

Group Theraplay Training on 24th and 25th June 2016

Report written: 27th June 2016

I attended the two day training programme, through this training I was provided me with important information about attachment, trauma, neuroscience and how Theraplay can provide a tool for children, young people and their families can help the child and young person to take part in an experiential activity which will support them in being less stress, developing their brain and resolve their attachment difficulties.

During the two days we were able to practice the skills of Theraplay in a group setting, watched video clips of group work, how to plane a group depending on the group you are delivering to and what resources and preparation we will need.

We looked at specific groups such as adolescents, older young people, children with autism and traumatized difficulties, and how each group would be managed differently and what we would need to consider in the delivery of the group.

Due to now attending the training I will be able to deliver two Theraplay group sessions each day we host a children group, I plan to deliver 30 – 45 minutes in the morning and one in the afternoon. I now know how to deliver this type of group to adolescents and older young people, this is crucial because the nurturing element of Theraplay will be fundamental to the young people I work with as a result of trauma and abuse in their early life.

I am also able to deliver family group Theraplay, so that families of two or more children and with their parents are able to receive family therapy in the form of Theraplay.