

Certificate in Art and Play Therapy Children and Young People 2019

Course overview:

This certificate course provides you with small group training (maximum 10 participants) in expressive art and play methods. You will gain understanding, skill, and greater confidence in working therapeutically with children and young people in both individual counselling and group work settings.

To really understand the experience of children and young people and offer them help, we need to allow them sufficient opportunities to express themselves in ways that they feel most comfortable. Toys are children's words and play is their language. Young people can often find it easier to express through music, movement or art. Based on current evidence-based research, international play therapy centres, and the presenter's own thirty years of clinical experience, this course will provide a solid foundation for your developing creative therapy practice.

*Enter into
children's play
and you will find
the place where
their minds,
hearts, and souls
meet.*

Virginia Axline

You will have practical, useful and interactive opportunities to discover the worlds of both non-directive and more structured therapeutic uses of art, play and other creative therapies. This certificate course offers you

an experiential introduction to working with children and young people using a broad range of art and play media. It is structured as 7 face-to-face workshops, three wellness workshops and distance learning. Run over seven months, this course optimises the time you have to practice new methods and fine tune new skills.

This training course embraces a pluralistic approach to play therapy and an experiential approach to learning and earns 200 hours of CPD points for psychologists, social workers, counsellors and other mental health workers.



In this course, you will learn:

- The eight core principles of child-led play therapy
- Six additional play therapy models
- Over twenty powerful therapy techniques suitable for children and young people
- A sound understanding of creative therapies, and how to use them
- How to engage children and young people in the counselling process
- How to have meaningful conversations with parents about counselling children
- How to make sense of what young people's art and play means
- When and how to participate appropriately in art and play activities
- What to tell parents about what has occurred in a session
- How to build art, play and creative media resources in your own practice
- How to use creative methods to help you cope with work demands

You will be able to:

- Experience the therapeutic uses of art, play and other creative therapies
- Practise and build confidence with art, play other creative therapy techniques
- Expand skills in communicating and contracting with parents
- Learn in the safety and support of a small group environment

Learning Activities will include:

- Interactive presentations
- Group and pair discussions
- DVD and live demonstrations of methods
- Experiential exercises
- Practical role play experience with methods in pairs and triads
- Homework reading and assignments
- Reflection opportunities

Who Should Attend?

This course is open to all who have an interest in or are currently working in a counselling or therapeutic group work capacity with children or young people and are postgraduates of psychology, counselling, social work, occupational therapy, health and welfare.

Essential Requirements for Course Application

Course applicants must have:

1. A recognised mental health qualification at the following level:

- Psychology – minimum Bachelors level with current or completing registration or
- Social Work - minimum Bachelors level with current or completing registration, or
- Counselling - minimum Bachelors of Counselling or post graduate qualification in counselling, or
- Creative Art Therapies, Art Therapy or Dance Therapy at Masters level, or
- Occupational Therapy - minimum Bachelors level with current or completing registration, or
- Mental Health Nursing - minimum Bachelors level with current or completing registration.

2. A current Working with Children Check

3. A capacity to be self reflective and committed to personal growth and self development.

Course Application Process

Following receipt of completed application form, applicants who meet criteria for course inclusion will be invited to attend an intake interview. Referees will then be contacted and all applicants will be notified of their course status.

Training Dates 2019

The face-to-face training in this Certificate Course will include 5 x 3 day Modules, one 2 day additional certification in Aut-Play Therapy, two days of relevant workshops from our program and 3 one day Wellness Workshops. In total, you will benefit from 150 hours of face-to-face training.

Additionally, this course entitles you to 10 hours of supervision and includes 40 hours of online learning and assessments.

Module One

Foundations of working with children and young people/ Child-Led Play Therapy Part A

Dates: Mon-Wed 11-13 March, 2019

Times: 9am – 4pm

Location: Burwood, Sydney

Module Two*

Child-Led Play Therapy Part B/ Pluralistic Play Therapy Approaches: Introduction to Play Therapy Models – CBT, Gestalt, Adlerian, Jungian, Play Therapy Dimensions Model

Dates: Mon-Wed 1-3 April, 2019

Times: 9am – 4pm

Location: Burwood, Sydney

**Successful completion of assessment of skills required for Certificate continuation. A certificate of attendance will be offered to those exiting at this point.*

Module Three

Art based therapies exploring a range of art therapy media and methods for counselling children and young people individually and in groups.

Dates: Mon-Wed 13-15 May, 2019

Times: 9am – 4pm

Location: Burwood, Sydney

Module Four

Practical therapy training in a range of methods of using symbols and sandplay for children and young people.

Dates: Mon-Wed 5-7 August, 2019

Times: 9am – 4pm

Location: Burwood, Sydney

Module Five

Music, movement, drama and games for children and young people in counselling and group work.

Dates: Mon-Wed 2-4 September, 2019

Times: 9am – 4pm

Location: Burwood, Sydney

Aut-Play Therapy Certification – Dr Robert Grant

Learn the AutPlay Therapy assessment and treatment approach which is a play therapy and behavioral therapy approach to working with children and adolescents with autism spectrum disorder, neurodevelopmental disorders, and other developmental disabilities.

Dates: Mon-Tues 29-30 April, 2019

Times: 9am – 5pm

Location: Sydney

Wellness Workshops

These workshops offer you new ways to see in, tap in and tune into yourself in creative ways that deepen your self awareness and sense of aliveness and provide reflective and active opportunities for self care, and self nurture.

Included in course, your choice of 3 of the 5 Wellness Workshops

- Look into Yourself -Vision Board Workshop Sat 9 March, 2019
- Drop Yourself a Line - Reflective Writing Workshop Sat 30 March, 2019
- Draw In - Taking Yourself Beyond Black and White Workshop Sat 11 May, 2019
- Tap into Yourself - Magic Garden Workshop Sat 3 August, 2019
- Tune into Yourself - Body Alive Workshop Sat 31 August, 2019

Times 10am – 4pm

Location Sydney

Relevant Program Workshops

Two days you wish to attend from workshops below

19-20 March Sydney	Calming the Anxious Mind: Mindfulness and Creativity Skills
29-30 October Sydney	
8-9 April Sydney	Creative Interventions for Children with Anxiety
6-7 May Sydney	Drama in Therapy: Action Methods for Learning, Insight and Growth
28-30 Oct Sydney	
27-28 June Sydney	Therapeutic Storytelling: Addressing Challenge through Story
29 - 30 Aug Brisbane	
20 June Melbourne	Tree of Life: Creative Art Process
2 Oct Melbourne	
21 June Melbourne	Playful Therapy for Children and Young People: Narrative Based Activities for Assessment and Intervention
3 Oct Melbourne	
4 Oct Melbourne	Finding Your Hero: Storytelling Strategies
25 July Sydney	Creative Music Methods for Therapy across the Lifespan

Play Therapy Clinical Supervision

Course participants who successfully complete Workshops 1 and 2 and pass related assessments can engage in 10 hours of individual clinical supervision with a play therapy approved supervisor.

Online Training

Included in this course is 40 hours online learning including: webinars, academic readings and exercises, graded assessments and maintenance of reflective learning portfolio throughout the course.

Assessments

Assessment	Description	Due	Marks
One	500 – 1000 word play therapy parent information sheet.	5pm 29.3.19	/10
Two	Video recorded play therapy session with child * Written essay - skill reflection.*	5pm 19.4.19 <i>*Minimum of Pass must be received in this assessment to ensure continuation of Certificate</i>	/25 /25 TOTAL /50
Three	2000 word essay on brief history of, evidence for and application of an expressive therapy of your choice.	5pm 30.5.19	/15
Four	1500 word essay or equivalent creative reflection on your personal learning from expressive therapies.	5pm 20.9.19	/15
Five	Class participation	End Module 1 End Module 2 End Module 3 End Module 4 End Module 5	/2 /2 /2 /2 /2 TOTAL /10

Cost Includes:

- A copy of the comprehensive course manuals
- Relevant journal research articles
- Specific techniques and exercises
- A Certificate in Art and Play Therapy
- Lunches, morning and afternoon teas.
- GST

Course Fees

Full Certificate Package	\$7200 (inc GST)
Early bird special PAY in full before 10 th January, 2019	\$6090 (inc GST)

Total course contact hours 200

Including 150 hours face-face training
 40 hours online training and assessments
 10 hours supervision

Payment of Course Fees

Upon offer and acceptance of a place in the Certificate Training Program, a non-refundable deposit of \$150 is required which will be deducted from overall course fees.

Payment Plans available upon request.

Certificate of Attendance

A transcript and Certificate of Completion will be presented at the end of the course for the hours attended by participants.



Past Participant Feedback

✓ *Of all the training I have done, the knowledge and skills you gave me have been sustained the best. I feel I have not only learnt so much but felt, lived and taken on board this whole new philosophy of working with children and adolescents. I've been motivated and inspired to follow what makes my heart sing, not just work. Thank you, for allowing me to realise I'm in the right field of practice and that I can give this work my own flair, flavour and colour. I'm finding myself really thinking about the work I'm doing with children now and enjoy being on this journey with them. You create VERY special moments in time for people and I think every one of us walked out of the course with so much more than we ever thought we'd receive. Thank you.*

Social Worker, Case Worker

✓ *I'd have to say, the course and its content grabbed me from Day 1! I enjoyed the fact that we got into the role plays by Day 2 and had lots of opportunities to practice. Great learning for me! The case studies helped to put play therapy into "real life" after the role plays, loved them too. I felt apprehensive about the 3 days of art therapy because I see myself has having few artistic skills. In fact they were the most emotional and powerful days of the course for me. I've never done art therapy and my anxiety around my artistic talents simply melted away. The experiential aspect was amazing and the only way to learn! I have never enjoyed a course as much as I've enjoyed yours. I would do it again in a heartbeat! My head was buzzing for days after each workshop, but in a good way! Thank you !Thanks for your generosity of information, your gentle way of containing the emotional moments, the caring, calming and trusting environment you created and your infectious passion for play therapy.*

Counsellor, Anglicare

✓ *The days were well planned and executed. Information shared and learnt was amazing, all worth putting into practice. The applications to my work from this training make me feel proud of the person and psychologist I am becoming.*

Psychologist, Private Practice

Certificate in Art and Play Therapy 2019 Application Form

1.Name:

2.Address:

3.Telephone numbers:

4.Email address:

5.Current qualification/s and/or courses completing:

6. Please attach your current CV including certified copies of qualifications and awards.

7. Current occupation:

8. Please state your details of membership, registration or licensing that you have with a relevant mental health association, board or body.

9. Please outline your prior experience with children.

For more information

Please contact
Jacki Short 0411 209 802
info@sydneycentreforcreativechange.au

10. In order of preference (please rank from 1 to 5) which of these Wellness Workshops you would most like to attend. We will attempt to give you your top two preferences.

- Sat March 9, 2019 Look into Yourself -Vision Board Workshop
- Sat March 30, 2019 Drop Yourself a Line - Reflective Writing Workshop
- Sat May 11, 2019 Draw In - Taking Yourself Beyond Black and White Workshop
- Sat August 3, 2019 Tap into Yourself - Magic Garden Workshop
- Sat August 31, 2019 Tune into Yourself - Body Alive Workshop

Tick any two days you wish to attend from workshops below

	8-9 April Sydney	Creative Interventions for Children with Anxiety
	6-7 May Sydney	Drama in Therapy: Action Methods for Learning, Insight and Growth
	28-30 Oct Sydney	
	27-28 June Sydney	Therapeutic Storytelling: Addressing Challenge through Story
	29 - 30 Aug Brisbane	
	20 June Melbourne	Tree of Life: Creative Art Process
	2 Oct Melbourne	
	21 June Melbourne	Playful Therapy for Children and Young People: Narrative Based Activities for Assessment and Intervention
	3 Oct Melbourne	
	4 Oct Melbourne	Finding Your Hero: Storytelling Strategies
	25 July Sydney	Creative Music Methods for Therapy across the Lifespan

11. Please attach a certified copy of your Working with Children Check approval

12. Referee Report – A professional referee report needs to be completed and submitted as part of your application. This can be from a manager, supervisor or team leader or another who has known you in a senior clinical capacity at work in the last five years. If you have recently completed your studies, this report can be completed by a lecturer or placement supervisor who has known you personally in the last four years and is happy to be contacted by phone to discuss your application.

Application Checklist

- Typed application
- Current CV
- Certified copies of qualifications and awards
- Certified copy of Working with Children Check
- Professional Referee Report

Payment Information

Applications for registration MUST be accompanied by \$150 non-refundable deposit to secure your place in the course. Registration will not be processed until payment information is received. Payment plan available upon request.

Cancellation Policy

All payments are non-refundable but may be transferable in some circumstances. Sydney Centre for Creative Change reserves the right to cancel the course if minimum numbers for registration are not met. Full monies paid in this instance will be reimbursed.

By signing below, I indicate that I understand and accept these terms and conditions.

Signature of Applicantor tick box Date

Please email your application with scanned documents to:

Jacki Short

info@sydneycentreforcreativechange.com.au



Professional Referee Report

Applicant's Details (Applicant to complete)

Name:

Address:

Telephone Number:

Email Address:

Referee's Details (Referee to complete)

Name:

Job Title/Professional Role:

Name of Workplace:

Telephone Number:

Email Address:

Report Questions

1. In what capacity have you known the course applicant?

2. For what period of time have you known them?
(Please specify years, eg. 2010 – 2018)

3. Please indicate how suitable a candidate the applicant would be in working in a counselling capacity with children and young people?

Unsuitable

Moderately Suitable

Highly Suitable

Comments:

4. Please indicate how suitable a candidate the applicant would be in a small group, skills-based, experiential learning environment?

Unsuitable Moderately Suitable Highly Suitable

Comments:

5. Do you have any concerns or reservations about this applicant?

6. Would you consider the application to be self reflective and open to feedback?

7. Please include any other comments you would like to make about the applicant.

Thank you for completing the professional referee form.
Please email this completed form to:

Jacki Short
Principal Psychologist
Sydney Centre for Creative Change
info@sydneycentreforcreativechange.com.au

