



CARDIFF PLAY FORUM NEWSLETTER

June 2010

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This is the 2nd newsletter for 2010 / 2011

The next meeting / workshop of the Cardiff Play Forum will be held

On: Monday 5th July 2010

At: 11.30am – 2.00pm

At: Re-create, Cardiff & Vale Play Services Association.

This workshop will be: An Introduction to Drama therapy & will be facilitated by Gillian & Melanie, Drama therapists. This workshop will include:

Using story, spontaneous improvisation, movement, sound and movement with touch the Sesame approach to dramatherapy offers an indirect way of exploring thoughts, feelings and personal material that may seem too big, too painful or too complex to talk about, or are perhaps unconscious. Working with symbol and metaphor, the Sesame approach to dramatherapy is primarily non-verbal with the emphasis on using the imagination and working creatively through the mind and the body.

The theoretical underpinning of this approach includes Jungian psychology, human development psychology, the movement principles of Rudolph Laban and the language of movement with- touch -and - sound, developed by Marianne Lindkvist.

This workshop offers an experiential introduction to the Sesame approach to dramatherapy, focusing on the use of play, movement and story. The workshop is an opportunity to experience first hand a way of working with the art form that is safely held within a therapeutic environment and containing structure.



Please remember all workshops are **free**, but need to be booked in advance, this is so we know how many people to cater for in terms of space, handouts, equipment etc. If you would like to attend this workshop please contact Tanya (contact details on back page) with your name, group & contact details.

This workshop will be facilitated by Gillian & Melanie who are Drama therapists. Who are giving up there time to help & support Cardiff Play Forum members. Please support them by coming to the workshop. Thank you.

PLAY THERAPY WORKSHOP

On Tuesday 25th May 2010 we held a Play therapy workshop for the Cardiff Play Forum at Stepping Stones Play Therapy, here is some information about the workshop.

Lisa Waycott facilitated the session.

Lisa has a MA, BA (Hons), Postgraduate Dip in Play Therapy, Postgraduate Dip Social Work.

In addition to Play Therapy training, Lisa has a first degree in Social Sciences and a Masters degree in Social Work. She is a qualified Social Worker and lecturer. She has also undertaken introductory training in Theraplay.

Lisa has extensive experience in all aspects of social work with children and families including foster care, fieldwork, child protection, adoption support and the voluntary sector. Lisa has also worked therapeutically with children and young people in a variety of settings and with regard to a wide range of needs.

Lisa is also the Managing Director of Stepping Stones (Child Therapy Consultants) LTD. The Company was formed in April 2004. Stepping Stones (Child Therapy Consultants) LTD is an independent agency which supplies therapeutic services for children and young people, training and consultancy. The company works closely with both statutory and independent agencies in order to provide high quality therapeutic services and training to address the developmental wellbeing of children and young people.

Nicola Birdsey also facilitated the session along with Lisa; Nicola is a lecturer on the play Therapy & Play & therapeutic play courses at the University of Glamorgan.

Lisa & Nicola told us all about the University of Glamorgan Play & Therapeutic play course & the Play course.

MSc Play & Therapeutic Play

This exciting award has been designed to combine two complementary areas in the field of play – playwork and therapeutic play – in which career opportunities are thriving.

This qualification is relevant to a variety of settings and to practitioners from a range of backgrounds, providing high quality academic and practical learning experiences in an accessible and attractive programme. This course may also be of interest if you want to enhance your potential for further postgraduate training for teaching and social work, or other relevant professional training.

The course will also be of interest to professionals in social care, health environments or education who wish to develop their academic knowledge and skills to assist their everyday work.

You will be taught by academic specialists in the areas of play and child development, along with practitioners qualified in therapy and counselling. Learning includes lectures and student-led workshops, and assessment will address the range of academic and practical skills you will develop during the course. You will also be expected to attend talks by guest speakers who are specialists in this area.

For more information on the courses see the links below

<http://www.glam.ac.uk/coursedetails/685/923>

MSc Play Therapy

The course is highly challenging and demanding and will, on completion of the programme, offer successful graduates the opportunity to work as a play therapist.

We have accreditation from the professional body British Association of Play Therapists (BAPT) and the course meets with the academic training criteria for registration with BAPT as a Play Therapist.

As well as the academic content of the programme, students will be required to undergo personal therapy and to complete placements in supervised clinical practice in play therapy (100 hours of practice).

You will be taught by academics specialising in play and child development as well as by professionals in Play Therapy and other therapies.

The university has established links with a number of agencies to support these clinical placements.

A feature of this course is that it also offers students the opportunity to study therapeutic interventions with children with disabilities and with older adults.

For more information on courses see the link below

<http://www.glam.ac.uk/coursedetails/685/9234>

PLAY THERAPY WORKSHOP CONT

Children use play as a form of communication. In Play therapy, children enter into a dynamic relationship with the therapist that enables them to express, explore & Make sense of difficult & painful experiences. Play therapy aims to help children find healthier ways of communicating, develop fulfilling relationships, increase resiliency & facilitate emotional literacy.

The dominant model of Play therapy in the UK is child –centred (Non–Directive) in which play is directed by the child & is the primary medium & speech is secondary.

Lisa & Nicola gave us lots of useful information about play therapy including some activities such as the Magic bus, a picture of a bus & the child can draw in all the people that they want on their bus as their support mechanism & who they would leave at the bus stop.

We then all took part in making a sandworld, we had a small tray of sand which we then filled with objects such as marbles, small figures, shells etc to represent our families. Then discussed what we had done with our partners.

Sand worlds provide the child with an opportunity to use symbols, within a defined space to tell their story.

While telling their story, the child has an opportunity to re-create in the sand tray, & in their imagination, events & situations from their past & present. The child may also explore possibilities for the future or express their fantasies in the sand. Consequently the child is enabled to explore specific events, past, present & future & explore themes & issues relating to these events, act out those things which are not or were not acceptable to them. Gain a cognitive understanding of the elements of events in their life, & thus gain insight into those events, experience a sense of power through physical expression gain mastery over past & current issues & events, think of what might happen next find resolution of issues through the development of insight.

This workshop was very interesting & informative, a big thank you to both Lisa & Nicola for giving up their valuable time for the Cardiff Ply Forum.

For more information & a full list of workshops & training available from Stepping Stones please see the link below.

<http://www.stepsingstonestherapy.co.uk/train.htm>





Workshops May –October 2010

The following workshops have been designed as short introductory courses for professionals who would like to develop their understanding of various Therapeutic Approaches and Techniques to working with children, young people and their families.

Each workshop last for 2 hours and will take place at Stepping Stones offices (4 Richmond Road, Cardiff, CF24 3AS). The cost per workshop is £40.00 (Voluntary organisations and students) and £50.00 (Private and Statutory organisations). Places are limited to 8 participants per workshop. (Early booking is advisable)

To book a place on any of theses workshops please see below contact details to obtain a registration form (please complete a separate form for each workshop you wish to attend) or click the link below for a registration form.

<http://www.steppingstonestherapy.co.uk/pdf/Register.pdf>

Workshop 2- An Introduction to Art Therapy

This workshop will explore the following:

- What is Art Therapy
- Who would benefit from Art Therapy
- Thinking about the impact of creativity (experiential learning)

Date: 7th June 2010 Time: 10-12 Facilitator: Lisa Finlayson-Clements, Art Therapist

Workshop 3- Teaching Children Keep Safe Skills

This workshop will explore the following:

- What do we mean by keep safe skills?
- Practical exercises which can be undertaken with children and young people in order to help them develop appropriate skills to reduce their risk of further abuse or exploitation
- Developing a family safety plan with Parents and Carers
- Helping Parents and Carers understand the importance of keep safe skills for children and young people

Date: 7th July 2010 Time: 10-12 Facilitator: Lisa Waycott, Therapist



Workshop 4-An Introduction to Attachment Therapy

This workshop will explore the following:

- What is Attachment based Therapy
- The use of Theraplay® techniques with children and their parents/carers
- The concept of Developmental Re-parenting and the 'Think Toddler Approach'.

The workshop is based on attachment theory and attachment research. It draws on the work of American psychologist Daniel Hughes; Ann Jernberg and Phyllis Booth and their model of Theraplay®.

Date: 1st October 2010 Time: 10-12 Facilitator: Lisa Waycott, Therapist and Clare Westoby, Therapeutic Play Specialist

Stepping Stones supplies a wide range of Therapeutic and Educational resources and services, for further information about our work please visit our website at www.steppingstonestherapy.co.uk

THERAPEUTIC LIFE STORY WORK

9th and 10th September 2010

10am- 4pm

Venue: Stepping Stones Offices, 4 Richmond Road, Cardiff, CF24 3AS

It is essential that children and young people are able to understand their lives and the various twists and turns that have led them to being Looked After or Adopted.

This two-day workshop is designed for professionals who undertake life story work with children and young people in their agency. It will be of benefit to Social Workers, Social Work Assistants, Foster Carers, Residential Workers and Therapists.

The workshop is highly experiential and will draw on a variety of creative and therapeutic approaches. By the end of the workshop attendees will have gained an understanding of the following issues and skills needed to undertake this area of work and be able to apply what they have learnt to their work environment:



- What do we mean by therapeutic life story work?
- What information should be included in the life story book?
- How to gather and collate details and facts from many information points about a child's history.
- The use of chronological life lines (The River of Life)
- How to engage children and young people in the process
- How to produce the final life story book
- Ending the work with children and young people

The two days will consist of tutor input, small and large group discussions and experiential exercises, which will encourage and facilitate a rich learning experience in a safe and supportive environment. This course is limited to 12 participants only - early booking is advised.

Cost: £250.00 (including refreshments, lunch and course materials)

For registration forms please contact, Training Officer, Stepping Stones (Child Therapy Consultants) LTD, 4 Richmond Road, Cardiff, CF24 3AS. Queries and questions to Clare Westoby on 029 20490 500 or by email info@steppingstonestherapy.co.uk

Or click the link below

<http://www.steppingstonestherapy.co.uk/pdf/Register.pdf>

Places are limited so book soon!



April 2010

Please send any articles to:

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Cardiff
CF5 4AB

Phone:

02920578100

07535640351

Email:

tanya@re-create.co.uk

Web Site:

www.re-create.co.uk

(Click on Cardiff Play Forum on
Left-hand side)

The Cardiff Play Forum was set up to help & support play workers in Cardiff. So if you work or live in Cardiff & are involved in Play in any way, this network is for you.

If you have any questions or problems, or there are any workshops or training you would like to attend, please get in touch or come to the next meeting.

If you would like to advertise events, training, jobs or write an article please send any information to be published in the next newsletter, or to be sent out via Cardiff Play Forum Email.

Deadline for Articles: Friday 18th June 2010

The next meeting/ workshop of the Cardiff Play Forum will be held

On: Monday 5th July 2010

At: 11.30am – 2.00pm

At: Re-create, Cardiff & Vale Play Services Association.

This workshop offers an experiential introduction to the Sesame approach to dramatherapy, focusing on the use of play, movement and story. The workshop is an opportunity to experience first hand a way of working with the art form that is safely held within a therapeutic environment and containing structure.

See link for map to re-create.

<http://maps.google.com/maps?client=safari&rls=en-us&q=re-create%2C%20cardiff%20uk&oe=UTF-8&um=1&ie=UTF-8&sa=N&hl=en&tab=wl>

Please book this workshop if you wish to come by contacting Tanya on above details.