

AKAPT's fall conference:



AGGRESSION IN PLAY THERAPY: A SYNERGETIC APPROACH FOR INTEGRATING INTENSITY

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Although aggression and death are a common part of the play therapy process, many therapists don't have a clear understanding of what to do and how to facilitate the intensity when it enters the playroom during play. The result can lead to inadvertently promoting aggression and increasing low brain disorganization. It can also lead to the therapist feeling beat up, exhausted and hyper-aroused themselves, which can over time significantly impact their longevity in the field, as well as their ability to stay attuned and present to a child in the playroom.

This workshop is designed to help play therapists understand aggression and death play from a neuro-biological perspective and a Synergetic Play Therapy lens. With the help of neuroscience and interpersonal neurobiology, therapists will learn how to effectively work with this type of play in a way that supports nervous system regulation, repatterning of the child's autonomic activation patterns and decreases compassion fatigue and vicarious trauma.

This workshop will take therapists to new possibilities as they explore a science-based process for working with children at the deepest, most profound levels while staying safe and sane. They will learn how to make aggressive play therapeutic while understanding what it takes to maximize growth and integration for their clients and themselves.



TAUGHT BY:
**LISA DION, LPC,
RPT-S**



DATE/TIME:
9/15-9/16/23
9:00-4:30



**12 ALASKA CE
HOURS/12 APT
CE HOURS**



LOCATION:
APU CARR
GOTTSTEIN
ACADEMIC
CENTER



REGISTRATION:
AKAPT.ORG
UNDER TRAINING
& EVENTS



QUESTIONS?
EMAIL
MAIL@AKAPT.ORG

OBJECTIVES

- Examine how play therapy works from a neurobiological perspective
- Recognize the significance of congruence and authentic expression in the play therapy process
- Identify strategies for maintaining regulation in the midst of intense play/trauma play and death in the playroom
- Identify at least 2 strategies for working with aggression and trauma in the playroom without experiencing nervous system shut down leading to vicarious trauma
- Explain the link between a child's dysregulated states of their nervous system and their aggressive and traumatic play
- Describe how a therapist's "window of tolerance" can impact the child's healing process
- Practice facilitating aggressive play in the play therapy process without increasing or promoting aggression
- Examine the Synergetic Play Therapy concept of "The Set Up" in the playroom
- Demonstrate at least 2 strategies for setting boundaries without shaming or shutting down a child's play
- Explain what it takes to become the "external regulator" in the playroom to support nervous system integration
- Define "emotional flooding" and identify at least 2 strategies to employ when this happens in a play therapy session
- Describe the importance of becoming the child's external regulator for trauma integration

AGENDA

Day 1:

- 9:00-10:30 Understanding Aggression and the Neuroscience of Activation Part 1
10:30-10:45 Break
10:45-12:15 Understanding Aggression and the Neuroscience of Activation Part 2
12:15-1:15. Lunch
1:15-2:45. Becoming the External Regulator for Integration in Play Therapy Part 1
2:45-3:00. Break
3:00-4:30 Becoming the External Regulator for Integration in Play Therapy Part 2

Day 2:

- 9:00-10:30 Emotional Flooding/Boundary Setting
10:30-10:45 Break
10:45-12:15 Role Play and Practice Part 1
12:15-1:15 Lunch
1:15-2:45 Role Play and Practice Part 2
2:45-3:00. Break
3:00-4:30 Facilitating Aggression in the Playroom- Putting it all Together

Sponsored by:



APT Approved Provider 12-329

Cancellation/Refunds granted one week prior to event.