR Interventions with Latinx Children and Teens

Session 4 - Program Presenters

Meet the Authors from our recent book on Integrating EMDR and Play Therapy as we combine these modalities in some new and innovative ways in an online webinar format!

Presenters will discuss cultural considerations in the work with Latinx children and teens and strategies that they have found effective by clinical observation and client feedback such as the use of analogies to assist with history taking, preparation, and reprocessing phases of EMDR therapy.

Presenters will utilize three principles as guidelines for play therapy interventions:

- (1) Follow the child's lead and interest;
- (2) Be curious, ask questions and maintain an open attitude;
- (3) Utilize and emphasize cultural and individual strengths.



Viviana Urdaneta

Viviana Urdaneta is an LCSW-Supervisor, EMDR Certified Therapist, and Approved Consultant. She specializes in counseling for survivors of trauma, domestic violence, and sexual assault. Viviana is from Colombia, South-America and considers herself bilingual and bicultural. Viviana has worked consistently to promote utilization of EMDR therapy with the Latinx community.

Viviana Triana

Viviana is a Licensed Clinical Social Work Supervisor in TX and EMDRIA Approved Consultant. Viviana was born in Colombia, South America and specializes in working with Latinx families who have experienced complex trauma in settings such as rape and domestic violence centers.



Learning Objectives

Participants will:

1. Identify at least 3 cultural considerations that are important in play and EMDR therapy with Latinx children in order to improve case conceptualization, treatment planning, and reprocessing of traumatic and life disturbing events.
2. Identify three principles as a framework to practice EMDR therapy with Latinx children clients in a play therapy context
3. Describe at least 3 play-based interventions that can be used with Latinx children and teens in the context of EMDR therapy.

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Agenda

2 hours 30 minutes - Presentation
30 minutes - Moderated Q & A

CE Information



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- The Texas Board of Marriage & Family Therapists – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.
- This course is NOT available for NBCC credit
- This training does not offer ASWB ACE credit to social workers.
- Ann Beckley-Forest is APT Approved Provider 15-406. 9 non-contact hours in skills/methods/special topics plus 3 in social/cultural diversity for a total of 12 are available for this workshop. Play therapy credit will not be offered to non-mental health professionals.
- EMDRIA approval for 12 CE's: #18007-DL30

Certificates are awarded online after completion of the course at your own pace. Participants print their own certificate after registering at CE-Classes.com, entering a keycode, and completing a post-test and evaluation form.

Licensed Professionals should contact their regulatory board to determine course approval

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