

Outline

**Advancing Family Treatment with Play Therapy**  
4 key concepts of attachment  
Blending attachment theory with play therapy  
Attachment patterns across the lifespan and impact on parent/child relationship  
Risks and limitations

**Invite Parents to Play –**  
Engagement strategies to strengthen parent/child relationship  
Roadblocks and triggers – parent/child/therapist  
Shame and vulnerability – shame shields  
Build rapport and make room for parent in the playroom  
Sand tray, genograms, play-based treatment planning  
Establish boundaries and set expectations  
Encourage participation

**Attachment Centered Play Therapy Strategies**  
Treatment of relational trauma – Attachment, wounding and ruptures  
Parent/child relationship cycle  
Generational attachment patterns -  
Catch me if you can  
Butterfly fly away  
Two hands  
Empowerment collage

**Case Studies of Abuse; Healing Attachment Wounds**

**Challenging Emotional and Behavioral Disorders**  
Defiance, ODD, moodiness, anger, aggressiveness and school refusal  
Attachment injuries at root of undesirable behavior  
Prescriptive play therapy interventions  
Self-regulation, co-regulation  
calm down jars, guided imagery  
**Case Studies of Extreme Defiance and School Refusal**

**Strategies to Promote Positive Attachment-Based Parenting**  
Maximize parent involvement to rebuild trust, repair injuries  
Proactive vs reactive parenting  
Get parent buy in  
**Case Study of Proactive vs Reactive Parenting**

**Live Seminar & Webcast Schedule**  
*(Time listed in Mountain)*  
**7:30** Registration/Morning Coffee & Tea  
**8:00** Program begins  
**11:50-1:00** Lunch *(on your own)*  
**4:00** Program ends  
  
There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

**Target Audience:**  
Play Therapists • Psychologists  
Counselors • Social Workers • Educators  
Occupational Therapists • Occupational Therapy Assistants  
Speech-Language Pathologists  
Marriage and Family Therapists

Objectives

- 1. Evaluate how to introduce and maintain parent involvement in play therapy to promote a secure attachment.
- 2. Demonstrate two attachment centered play therapy techniques to decrease aggression and defiance in children.
- 3. Conceptualize generational attachment patterns and how these manifests in family-based play therapy.
- 4. Analyze attachment theory as it applies to play therapy to provide integrated therapeutic treatment.
- 5. Evaluate the four key concepts of attachment theory and how these concepts apply to attachment centered play therapy.
- 6. Analyze various family systems through the lens of attachment theory to strengthen clinical assessment skills.

 PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Advance registration by phone required.*

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Attachment Centered Play Therapy

Repair Relational Trauma and Build Secure Attachment to Accelerate Family Treatment

TUCSON, AZ

Thursday

February 7, 2019

PHOENIX, AZ

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Attachment Centered Play Therapy

Repair Relational Trauma and Build Secure Attachment to Accelerate Family Treatment

Play Therapy Techniques to Treat:

- Attachment injuries and ruptures
- Shame and vulnerability
- Aggression, rage, defiance
- Roadblocks and triggers



Presenter:

Clair Mellenthin, LCSW, RPT-S

International speaker and author of *Attachment Centered Play Therapy* (2019); *Play Therapy: Engaging and Powerful Techniques for the Treatment of Childhood Disorders*; *My Many Colors of Me Workbook* (2018)

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# Attachment Centered Play Therapy

## Repair Relational Trauma and Build Secure Attachment to Accelerate Family Treatment

When trauma, grief, and loss disrupts the family system, a child may feel unprotected, unloved, or disbelieved, causing relational injury and at times *rupture the attachment bond*. Children, not having the words to express how they feel, display the hurt in maladaptive ways -- aggression, rage, defiance, oppositional behaviors, shutting down, hiding away, or numbing. For the parent, shame is a factor. *Shame that they can't “parent away” the hurt and the misbehavior—that their love isn't “good enough”.*

*How do we as therapists, help families begin repairing and rebuilding the lost connection/disruption?*

Join me in this interactive day to discover an integrative therapeutic approach, **Attachment Centered Play Therapy** that includes the parents in the therapy process. The parent is integral in creating conditions of security and trustworthiness to address attachment wounds, trauma, grief and loss.

This developmentally appropriate, client-centered method brings a holistic, systemic approach to address:

- Vulnerability to acknowledge the hurt, and the roadblocks
- Challenging issues of shame, vulnerability, grief, and loss
- Aggression and defiance and other maladaptive behavioral issues
- Attachment centered and proactive strategies instead of reactivity or reactive responses
- Repairing and strengthening the bonds of attachment between parent and child
- Parents becoming a resource, as well as coregulator for their child
- Rapport building with parents (this is a MUST in child and family therapy)

You'll learn new and innovative attachment-centered play therapy techniques including hands on experiential activities, guided imagery, sand tray interventions, and expressive arts—practicing sand tray therapy, techniques assessing family relationships, bonds of attachment, and family dynamics.

We will explore difficult cases, ask questions, develop new assessment skills, and explore styles of attachment and how this plays out in therapeutic relationships with our clients.

## Speaker

**Clair Mellenthin, LCSW, RPT-S,** is an international speaker, author, clinician, and Registered Play Therapist Supervisor. She is the past president of the Utah Association for Play Therapy. Throughout her career, she has focused on providing therapy to children, teens, and their families. Clair is the director of Child and Adolescent Services at Wasatch Family Therapy in Salt Lake City, UT. She is a sought after supervisor, training graduate students and interns in play therapy, and an adjunct faculty member at the University of Southern California MSW program. Clair is the author of *Attachment Centered Play Therapy* (Routledge, 2019); *Play Therapy: Engaging & Powerful Techniques for the Treatment of Childhood Disorders* (PESI Publishing, 2018) and *My Many Colors of Me Workbook*, in addition to authoring several chapters and articles. In addition to being an experienced play therapist and professor, she frequently presents professional play therapy and family therapy trainings and appears on local and national TV and radio as an expert on children and family issues.

Speaker Disclosures:

Financial: Clair Mellenthin is the clinical director at Wasatch Family Therapy. She is the author of My Many Colors of Me Workbook; she maintains intellectual property rights and receives royalties. Ms. Mellenthin receives a speaking honorarium from PESI, Inc.

Non-financial: Clair Mellenthin is the president of the Utah Association for Play Therapy.



**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/ digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

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**70 Play Activities for Better Thinking, Self-Regulation, Learning & Behavior**  
By Lynne Kenney, Psy.D. & Rebecca Comizio, MA,MA-Ed, NCSP

Packed with worksheets, handouts, and guided scripts with step-by-step directions, this definitive resource will put you to the top of your play game. With over 70 activities designed to improve thinking, self-regulation, learning and behavior, your tool kit will be full and your creative brain will be inspired to craft your own meaningful exercises. Play now, Play later... with *70 Play Activities* for better brain function and learning.



**Play Therapy**  
*Engaging & Powerful Techniques for the Treatment of Childhood Disorders*

By Clair Mellenthin, LCSW, RPT-S **Your presenter!**

*Play Therapy* is filled with dozens of powerful play techniques adapted for use in individual, family, and group therapy, for schools, and at home. Discover how to use play therapy to treat: ADHD — Anxiety — Autism — Disruptive Behavior Disorders — Depression — OCD — PTSD — Trauma — Self-Esteem — Social Skills



**Attachment**  
*60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan*  
By Christina May Reese, LCPC, PHD

Attachment is the way that we connect to each other. Without attachment, people feel alone to deal with challenges they face, which leads to distress, dysfunction and mental health disorders. Improve your client's relationships by teaching them **strategies to feel more connected, reestablish trust, and restore positive emotions**. Dr. Christina Reese, a recognized attachment and trauma professional, has created a comprehensive guide that explains attachment over a lifetime, and offers trauma-informed approaches to treat attachment at any age.

### Live Webcast Details and Live Webcast Continuing Education Credit Information

**Join us on February 8, 2019, for this live, interactive webcast!**

Invite your entire office and, like a live seminar, “attend” the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see “live seminar schedule” for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: [www.pesi.com/webcast/68450](http://www.pesi.com/webcast/68450)

### Live Seminar Continuing Education Credit Information

**Credits listed below are for full attendance at the live event only.** After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “live seminar schedule” for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**PLAY THERAPISTS:** PESI, Inc. is an APT Approved Provider 05-165. Full attendance at this program will qualify for 6.0 contact hours. Play therapy credit will not be awarded to non-mental health professionals.

**COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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**ARIZONA TEACHERS:** This course is designed to qualify for 6.25 clock hours of Professional Development. This certificate is proof of your attendance. Please retain it in your records or use for submission as proof of completion when required.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION

**PESI, Inc.** is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

**SPEECH-LANGUAGE PATHOLOGISTS:** This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

\*\* Please note that Speech-Language Pathologists who participate in the live webcast will be required to complete additional steps if they want their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts Section of the webcast.

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**OTHER PROFESSIONS:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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**How to Register:** ATTACHMENT CENTERED PLAY THERAPY: REPAIR RELATIONAL TRAUMA AND BUILD SECURE ATTACHMENT TO ACCELERATE FAMILY TREATMENT

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