



About the Workshop

This two day experiential workshop introduces you to approaches and applications of art therapy and play therapy with child anxiety. Anxiety is one of the main reasons for referral of children to counselling. It is increasingly being seen in children from early primary school age to adolescence. This course will offer a practical guide to the assessment of and types of anxiety in children and options for intervention. Structured and unstructured assessment tools will be considered for children and young people and a range of ways of using creative intervention strategies in CBT, child-centred play therapy, PTSD play therapy, structured art exercises and solution-focussed approaches will be reviewed.

Case studies will be used to illustrate types of anxiety presentations and treatment interventions in both individual and group settings. Skill based activities will focus on intervention planning and group work activity design. This workshop provides practical, useful and interactive opportunities to expand your understanding of and ways of working with children with anxiety.

You will have the opportunity to:

- Identify types and prevalence of anxiety disorders in children
- Review common DSM 5 anxiety disorders in children
- Consider assessment tools
- Review appropriate methods of intervention with children and families
- Consider the evidence
- See theory application to case studies
- Practise creative intervention skills
- Integrate the use of creative therapies into the practice of counselling
- Learn in the safety and support of a small group environment

2 Day Workshop

Face fears with fun. Learn ways to creatively help children and young people manage anxiety by reviewing relevant DSM 5 anxiety disorders, considering art and play therapy case studies and practicing suitable methods and tools to work creatively, safely and respectfully.

When: 8-9 April, 2019

Time: 9.00am - 4.00pm

Where: Burwood RSL,
96 Shaftesbury Rd, Burwood

Cost: \$660 (inc GST, all materials, lunch, m/a tea)
\$630 (Early bird paid 2 months prior)
\$560 (Student price)
\$530 (Student early bird paid 2 months prior)

Trainer Jacki Short

Registered Counselling
Psychologist, Play Therapist
and Supervisor

