

**You're Invited to the 7th Annual
International Play Therapy Study Group**

TYE DYE 2022



**WE'RE GOING BACK TO OUR GORGEOUS
CLASSROOM IN THE ROCKY MOUNTAINS!**

During the **One-Day Presentation** and **Three-Day Workshop** schedule, the conflict between the drive to survive and longing to connect will be explored. You'll discover ways to help your clients overcome/bypass survival instincts by engaging in several modalities within Play Therapy.

Safety in the Playroom is the theme of this year's study group. We'll explore the latest developments in Polyvagal Theory and how to engage the autonomic nervous system in the Playroom. And we'll jump into some related topics such as co-regulation, neuroception and hierarchy

October 20

One Day Workshop

The Sounds of Safety

*In Restless Dreams I Walked Alone... :
Understanding Tone, Musical Sounds and Facial
Expressions to Increase Connection in Play Therapy*

Canmore Nordic Centre OR Join Online

Cost: \$250 CAD (plus GST)

October 21–23

Three Day Retreat

7th Annual Tye Dye

*Safety In the Playroom
International Play Therapy Study Group*

Canmore Nordic Centre – Live Attendance ONLY

Cost: \$695 CAD (plus GST)



Register for BOTH events for a \$100 DISCOUNT



One Day Workshop:

The Sounds of Safety: In Restless Dreams I Walked Alone...

Understanding Tone, Musical Sounds and Facial Expressions to Increase Connection in Play Therapy

October 20, 2022

Canmore Nordic Centre or Online

The Sounds of Safety: In Restless Dreams I Walked Alone...

With Jennifer Buchanan

MBA MTA



Program Description



Explore sound in relation to the polyvagal theory, and more specifically, the therapeutic use of your voice and the playroom's auditory environment, with the aim to positively impact a child's health and well-being.

There is strong evidence for the connection between stimuli received in early childhood and brain development, so the sounds, voices and music that children are exposed to can have dramatic and lasting significance on their development and well-being. **Study how your voice matters and how and when your use of voice is therapeutic – and is not therapeutic.**

In this workshop you will learn how to:

- Increase the Ventral Vagal state of feeling calm and connected.
- Identify and assess the effectiveness of your own voice's tone, timbre, prosody, cadence, tempo and volume in the play therapy space.
- Use your voice intentionally to enhance therapeutic outcomes.
- Tune into the sounds of the playroom (including music, instruments, and your own voice) and determine how and when, or not, to use the sounds for the best positive experiences.

Join us in many experiential activities. Bring your voice and/or favourite instrument! You are about to learn a lot about the power it holds in the therapeutic process.

About Jennifer

Jennifer is Founder and Visionary Architect of JB Music Therapy (JBMT), a music therapy company that has been instrumental in the implementation of hundreds of music therapy programs throughout Canada for 30 years and that has been thrice nominated for the Community Impact Award by her local Chamber of Commerce. JBMT currently employs a diverse team of 18 Certified Music Therapists (MTAs) serving all ages in medical, education and community care settings.

The author of two award-winning books – **Tune In** and **Wellness, Incorporated**, Jennifer has become a trusted source for many television media outlets across North America and has been featured in publications such as *The Guardian* and *The Huffington Post*. Her latest book, *Wellness, Wellplayed: The Power of a Playlist* was written for all of us who love to make the biggest impact possible while getting the most out of life – it equips busy, mindful people with tools and supports to engage with music in a deeper way. As an invited keynote speaker at national and international conventions, Jennifer speaks on music and mental health, music therapy, and health entrepreneurship to a wide variety of education, healthcare, government, small business, and corporate wellness audiences. Combining her music therapy experience with her MBA, Jennifer is the Executive Director of the Canadian Association of Music Therapists.



Seventh Annual Tye Dye Play Therapy Study Group Canmore Nordic Centre

Safety in the Playroom: Polyvagal Principles for Play Therapists

October 21 to 23

This year, we're returning the beautiful training room at the **CANMORE NORDIC CENTRE**.

We'll have everything you'll need for an amazing learning experience.

This workshop **must be attended live** (in person). We will not be Live Streaming this event.

Everyone will receive a morning meal and afternoon snacks. All Play Therapy materials are included!

Each afternoon, we'll gather to discuss important play therapy questions.; our way to contribute to the play therapy literature.

Don't miss the opportunity to publish your thoughts!

What is Tye Dye?

Rocky Mountain Play Therapy Institute Tye Dye is an International Study Group of "Peer to Peer Presentations" Its format emphasizes a sharing of new ideas and experiential activities that bring the topic into focus. Tye Dye has a theme each year. In 2022 it is Safety in the Playroom: Polyvagal Principles for Play Therapists.

The goal of our study group is to extend thinking, share strategies, and create new practices. We emphasize bringing emerging thoughts into practice. We make a *collaborative* contribution to the literature. There is no hierarchy, just sharing, joining, and creating.



Safety In the Playroom

Safety in the Playroom is the theme of this year's study group. We'll explore the latest developments in Polyvagal Theory and how to engage the autonomic nervous system in the Playroom. And we'll jump into some related topics such as co-regulation, neuroception and hierarchy.

Understand how the **Ventral Vagal** state of feeling calm, connected, and social can be increased through Play Therapy interventions.

Understand other sounds in the playroom such as musical instruments and identify when and how to introduce those sounds to increase the possibility of a healing experience.

Learn about the importance of understanding how various sounds both trigger or soothe a child client. Join us in many experiential activities.

Bring your voice; you are about to learn a lot about it and the power it holds in the therapeutic process!



Seventh Annual Tye Dye Play Therapy Study Group Canmore Nordic Centre

Safety in the Playroom Presenters and Program



Polyvagal Theory, let's play .. Bottom Up

With Ann Reilly

MSW, RSW, RPT-S, CPT-S

This workshop integrates the model and principles of Sensorimotor Psychotherapy and Play Therapy to enhance the focus of therapeutic interventions for children and families. The physical and sensory movement intervenes from the bottom up in the nervous system to facilitate integration and regulation.

A bottom-up approach can help children expand states of self-regulation and increase ventral vagal tone. Participants will learn playful ways to provide choice and framing to help focus the session. Participants will also experiment with playful physical words and activities to intervene with thwarted unconscious defensive responses of the Sympathetic and Dorsal Vagal systems.

Goals of this Workshop:

1. Identify a play frame to focus the intervention.
2. Identify one play intervention from the bottom up to strengthen a child's defence and increase ventral vagal tone.
3. Describe physical words that intervene with unconscious defensive responses

About Ann

Ann Reilly is a Registered Clinical Social Worker in both Alberta and British Columbia and is an Approved Supervisor with the Alberta College of Social Workers. Ann is a Certified Play Therapist and Supervisor with the Canadian Association for Play Therapy and is an Approved Play Therapy Supervisor with the Association for Play Therapy (US). In addition, Ann is a Certified Sensorimotor Psychotherapist and Consultant and is the author of the book, "The Beast and the Salt Water Potion" a therapeutic story about the 2016 Fort McMurray Fire.

Ann is the owner of Tapestry Counseling Inc. and has been providing therapy to clients and supervision to therapists for over twenty years. Ann has provided a variety of approved Play Therapy workshops in both Fort McMurray and Edmonton and is a frequent presenter at the International Tye Dye Study Group.

Stay Tuned.. Full Program Coming in Days!



Seventh Annual Tye Dye Play Therapy Study Group Canmore Nordic Centre

Safety in the Playroom Presenters and Program



Animal Assisted Play Therapy and Application of Polyvagal Theory and Principles in working with Children with Developmental Trauma

With Lisa Evans

MEd, R. Psychologist, RPT-S, Certified Animal Assisted Play Therapist

This presentation introduces Animal Assisted Play Therapy in the context of a school setting and provide examples of how Polyvagal principles can be applied to working with children with developmental trauma to develop regulation and resilience. Luna is the canine therapeutic partner who works with Lisa to help children experience autonomic nervous system safety, and progress from social engagement to trusting relationships and experience the magic of play.

Examples of Polyvagal Play with animals, specifically dogs, will be presented, as well as the concept of “rest and digest.”

About Lisa

Lisa Evans is a Registered Psychologist, Registered Play Therapist Supervisor (RPT-S), Certified Animal Assisted Play Therapist,

and is trained in the Neuro-Sequential Model of Therapeutics (NMT/NME). Lisa lives in the beautiful wilderness city of Whitehorse, in Yukon, Canada. She has been working with children and families for over 20 years, both as a Vice Principal/School Counsellor, and in private practice. She has spent much of her career helping children heal from trauma through play therapy, and now also through Animal Assisted Play Therapy. Lisa first experienced the therapeutic power of animals 12 years ago when she started bringing her Labrador Retriever to school. This inspired her to pursue further training and she went on to complete her certification as an Animal Assisted Play Therapist with the International Institute of Animal Assisted Play Therapy (IIAAPT). Lisa and her beautiful dog, Luna, have been therapeutic partners at Takhini Elementary since 2017. They work together teaching social skills in the classroom, and with children in individual and group play therapy sessions. Luna also meets with children on the playground, and on “Luna walks,” offering connection, companionship and fun. Lisa and Luna also work together as therapy partners in Lisa’s part-time private practice. They spend their leisure time running, mountain biking, skiing, and hiking in the beautiful wilderness of the Yukon.

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Safety in the Playroom Presenters and Program



About Aisha

Nana Aisha is the founder and Executive Director of Crystal Lily Home in Edmonton Alberta.

She has a Master of Social Work from the University of Calgary, and her area of focus and dedication is the disruption of trauma & the Journey Towards Intergenerational Healing in the lives of children and youth, one child at a time.

Nana Aisha has worked consistently to ensure the needs of children in her environment are met, a habit that goes as far back to her childhood. Her 1st social work role model is her paternal grandmother, Hajia Fatimetu Isu of Odigie village, Nigeria, Hajia Fatimetu was a noble, kind, and just woman without formal Western education, but who successfully provided Nana Aisha the foundation upon which she continues to build her value & future career.

Nana Aisha works with children and youth with a history of complex and intergenerational trauma, in the school system, hospital, Alberta Children Services and in a Residential Facility.

**Do you see me? Do you hear me?
Do you give a hoot?**

With Nana Aisha
MSW TPP

Join Aisha in her exploration of the challenges of living alongside children and youth who have little to no previous experience of safety.

Aisha will invite us to accompany her on the journey she takes with a young person as they enter a “foreign” but safe living environment. The therapeutic use of self is a daily routine in Aisha’s life in the specialist home in which she lives and works. Learn about the safe spaces that have helped to invite play and creativity in the lives of the young people with whom she works.

Aisha works with the some of the most defended children and youth and makes use of bottom up strategies to reengage the ventral vagal system, rebuilding calm and social connectedness.

Stay Tuned.. Full Program Coming in Days!