

Play Therapy

Engaging and Powerful Techniques for the Treatment of Disruptive Behavior Disorders and Trauma

Childhood Disruptive Behavior Disorders are on the rise! Tantrums, anger, defiance, threatening behavior...

How can we as therapists more effectively decrease acting-out behaviors and help repair, rebuild and create strong parent-child relationships?

Join me, Clair Mellenthin, expert in child and family trauma and attachment, as we dive into the impact of Oppositional Defiant Disorder and Conduct Disorder on children, teens, and their families. **You'll learn effective, powerful, evidence-based play therapy interventions including guided imagery, mindfulness, expressive arts, and sandtray play**—all of which include parent-child relationship enhancement activities.

This workshop will show you how:

- the impact of attachment plays a role in the etiology of childhood disruptive behavior disorders
- to utilize attachment-centered play therapy techniques to treat these diagnoses in children
- to strengthen parent-child relationships
- to improve overall self-esteem and confidence—giving the child tools to control their challenging symptoms and help heal the family system.

Register today to explore the power of play therapy—and incorporate these strategies into your mental health practices with young clients and their families!

Speaker



Clair Mellenthin, LCSW, RPT-S, is an international speaker, author, psychotherapist, and Registered Play Therapist Supervisor. Throughout her career, she has specialized in providing play therapy to children, teens, and their families. She is currently the Director of Child & Adolescents at Wasatch Family Therapy. Ms. Mellenthin frequently presents professional play therapy and family therapy trainings on Attachment-Centered Play Therapy, Family, and Trauma issues both nationally and internationally.

Ms. Mellenthin 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. She is the past-president of the Utah Association For Play Therapy and remains an active member on the Board of Directors. She is the author of the books *Attachment Centered Play Therapy*; *Play Therapy: Engaging & Powerful Techniques for the Treatment of Childhood Disorders*; *My Many Colors of Me Workbook*, and has authored several chapters and articles. In addition to being an experienced play therapist and professor, Ms. Mellenthin also appears on local and national TV and radio as an expert on children and family issues. She holds a Master's Degree in Social Work from the University of Southern California.

Speaker Disclosure:

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.

Target Audience:

Mental Health Clinicians • School Counselors
Psychologists • Psychiatrists • Counselors
Social Workers • Occupational Therapists
Marriage and Family Therapists
Play Therapists • Speech-Language Pathologists

Live Webcast Schedule (both days)

(Times listed in Mountain)

8:00 Program begins

11:50-1:00 Lunch Break

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.



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Play Therapy

Engaging and Powerful Techniques for the Treatment of Disruptive Behavior Disorders and Trauma

LIVE Interactive Webcast

Monday, October 19 & 20, 2020

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REGISTER NOW: pesi.com/webcast/83759

Join us online, for this 2-day live conference!

Play Therapy

Engaging and Powerful Techniques for the Treatment of Disruptive Behavior Disorders and Trauma



**Featuring
Clair Mellenthin, LCSW, RPT-S**,
International Speaker, Author and Family
Trauma & Attachment Expert

- Decrease aggression, outbursts, and improve parent-child relationships
- Help stop the cycle of disconnect, rejection, and attachment ruptures
- Co-regulation play-based activities to promote healthy coping and attunement

LIVE Interactive Webcast

Monday, October 19 & 20, 2020

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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Outline

Why Play Therapy Works

Therapeutic power of play
Facilitates communication
Fosters emotional wellness
Enhances social relationships
Increases personal strengths

Assessment and Diagnosis

Common myths of behavior disorders
Systemic assessment of emotional and behavioral distress
School, home, and community relationships
Impact of inconsistent and harsh parenting/relationship practices
Race, gender, ethnicity, culture issues and bias
Trauma assessment

TREATING DISRUPTIVE BEHAVIOR DISORDERS

Oppositional Defiant Disorder

Recurrent behavioral and relational patterns
Impact on the family system
Shame and vulnerability (in the family) - The Kryptonite!
Cycle of disconnect, rejection, and attachment ruptures
Environmental risk factors

Play Therapy Interventions to Combat Negative Behaviors

Play-based regulation and co-regulation techniques
Calm down jars
Lemon squeezies
Blast It!
Guided imagery
Repair and enhance relationships
Shame shields
Feeling monsters

Conduct Disorder Treatment

Misdiagnosis and misunderstandings
Gender and racial bias in diagnosis
Trauma history of the child

Impact of trauma on brain development and maladaptive coping response
Patterns of engagement in the home, school, and community
Impact on family relationships

Trauma Treatment

Etiology of trauma in disruptive behavior disorders
Impact on neurological functioning and development
PTSD - the most overlooked diagnosis contributing to Disruptive Behavior Disorders (DBD)
Assess for attachment ruptures and relational trauma
Shame-based punitive parenting
Repair and restore safety in the home

Play Therapy Interventions to Address Underlying Trauma

Increase emotional intelligence and understand trauma symptoms
Bound and rebound
Sandtray
Expressive arts in play
Repair and rebuild relationships
Nurturing spoons
Volcano inside of me

Play-Based Interventions to Promote Parent/Child Attachment

Building bridges of connection and communication
Create emotional safety
My safe place
Telling my story
My many colors of me

Inviting the Parent in the Playroom

Help the parent become a resource to their child
Decrease shame and vulnerability in the relationship
Improve healthy attachment-seeking behaviors
Repair attachment wounds and ruptures
Teach positive parenting strategies



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Occupational Therapists – All States

Psychiatrists – All States

National Approvals

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This course is offered for 1.25 ASHA CEUs (Intermediate level, Professional area).

** Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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 profession's standards. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

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1

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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

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