

# 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

Learning Objectives can be viewed at [pesikids.com/webcast/85935](https://pesikids.com/webcast/85935)

### Live Webinar Schedule - both days (Times listed in Central)

- 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 Webinar

Thursday & Friday, October 28 & 29, 2021

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# 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

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# 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!

Target Audience:

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

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## Meet Your 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.

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This continuing education activity is designed to meet state board requirements for the following professionals: **Mental Health Clinicians, School Counselors, Psychologists, Physicians, Counselors, Social Workers, Occupational Therapists, Marriage and Family Therapists, Play Therapists, and Speech-Language Pathologists.**

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APT Play Therapy Approval:

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**Recommended Reading:**



**Play Therapy**  
*Engaging & Powerful Techniques for the Treatment of Childhood Disorders*  
Clair Mellenthin, LCSW, RPT-S  
~~\$29.99~~ **\$19.99\***

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