



Synergetic Play Therapy Certification Objectives by Class:

3 Day Retreat:

- Determine how the 4 steps of how the mirror neuron system works and how this applies to Synergetic Play Therapy.
- Explain the importance of developing a relationship with the body in order to understand what a child is trying to tell you in play therapy.
- Demonstrate what it feels like to facilitate a play therapy session without using words.
- Describe how to explain Synergetic Play Therapy to parents.
- Describe how to explain the Nervous System to Parents.
- Discuss how to explain the Synergetic Play Therapy Curve/Process to Parents.
- Discuss how to explain the Synergetic Play Therapy Process of Change to Parents.
- Explain the importance of mindfulness in play therapy.
- Demonstrate "The Values" framework and discuss how this applies to yourself and the families you work with in play therapy.
- Explain the importance of linking what happens in the playroom back to the parent's goals.
- Explain the importance of learning how to communicate in parent's values and what is most meaningful to them.
- Demonstrate how awareness is the first step in re-patterning a behavior in the playroom.
- Discuss the various types of reflections in Synergetic Play Therapy.
- Determine when to have a training session with a parent if they need to be in the play therapy sessions.
- Describe the key skills to teach a parent in a training session in order to prepare them to be in the playroom.
- Discuss the importance of making sure the child isn't flooded in the playroom and how to better keep them in their window of tolerance and/or what to do if they flood.
- Explain how to work with fears as a way to develop yourself as a play therapist.

- Discuss how the work in the playroom is a "right brain to right brain" experience.

Planes of Possibility and Peaks and Plateaus in Synergetic Play Therapy

- Understand Planes of Possibility, Plateaus and Peak Experiences and their implication in the playroom.
- Learn how regulation during a play therapy session helps change Plateau and Peak Experiences in the child's brain.
- Understand the importance of working "under the story" in order to change neural firing during a play therapy session.
- Learn how transference and countertransference are an inevitable part of the play therapy experience and ways to begin to uncover earlier associated memories.

Memories and Narratives in Synergetic Play Therapy

- Discuss the difference between implicit and explicit memory and the importance of co-regulation to change the child's neural pathways during a play therapy session.
- Discuss how memory is impacted during a traumatic event and how the play therapist acts as the master puzzle maker to help the child integrate their traumatic memories in play therapy.
- Analyze how a therapist's own personal narrative can influence their ability to become the "external regulator" in the play room by decreasing their window of tolerance when certain emotions, thoughts and sensations arise in a play therapy session.
- Write and discuss whether regulation is enough in the therapeutic relationship to support a child's healing? Therapist will also write and discuss what else might be needed.

Emotions and the Mind in Synergetic Play Therapy

- Describe how emotions "energy in motion" correspond with the nervous system states that arise during a play therapy session.
- Identify specific questions play therapists can ask themselves when dysregulated in order to help integrate their perceptions and regulate their emotions.
- Discuss how regulating both the body and the mind are necessary in order to become the external regulator in a play therapy session.

5 Day Retreat:

- Describe the different development stages that a child goes through and how they show up in the playroom.
- Explain what regression looks like in the playroom and determine how to support a child when this occurs.
- Demonstrate how to use the breath to regulate the nervous system and apply these techniques to work with clients in the playroom.
- Prepare and demonstrate an understanding of Synergetic Play Therapy theory through group presentations.
- Demonstrate ways of using the sand in play therapy through non-directive and directive (Gestalt therapy) approaches.
- Discuss and experience the connection between how a child plays with sand and art and their nervous system during a play therapy session.
- Analyze the developmental stages of art and how to use this information to determine the emotional age of the child through their play therapy art process.
- Demonstrate ways of using the art in play therapy through non-directive and directive (Gestalt therapy) approaches.
- Explain family systems from the lens of nervous system states and the therapist's role as their external regulator in the play room.
- Determine when a therapist might use Directive vs. Non-Directive interventions in the playroom.
- Describe how to facilitate a pre-teen or teen's stories using Synergetic Play Therapy principles.

Sensory Processing Disorder and Attachment in the Playroom

- Describe common symptoms, themes and questions that show up when working with adopted and foster care children in a play therapy session.
- Explain the therapist's role in healing attachment and re-patterning the nervous system in the child's play in a play therapy session.
- Determine how to differentiate between internal and external sensory data as it shows up in the playroom.
- Analyze the different power sensations that arise in the play regarding Vestibular, Proprioceptive, and Tactile and how they affect the brain stem.

Working with Primitive Reflexes and Attachment in the Playroom

- Explain the therapist's role in healing attachment and re-patterning the nervous system in the child's play in a play therapy session.

Endings and Transitions in Play Therapy

- Discuss the goodbye process and how to facilitate it with parents and children in play therapy.
- Describe and discuss what it means to become a Synergetic Play Therapist.
- Explain strategies and ending rituals for facilitating final play therapy sessions.

Recognizing Empowerment in Play Therapy

- Determine what empowerment is and how to recognize it in the playroom.
- Describe the importance of tracking small moments of empowerment, as well as larger empowerment experiences in the child's play therapy process.
- Explain how to use directive interventions to help deepen a child's experience of empowerment.