

Pre TYE DYE Event:

“Enacting Therapeutic Stories in Child and Play Therapy: The Role of Drama, Puppetry and Art in Bringing Stories to Life”.

**PRESENTED BY DR. WENDY FROBERG, PSY.D.,
PSYCHOTHERAPIST**

Wendy Froberg, Psy.D. had a career spanning over 35 years as a registered psychologist in Alberta. She worked as an assessor, psychotherapist, mediator, Certified Therapist, Supervisor and Professor of Child Psychotherapy/Play Therapy, and clinical supervisor. She has practiced in various clinical settings including private practice, hospitals, schools, child protection, forensic and psychiatric. She is a former assistant professor of Applied Psychology at the University of Calgary where she taught play therapy for over 10 years; and a long-time local/national/international presenter and frequent media commentator on a wide variety of psychological topics.



For much of her career, Wendy specialized in the treatment of children and families, including a forensic practice assisting clients affected by separation/divorce and trauma. In her former position with the Child Abuse team at Alberta Children’s Hospital, Wendy frequently worked with the Alberta Department of Family and Social Services (Child Welfare). She formerly served as a Director of the Calgary Rockyview Society for Foster Care and Adoptions and as a committee member of the Planning, Assessment and Review Committee at AFSS. Dr. Froberg has testified as an expert witness in The Provincial Court of Alberta (Family and Youth) and the Court of Queen’s Bench on numerous occasions. She has served on the Professional Affairs and Discipline/Practice Review committees of the Psychologists Association of Alberta and the College of Alberta Psychologists. In addition, Wendy is an actor and playwright who often brought principles and techniques derived from the arts and applied them to her therapeutic work with clients. She has also drawn from her clinical work to create stories/plays that reflect the experiences of former clients and the larger societal forces affecting them.

PROGRAM DESCRIPTION:

Stories have been used by humans for thousands of years to entertain, inform, process experiences and provide a sense of connection. Our brains are wired to process information through stories. Scientific research has revealed that hearing a story/narrative with a beginning, middle and end causes our brains to release cortisol and oxytocin, chemicals that trigger the human ability to connect, empathize and make meaning. Story is literally in our DNA. We tell stories all the time, from sharing an anecdote about our day with a loved one, concocting a bedtime story for a child or writing in our journal. Our lives are collections of stories about what has happened to us and what we have done. And all therapy involves telling stories.

Targeted therapeutic use of stories is particularly powerful for children because stories: (1) rely on a child's natural language, namely, image and metaphor (2) provide a safe distance from the issue so child can stay with difficult feelings/thoughts long enough to begin to process them (3) are a way to talk about problems indirectly and open up more direct conversation if needed/when ready (4) can help to create new neural pathways in the brain, helping children to reframe their experiences; and (5) create 'road maps' that can guide children towards healing and resolution.



Pretend or imaginary play, where children enact stories, bringing them to life in the playroom in real time, is a fundamental play therapy model that is often practiced in an emergent, child-centered way. But there are times when a therapist may wish to utilize more structured or directive techniques to prompt and support children to enact the stories that reflect their clinical issues. This workshop will describe and provide opportunities to learn about and practice techniques drawn from art, drama therapy, and puppetry to make our own stories and those of our child clients come alive.

LEARNING OBJECTIVES:

In this workshop, participants will:

1. Describe the key components and mechanisms of storytelling or narrative-based therapy and the various ways that these can be utilized in clinical work.
2. Explain how to select among and apply various enactment methods and techniques that will engage children, bypass resistance, build a therapeutic connection and communicate understanding of their personal reality and emotional struggles.
3. Design therapeutic stories using narrative structures and enactment techniques drawn from art, puppetry and drama, that are designed to bring children from a place of uncertainty, confusion and distress to one of coherence, empowerment and emotional relief.
4. Demonstrate a range of techniques for oneself; and work with other workshop participants to develop interventions for children that may be encountered in clinical practice.

WHEN: OCTOBER 17 (THURSDAY: 9 AM – 4 PM)

WHERE: ONLINE OR LIVE ATTENDANCE AT 909 SPRING CREEK DRIVE
IN THE HEART OF BEAUTIFUL CANMORE ALBERTA, CANADA!!!

WORKSHOP ONLY PRICE:

\$280.00 CAD + GST

COMBINE TYE DYE AND PRE TYE DYE WORKSHOP:

\$975.00 CAD + GST

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