



# SYNERGETIC PLAY THERAPY™

**What is Synergetic Play Therapy?** Synergetic Play Therapy will take you on a journey to deeply understand yourself. With an emphasis on therapist authenticity, SPT is designed to help therapists birth their authentic selves so that they can help their child clients do the same. SPT recognizes that therapist authenticity and attunement in the playroom are integral to the healing of the child.

SPT also takes cutting-edge information from interpersonal neurobiology, mindfulness, attachment theory, and physics and blends them together in a way that allows therapists to go right to the heart of the struggle and help the child transform from the inside out. If you have ever felt that something was missing in your work or that there was another layer that you could get to or a deepening in yourself that you want to reach, SPT has some answers and a pathway to get there. (Learn more about [Authenticity in the Playroom](#)).

**Why take the Online Introduction to Synergetic Play Therapy?** We teach you the biology behind your child client's symptoms in the playroom. You'll learn about the significance of nervous system regulation. And, more specifically, about the symptoms that arise in the playroom and what that has to do with the nervous system and brain.

Once you know what's going on with the child, we'll teach you how to re-pattern their nervous system. You will learn about attachment, attunement, and emotional congruence in ways that you've probably never heard before. Plus, we'll teach you how to regulate yourself, giving you greater access to your own capacity so you don't get hurt. This allows you to stay engaged and inspired in your work.

**Who is this model not for?** Synergetic Play Therapy is not for people who are looking for step-by-step techniques or a script. It's for therapists who truly want to understand how play therapy works and are willing to dive deeply into themselves to discover the profound role they can play in a child's healing and what they can do to facilitate it.

**In what ways will this course help alleviate the burnout I'm feeling?** Often, the intense experiences therapists have in the playroom adversely affect our lives. Over time, the nervous system starts to shut down because it's too much to handle. You begin to numb out. And your capacity to stay in this field diminishes. In Synergetic Play Therapy, we teach you mindfulness of your body to help you become more aware of your reactions. You'll learn how to be authentic

in the playroom, thus encouraging your child clients to be more authentic. You'll better understand how to regulate your nervous system and then model that to your child clients.

**What else will I learn?** We will review basic play therapy skills before diving further into the play therapy process. You will learn how to engage parents, how to track your sessions so you don't get lost along the way, and how to set goals so you can stay on course. Plus, you'll discover a new approach to using sand and art that supports nervous system regulation.

We'll conclude the course with one of the most important topics in the field—aggressive play. We'll look at how to integrate the energy when things in the playroom become incredibly intense. This course isn't just didactic. You'll see firsthand how to do it through videos and modeling. You will also have your own 60-minute monthly consultation to ask questions specific to your caseload so that you can personalize and integrate the knowledge in a way that is meaningful to you.

**What are the other benefits I'll get out of taking this course?** It's APT Approved, so you can get 24 continuing education credits. If you decide that you love Synergetic Play Therapy, this course also meets the prerequisite requirement you need to enroll in the Synergetic Play Therapy Certification program. [Learn more about this experience now!](#)

**Considerations for taking this course:** This course requires a time commitment and all parts of the course must be completed for full credit. It is recommended that you watch each video within 2 weeks after its release and before you have your 60-minute, monthly consultation. However, we suggest watching the videos within a few days of release to maximize integration of the material. Please take this into consideration before registering so that you have a successful experience.

**Payment Information & Refund Policy:** Cancellations received one month from the start date will receive a full refund. Cancellations received 15 to 30 days before the start of the class will receive a full refund, minus a \$50 administrative fee. Cancellations received 1 to 14 days before the start of the class will receive a full refund minus a one-month payment for administrative fees. Cancellations of the class once the class begins will forfeit the full payment of the course. If an emergency arises, please contact the Play Therapy Institute of Colorado to discuss.