

The course was a four day intensive Level One Introductory Theraplay and Marschak Interaction Method training. I found this foundation training very professionally delivered, by clinicians who were clearly very experienced and enthusiastic in both the assessment and therapeutic aspects. Theraplay is a very practical therapeutic approach, which addresses the underlying attachment issues between children and their carers through play, in a very non- threatening or judgemental manner. There was good guidance on how to adapt this approach, either in the course of therapy depending upon the child's behaviour in the session, or their developing relationship with their parent/ carer or with toddlers and children of different ages. The approach relies on the parent or carer being present in the session and participating, with this increasing over time, supported by regular conversations with the therapist between sessions.

I was impressed that the assessment and the Theraplay approach itself utilize very cheap and easily accessible play equipment, or the sorts of things that most families would have, which makes it even more useful. The course presented good ideas for the use of this intervention with foster carers and adolescent parents without necessarily much experience of play and its vital function in the promotion of social and emotional development as well as learning in toddlers. The sessions are videoed if possible to enable the therapist to review them to guide the work and receive valuable supervision, as well as being able to highlight certain behaviours or patterns of interactions with the carers to help their understanding of the relationship with the child. I have had the opportunity to observe the videos of a colleague's work using Theraplay and hope to consolidate and develop these ideas and approaches further in my own work over the coming months. I would like to thank FPSA for generously providing the funding which enabled me to attend this exciting training.