



Training Opportunity for Play Therapists

Enter the Metaphorical Journey: Inquiry Skills for Play Therapists

Course Description

On-Line Live Delivery

This two 3-hour training program is for Play Therapy practitioners who use expressive arts, projective activities and sandplay with their clients. Inquiry is an essential skill for practitioners who work with various metaphors represented in art, clay and sand and other materials. This play therapy training program will introduce the play therapist to an array of questions that may be utilized when engaging with children youth and adults during an



exploration phase of an expressive-based activity. Through the inquiry skills training, therapists will be encouraged to “stay out of the way” of interpretation and instead assist the client to explore their scene or product while remaining in the metaphor.

Play therapy participants will have the opportunity to create their own expressive product(s) and work with a partner to practice a number of inquiries. In pairs and small groups, therapists will explore the power of assisting clients to journey through their personal expressions. Play therapists will also learn how to weave from one part of an art product or sand scene to another.

What will you need?

Here are a few things you could have available. If you don't have all of these items, choose a couple of mediums you like to work with so that you can create something during the training.

- A computer/device with a camera – external camera is **very useful** so your tray can be seen by a partner
- A sandtray and miniatures
- Paper, markers, crayons, other artmaking materials of your choice (glue, scissors)
- Playdough or clay
- A selection of items from nature

Learning Objectives

- 1) Describe the difference between inquiry and an interview process in play therapy
- 2) Identify at least 5 inquiry questions and at least 3 different *types* of questions
- 3) Demonstrate the use of questions used in a play therapy inquiry
- 4) Demonstrate ways to use inquiry questions using different expressive and play therapy modalities
- 5) Describe the importance of staying in the metaphor when exploring art products and sandplay scenes

INSTRUCTOR



Lorri Yasenik PhD, RPT-S, CPT-S is the co-founder and co-director of Rocky Mountain Play Therapy Institute in Calgary Alberta Canada and the founder and co-director of the Centre for Children and Family Law in Sydney Australia. Lorri is a registered Play Therapist- Supervisor with Association for Play Therapy (APT) and a Certified Play Therapist-Supervisor with the Canadian Association for Play Therapy (CAPT). Lorri provides child psychotherapy and play therapy and delivers national and international training related to children's issues and specialized child and play therapies including treatment of trauma, developmental issues, children of high conflict separation and divorce, attachment, domestic violence and adjustment issues. Lorri has co-authored three books, multiple chapters and articles related to specialized child therapy and child related practice.

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