

I attended the Theraplay Level 1 & MIM Training in Powys, Wales last week, which proved both invaluable in the work I do with Young People, as well as really enlightening and enjoyable!

The 4 day course covered the MIM assessments as well as the 4 dimensions of Theraplay (Structure, Engagement, Nurture and Challenge) and its related 'games' and background theory. The training included role play, video material and plenty of group work and discussion as well as theory. The trainers were incredibly knowledgeable and also very encouraging and inspirational. The days were planned really well which helped to keep us engaged and inspired, as well as lightening the atmosphere with fun activities when the material became quite emotionally 'heavy'.

The training was also a great opportunity to mix and share ideas with other professionals from different backgrounds, all with a common goal of supporting children, young people and their carers who have had to deal with trauma and loss. These professionals were a mix of Social Workers, Mental Health Workers, School Staff, Psychologists and Play Therapists.

Currently my work is primarily with Looked After and Adopted Children, with a special interest in Attachment disorder and its effects on development and relationships, especially during the secondary school years. I had already done the Group Theraplay Training in the past but gaining the Grant from FPSA to enable me to do the Level 1 & MIM training means that I can use these new skills, tools and knowledge to benefit the Young People that I work with a great deal more. Thank you!