

Integrating EMDR and Play Therapy: Playful EMDR Innovative Solutions Volume 2 (12 CEs)

Session 5 - 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

Elizabeth Davis, MFA,

MS, ATR-BC, LCAT is a board certified, state licensed art therapist with over 20 years experience working in the field of creative arts therapy and trauma therapy. She has conducted dozens of workshops and presentations that offer practical and creative approaches to engaging and treating clients of all ages who present with complex issues. Her approach integrates the modalities



of Art Therapy, EMDR Therapy, Sensorimotor Psychotherapy, Progressive Counting, mindfulness practices and Play Therapy. She currently serves as Director of the Trauma Institute & Child Trauma Institute satellite in Buffalo New York.

Marshall Lyles, LMFT-S,

LPC-S, RPT-S, EMDRIA Approved Consultant, has almost 20 years of practice in family and play therapy. Drawing on lessons learned from working with attachment trauma in a variety of mental health settings, Marshall regularly teaches on sandtray therapy and attachment-informed family work around the globe. In addition to authoring works in these areas, he is also a faculty member in Texas State University's Institute for Play Therapy Sandtray Certification program. You can connect with him at www.marshalllyles.com.



Using Creative Arts to Bolster Mentalization Skills for Processing Trauma with EMDR - Elizabeth Davis

When treating complex trauma with EMDR therapy careful consideration to the window of tolerance must be maintained for effective processing. Used in a strategic way, creative arts therapies can help clients through the eight phases with more options for educating, resourcing, effectively containing, and processing memories. This presentation will outline an approach for integrating creative arts therapies within the AIP model and eight phases of EMDR to help support mentalization skills and learning to enhance readiness for EMDR processing. Emphasis on how creative arts can help increase client readiness through accessing affect, containing affect, increasing learning through sensory engagement, and developing mentalization skills will be explored. The special qualities inherent in creative activity for externalizing, visualizing, and containing will be highlighted for pre-processing preparation.

Learning Objectives

1. Describe how creative arts therapies work naturally to help clients externalize and manage traumatic experience.
2. Identify three ways creative arts therapies can help clients utilize psychoeducation tools in order to better partner with the goals of trauma treatment.
3. Explain three ways creative arts therapies can be used strategically to help develop readiness for trauma processing by supporting mentalization skills.

Exploring Sandtray Worlds Using EMDR - Marshall Lyles

EMDR provides a solid platform for conceptualizing and treating trauma in an efficient and client-sensitive manner. However, some clients benefit from the utilization of a metaphor-led process that allows the right brain time to become more involved in the therapeutic work. Regardless of age, sandtray-based play therapy provides such an opportunity. This brief webinar will overview the integration of these therapeutic approaches.

Learning Objectives

1. Identify the basic tenets of EMDR and how it is applied to sandtray-based play therapy
2. Identify key concepts from relational neuroscience shared by both sandtray-based play therapy and EMDR clinical work
3. Apply sandtray-based play therapy techniques to EMDR phases

Agenda

- 1 hour 30 minutes - Marshall Lyles
- 1 hour 30 minutes - Elizabeth Davis

Playful EMDR with Children Series

Session 6 - Program Presenters

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

Roxanne Grobbel,

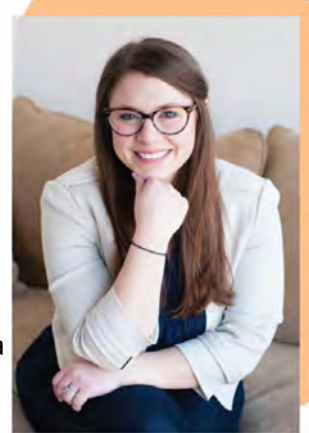
JD, LCSW, RPT-S, has focused her career on trauma treatment as a Certified EMDR Therapist/Consultant, as well as, an Infant Mental Health Specialist, and Registered Play Therapy Supervisor and national EMDR trainer.

She has developed and directed award-winning mental health programs for at-risk children families, and at-risk preschools and has authored several chapters on Play Therapy and/or EMDR.



Melissa LaVigne,

LCSW, RPT, RYT200, is a clinical social worker, play therapist, registered yoga teacher and certified in EMDR. She specializes in the integration of play therapy and trauma specific treatment. In addition to her play-based work, Melissa works to integrate her skills learned through yoga into the therapy space. She uses these techniques with clients across the age span in her private practice. In addition to her clinical work, Melissa has presented in the US and internationally on the integration of these techniques.



Playing Your Way to Attachment: EMDR Resourcing with Your Youngest Clients - Roxanne Grobbel

This workshop will invite you to playfully build attachment in young children with trauma who face many challenges to successful treatment. Resourcing exercises inspired by Developmental Play Therapy used in the early stages of EMDR can make children feel safe, develop adaptive coping skills, increase emotional and physical regulation, and foster self-capacities so they are able to process traumatic memories with EMDR. Using this approach in the early stages of therapy is also very valuable for developing trust, determining pace of treatment, and enhancing engagement with children.

Learning Objectives

1. Describe how RDI using play therapy techniques makes EMDR more successful
2. Demonstrate one form of RDI inspired by Developmental Play Therapy to foster attachment for a young client

Regulation from the Inside Out: Building Interoceptive awareness through play therapy as preparation for EMDR with kids - Melissa LaVigne

Participants will apply playful interventions to help build interoceptive awareness in children. These play therapy techniques will focus on breathing and body movement to increase kids' ability to interpret their internal state. Building an understanding of the internal state will help children answer two of the vital EMDR questions; "how does this make me feel?" and "where do I feel this in my body?" Participants will integrate these fun tools into all the standard EMDR Protocol.

Learning Objectives

1. Participants will be able to identify and assess interoceptive awareness in children through play-based activities
2. Participants will practice two playful movement-based interventions to discover and differentiate body sensations. This intervention can be used as a tool to build internal awareness and can be integrated into the EMDR Standard Protocol.

Agenda

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

Playful EMDR

with Children Series

Session 7 - 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!

Play Therapy and EMDR: Enhancing the roles of Safe Boss, Nurturer, and Storykeeper

Play Therapy and EMDR offer a powerful combo, leaching emotional toxicity out of traumatic experiences while offering multiple portals for expanding the client's Window of Tolerance somatically, relationally, emotionally, and cognitively. Using a flexibly-sequential play therapy approach for treating trauma and attachment wounds with children and families scaffolds dozens of immediately useful and clinically sound interventions on an evidence base of bottom-up brain development, the neurobiology of play and the neurobiology of trauma, and the power of one to heal the other.

The AIP model offers a way of conceptualizing the expansion of positive neural networks through connected, playful activities and BLS amplifies the gains of play-based activities. The therapeutic benefits of these processes (post-traumatic play, the continuum of disclosure and specific trauma narrative activities) are amplified by EMDR constructs of desensitization, reprocessing, and the power of interweaves.

Paris Goodyear-Brown,

LCSW, RPT-S is the creator of TraumaPlay, a flexibly sequential play therapy model for treating trauma. She is the founder of the TraumaPlay Institute, the Clinical Director of Nurture House and an Adjunct Instructor of Psychiatric Mental Health at Vanderbilt University. Paris has an international reputation as a dynamic and compassionate speaker, an innovative clinician, and a prolific author. An EMDRIA Approved Consultant, she is continually developing clinically-sound integrations of TraumaPlay and EMDR. She has received the APT award for Play Therapy Promotion and Education, gave a Ted Talk on Trauma and Play Therapy, served as the Executive Director of the Lipscomb Play Therapy and Expressive Arts Center, is on the board of TNAPT, and is the author of multiple books, chapters and articles related to child therapy including the hot off the press volume *Parents as Partners in Child Therapy: A Clinician's Guide*.



Learning Objectives

Participants will:

1. Explain the amplification effect offered in treatment when play therapy and EMDR are paired.
2. List five immediately useful, clinically sound play therapy interventions that can benefit from augmentation with EMDR.
3. Define the term "the continuum of disclosure" and contrast it with directive trauma narrative interventions and how EMDR can be integrated into each.

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

3 hours - Presentation

Playful EMDR with Children Series

Session 8 - Program Presenters

Don't miss our finale to the Playful EMDR online webinar series which has been featuring authors from our book combining EMDR and Play Therapy in innovative ways!

Parents in the Room for Playful EMDR with Children

Therapists may struggle to find ways to include parent figures in the phases of EMDR. This includes the safe therapeutic alliance they have built in the play therapy room, and may have ambivalence about them based on the nature of the child's trauma, the parents' own role in failing to adequately protect the child and the impairments in the parental attachment pattern which are negatively impacting the child. Despite the complexity, the literature is clear that parents (by which we also mean other caregivers including foster and adoptive parents, grandparents; even possibly extending to residential direct care workers) must be involved in therapy as a resource and for fullest benefit of trauma processing with EMDR. The goal of this session is to find ways to give parents enough structure and support to be partners with us in moving the child toward healing.

Ann Beckley-Forest, LCSW, RPT-S,

is a Licensed Clinical Social Worker in private practice in Buffalo, New York. Her specialties include attachment and child and adolescent trauma, and she also works with adult survivors. She is certified in EMDR and is an EMDR Approved Consultant and a faculty member of the Child Trauma Institute, as well as a Registered Play Therapist and Supervisor and Approved Provider of play therapy continuing education through the Association for Play Therapy. She provides consultation in person and remotely, and gives trainings locally and internationally. Her primary interest is in the intersection of play therapy and EMDR and has published on this topic including as co-editor of EMDR with Children in the Play Therapy Room: An Integrated Approach (2020).



Annie Monaco, LCSW-R, RPT is a New York State Licensed Clinical Social Worker, Registered Play Therapist and a faculty member of the Child Trauma Institute & Trauma Institute and of the University at Buffalo School of Social Work. Annie travels throughout the US and internationally providing a multitude of trauma-informed trainings and agency and therapist consultation. Annie is an EMDRIA approved trainer of EMDR, Progressive Counting and STAR (Strategies for Trauma Awareness and Resiliency). Annie also provides specialty trainings on attachment, dissociation, and EMDR with children and is co-editor of EMDR with Children in the PlayTherapy Room: An Integrated Approach (2020).



Annie has extensive experience in complex trauma, family therapy, and play therapy, restorative justice and over 25 years as a trauma therapist

serving children, teens, families and adults. Her private practice includes a multitude of behaviors and issues including foster care, out of country adoptions, juvenile justice and dissociation.

Learning Objectives

Participants will:

1. Apply an approach to developing parents as both resources and co-regulator of their child during the preparation phase through prescriptive play therapy activities.
2. Utilize a guided process to prepare parents to be storytellers for their child's EMDR processing of trauma targets using an approach that blends EMDR processing with the play therapy setting.
3. Utilize a scripted parent interview and reporting form to closely involve parents and caregivers in both the closure and re-evaluation phases of EMDR.

Agenda

- 2 hours 30 minutes - Presentation
- 30 minutes - Live Q and 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. 10.5 non-contact hours in special topics are available for this workshop (art therapy session is ineligible). Play therapy credit will not be offered to non-mental health professionals.
- EMDRIA approval for 12 CE's: #18007-DL32

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.

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