



# 19<sup>th</sup> Annual HAPT Training

## Creative Play Therapy Interventions

### For Children and Families



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THURSDAY, February 23, 2017 & FRIDAY, February 24, 2017

The Dole Cannery, Pomaikai Ballroom \* 735 Iwilei Road, Honolulu, Hawai`i 96817

### Learning Objectives:

#### February 23, 2017

##### **Creative Interventions for Troubled Children & Families**

This very practical training will present creative engagement, assessment, and treatment interventions to make individual, group, and family sessions meaningful and effective. A step-by-step assessment model will be presented and steps for effective treatment planning will be outlined. Next, innovative, playful activities will be presented including therapeutic games, art, and stories. Interventions will be presented to address issues such as anger management, social skills, stress reduction, and self-esteem. Techniques to strengthen parenting skills will also be highlighted.

##### **Learning Objectives:**

- 1) Use at least 3 interventions to engage clients in therapy.
- 2) Implement an innovative model for assessing children and families.
- 3) List the steps for developing a treatment plan.
- 4) Use many creative, structured play therapy techniques for use with children and teens.
- 5) Implement at least 3 interventions for use in family play therapy.
- 6) Describe creative ways of strengthening parenting skills.

#### February 24, 2017

##### **Creative Interventions for Sexually Abused and Traumatized Children**

This workshop will present an innovative model for working with sexually abused and traumatized children. A brief theoretical overview will be provided. Next, the instructor will outline a step-by-step trauma assessment model. The second half of the course will focus on playful interventions to address the core components of evidence-based trauma treatment: Providing psychoeducation; addressing children and families' traumatic stress reactions; enhancing emotional regulation; facilitating adaptive coping; completing and processing a trauma narrative; and enhancing safety skills. Participants will come away with many creative interventions they can use with clients from preschoolers to teens.

##### **Learning Objectives:**

- 1) List the risk factors associated with child sexual abuse.
- 2) Describe the core components of evidence-based trauma treatment.
- 3) Utilize at least three activities to assess children who have been sexually abused or traumatized.
- 4) Implement at least five new interventions in therapy sessions with sexually abused and traumatized children.
- 5) Describe the rationale of using playful techniques in trauma treatment.
- 6) Identify how to adapt the trauma narrative for complex trauma.