



Fundamentals and Applications of Adlerian Play Therapy with Terry Kottman

In this fun, interactive workshop, Terry Kottman (Ph.D., NCC, RPT-S, LMHC), "inventor" of Adlerian play therapy, will introduce you to Adlerian play therapy, a method of integrating the concepts and techniques of Individual Psychology with the practice of play therapy. You will learn techniques for establishing relationships with children, exploring children's lifestyles, helping them gain insight into their lifestyles, and working on helping them develop and practice more adaptive ways of behaving, thinking, and feeling. We also explore Adlerian strategies for conceptualizing children and the significant adults in their lives.



In the second part of this exciting experiential workshop, you will deepen your understanding and application of advanced Adlerian play therapy skills. We practice using art techniques; dance, music, and movement activities; adventure therapy experiences; and metaphoric interventions to help play therapy clients gain insight into their presenting problems and underlying issues. ▶ ▶ ▶

Advanced Applications of Adlerian Play Therapy

We also practice how to use these strategies to teach clients more adaptive behaviors, help them change self-defeating beliefs and attitudes, explore feelings, enhance their pro-social problem-solving skills, and improve their relationship building skills in our play therapy sessions.

Register for Both Fall 2019 Workshops (Fundamentals of Adlerian Play Therapy and Tye Dye) and Receive a 15% Discount!

October 23 & 24, 2019
\$425 CAD

Scarboro Community Hall
1737 - 14 Ave SW, Calgary, AB



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Outline of Adlerian Play Therapy Workshop (Day 1)

- I. How Adlerian Play Therapy Came to Be
- II. Basic Concepts of Individual Psychology
- III. Stages of Adlerian Play Therapy
- IV. Building an Egalitarian Relationship
- V. Exploration of Client's Life Style
- VI. Helping Client Gain Insight into Life Style
- VII. Reorientation/Reeducation

Objectives: Fundamentals of Adlerian Play Therapy

After the workshop, participants will be able to:

Objective 1. List the four stages of Adlerian play therapy.

Objective 2. Describe what life style is and why thinking about it is important in Adlerian play therapy.

Objective 3. Explain how tracking, restatement of content, and reflecting feelings are used in Adlerian play therapy.

Objective 4. Explain how to use encouragement as a play therapy skill in Adlerian play therapy.

Objective 5. List the Crucial Cs (Courage, Connect, Count, and Capable) and describe how the Crucial Cs are used in Adlerian play therapy.

Objective 6. List the personality priorities (Comfort, Pleasing, Control, and Superiority) and explain how the personality priorities are used in Adlerian play therapy.

Objective 7. List the goals of misbehavior (Attention, Power, Revenge, Proving Inadequacy), and explain how the goals of misbehavior are used in Adlerian play therapy.



Presented by:
**Rocky Mountain
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Outline of Advanced Applications of Adlerian Play Therapy Workshop (Day 2)

- I. Building an Egalitarian Relationship
 - A. Art Techniques
 - B. Dance, Music, and Movement Techniques
 - C. Adventure Therapy Techniques
 - D. Metaphoric Techniques
- II. Exploration of Client's Life Style
 - A. Art Techniques
 - B. Dance, Music, and Movement Techniques
 - C. Adventure Therapy Techniques
 - D. Metaphoric Techniques
- III. Helping Client Gain Insight into Life Style
 - A. Art Techniques
 - B. Dance, Music, and Movement Techniques
 - C. Adventure Therapy Techniques
 - D. Metaphoric Techniques
- IV. Reorientation/Reeducation
 - A. Art Techniques
 - B. Dance, Music, and Movement Techniques
 - C. Adventure Therapy Techniques
 - D. Metaphoric Techniques

Advanced Applications of Adlerian Play Therapy

After the workshop, participants will be able to:

Objective 1. Describe and demonstrate what metacommunication is and how it is used in Adlerian play therapy.

Objective 2. Describe the steps for custom-designing therapeutic metaphors in play therapy.

Objective 3. Describe and demonstrate two techniques for building the relationship in Adlerian play therapy.

Objective 4. Describe and demonstrate 2 Adlerian play therapy techniques for helping clients explore their lifestyles.

Objective 5. Describe and demonstrate Adlerian play therapy skills and techniques for helping clients gain insight into their lifestyles.

Objective 6. Describe and demonstrate 2 techniques for reorientation/reeducation of the client in Adlerian play therapy.

Objective 7. Describe how to conceptualize clients and develop treatment plans for clients in Adlerian play therapy.