

8TH ANNUAL TYE DYE PLAY THERAPY STUDY GROUP

TYE DYE TOPIC: PLAY THERAPISTS WORKING WITH EXTERNAL AND INTERNAL FAMILY SYSTEMS



Tye Dye is an annual retreat event with the intent of delving into important topics related to Play Therapy. The main goal of this group is to forward the practice of Play Therapy in day-to-day practice and to contribute to the play therapy literature. Those trained in any number of theoretical approaches to play therapy are welcome as the program is based on an integrative play therapy approach, and the Play Therapy Dimensions Model, to conceptualizing play therapy practice and decision-making. The Tye Dye study-group is limited to RMPTI alumni.

The Tye Dye study group follows a special format. It is not a series of workshops that people wander in and out of. It is Peer to Peer presentation format. The focus is on sharing interventions, special issues, case examples and theory. It is a time to get together and to discuss topics and create new ideas. It is a time to stay together and to engage in games, expressive activities, and fun!

Earn 21 hours of Continuing Education credits

Please note that spots are limited for this global study group. Register early to reserve your space.



**WHEN: OCTOBER 20, 21, 22, 2023
(FRIDAY TO SUNDAY: 9 AM – 4:30 PM)**

WHERE: CANMORE NORDIC CENTRE

**COST: \$795 CAD + GST
COMBO PRICING ON THE NEXT PAGE**

**APT APPROVED PROVIDER: #06-179
CAPT APPROVED PROVIDER: #09-104
BCPTA APPROVED PROVIDER**



**Rocky
Mountain
Play
Therapy
Institute**

PRE TYE DYE EVENT:

ARTS, PARTS AND HEARTS: BLENDING INTERNAL FAMILY SYSTEMS (IFS) WITH EXPRESSIVE ARTS AND PLAY THERAPY

PRESENTED BY CARMEN RICHARDSON

Carmen Richardson MSW, RSW, RCAT, REAT is founder and director of Prairie Institute of Expressive Arts Therapy in Calgary, Alberta and offers training, consultation and supervision to professionals and community agencies. Carmen has trained play therapists, arts/expressive arts therapists, social workers, psychologists, and other helpers at various venues across Canada and the US. She brings over 35 years experience to her full time private practice and is a registered clinical social worker, registered art therapist and registered expressive arts therapist. She is trained in E.M.D.R. and A.R.T. and has completed many trainings in body-oriented therapies, including Integrative Body Psychotherapy (IBP), Sensorimotor Psychotherapy for the Treatment of Trauma, and Inner Relationship Focusing. Carmen is Level 2 trained in Internal Family Systems.



WHEN: OCTOBER 19 (THURSDAY: 9 AM – 4:30 PM)

WHERE: ONLINE OR LIVE ATTENDANCE AT CANMORE NORDIC CENTRE



IN THE HEART OF BEAUTIFUL CANMORE ALBERTA, CANADA!!!

COST: \$280 CAD + GST

EARLY BIRD PRICING (BEFORE JUNE 2ND): \$230.00 CAD + GST

COMBINE TYE DYE AND PRE TYE DYE EVENT BEFORE JUNE 2: \$925.00 CAD + GST

COMBINE TYE DYE AND PRE TYE DYE EVENT AFTER JUNE 2: \$975.00 CAD + GST

APPLY ONLINE AT [RMPTI.COM/APPLYTRAINING](https://rmpti.com/applytraining)

PROGRAM DESCRIPTION:

Internal Family Systems (IFS) is a highly compassionate, non-pathologizing treatment modality that when blended with the embodiment practices of expressive arts therapy (EXAT) becomes an effective and empowering way of working with children and adolescents. This therapeutic approach can provide a deeply healing experience for children and families who have experienced a range of life stresses and traumas. IFS & EXAT together create opportunities for meaningful repair of attachment injuries within the internal worlds of the child and caregiver and within the external family system. In this one day workshop we will explore key IFS concepts and processes, providing an introduction to the theoretical foundation of this modality. Participants will also have the opportunity to practice therapeutic interventions such as unblending, witnessing, and identifying and mapping parts through the use of dramatic enactment, visual art, and creative writing. Creatively exploring our own parts that naturally show up in the play therapy space is an effective way to develop therapeutic skills that can be integrated into your play therapy practice immediately. We will further consider the experience of Self Energy, which, in IFS language, is our inherent healing resource that brings creativity, courage, compassion, calm and curiosity to ourselves and others. We will learn what Self Energy means within the therapy process, but also how we invite children to experience and bring this healing energy to their most banished parts, truly creating an environment that is experienced as safe and welcoming to all parts of themselves.

LEARNING GOALS:

1. Participants will be introduced to both theoretical and clinical applications of Internal Family Systems (IFS) as facilitated through the experiential expressive arts process. Theory will be shared via power point discussions/lecture and clinical application taught through Case Study and experiential invitations.
2. Participants will articulate how IFS brings a non-pathologizing perspective to children's internal struggles.
3. Participants will learn how to introduce IFS to child clients, and experience 3 - 5 IFS expressive arts interventions for clinical work with children & adolescents.
4. Participants will have the opportunity to explore and embody their own parts that show up in the play therapy room.