

# The 21<sup>st</sup> SC Association for Play Therapy Conference

## Unlocking the Wisdom of the Body: Body-Informed Interventions in Play Therapy

**March 8-9, 2019**

**Luther F. Carter Center  
200 West Evans Street, Florence, SC 29501**



**12 CLOCK HOURS (CONTACT)  
1Clock Hours-Contact-Optional)**



### **Featuring: Renee Blocker Turner, PhD, LPC-S, RPT-S**

Dr. Renee Turner is a Licensed Professional Counselor- Supervisor and Registered Play Therapist-Supervisor specializing in the advocacy and treatment of children of all ages. She specializes in the supervision and professional development of post-graduates and has 15 years of experience working in the areas of grief and loss, bereavement and hospice work, complex trauma, and identity and spiritual issues. In her clinical work, Dr. Turner integrates existential, Gestalt, and expressive therapies to create a dynamic, experiential form of therapy.

Dr. Turner is particularly passionate about promoting and increasing the field of play therapy and presents locally and nationally on the ethical application of play therapy, sandtray therapy, and expressive therapies with children, adults, and families. She actively participates in leadership at the local, state, and national levels and received the 2017 Association for Play Therapy Emerging Leader Service Award for her continued dedication to play therapy. In 2016, she created the Central Texas Chapter of the Texas Association for Play Therapy where she continues to serve as a member of the Advisory Board. She is also President-Elect of the Texas Association for Play Therapy and currently serves as Chair of the Association for Play Therapy (APT) Awards and Recognition committee. She is a reviewer for the quarterly Play Therapy Magazine published by APT, an approved APT Education Provider, and is an APT Leadership Academy graduate. She actively supervises LPC-Interns and post-licensed individuals pursuing the Registered Play Therapist designation.

## **Embodied Play Therapy: Integrating body-centered principles into play therapy**

### **March 8, 2019 (Friday Agenda)**

**8:30- 8:45 Registration, CE Sign In and Coffee**

**8:45- 9:00 Announcements**

**9:00-10:30** Introduction: Neurobiology of bottom-up play therapy

**10:30-10:45 Break**

**10:45-12:15** Orienting: Grounding and embodiment play

**12:15- 1:15 Lunch Onsite- Working Lunch-Play Therapy Session**

**1:15- 2:45** Listening: Playful interventions for body attunement

**2:45-3:00 Break**

**3:00- 4:30** Regulating: Integrating body-informed principles into play therapy

**4:30-5:00- Questions, Closing, Evaluation and Check Out**

**DAY ONE DESCRIPTION:** Traditional forms of play therapy address the emotional, social, and cognitive worlds of the child, however, advances in neurobiology suggest treating the whole child may provide more profound long-term impacts. This interactive and experiential training reviews the neurological underpinning of embodied practices with an emphasis on emotional and physical regulation using the natural wisdom of the body. On day one, attendees will learn specific body-informed play therapy techniques to increase body attunement through orienting, grounding, body scanning, and movement. Interventions covered on day one are appropriate for children five and older.

**OBJECTIVES:** After this training, attendees will be able to:

- 1) Understand the neurobiological underpinnings of embodied practices in play therapy
- 2) Differentiate top-down processing from bottom-up processing in play therapy
- 3) List three grounding and orienting techniques to build a felt sense of safety in the playroom
- 4) Learn and practice multiple methods of utilizing body scanning in play therapy sessions
- 5) List multiple ways to integrate body mapping into play therapy sessions using toys and sandtray figures
- 6) Identify when and how to incorporate music and movement into play therapy for emotional and physical regulation

***Hot Trends in the Playroom: Slime, Calm-down Jars and Orbeez***  
***(12:30-1:30)***

**Optional:1 Clock Hour CE Certificate Awarded for those participating only.**

**Description:** Mental health professionals who implement play therapy with children and adults, are constantly seeking new ways to help manage anxiety and stress. Play therapists have the amazing yet challenging task of supporting clients in a therapeutic setting that is both productive and fun for kids of all ages. Helping children and adults develop effective coping skills can be especially calming and stress-relieving when incorporating some of the hottest trends in toys.

**Objective:** Participants will create slime, miniature calm-down jars and Orbeez and be able to discuss how these play therapy activities can be used in the playroom as fun activities while giving a soothing, calm and mindful experience.

**Facilitator:** Dawn White, LPC, RPT: Ms. White after 23 years as a science teacher in middle and high school classrooms in Chesterfield County, she embarked on a new professional path and started a second Master's degree at Columbia International University, completing a dual degree in clinical counseling and marriage and family therapy in 2010. It was during the second Child and Adolescent Therapy course in early 2010, that she attended her first SCAPT Conference and recognized how her experience as a teacher was being uniquely merged with her new career as a Licensed Professional Counselor. She began a small private practice in Chesterfield County in November 2010. Within two months she realized the value of the extra training in play therapy as over half her clientele were children and families. While she presently continues to practice privately, Dawn joined PFM Counseling in January 2013, as an in-house therapist at Palmetto Family Medicine in Cheraw. In February 2015, Dawn became a Registered Play Therapist, and she is in the final phase of certification as an Emotionally Focused Therapist. She serves as the current SCAPT President Elect.

## **DAY TWO- Saturday March 9, 2019**

### **Embodied Play Therapy: Addressing trauma, body shame, and counselor burnout**

**March 9, 2019 (Saturday Agenda)**

**8:30- 8:45 Registration, CE Sign In and Coffee**

**8:45- 9:00 Announcements**

**9:00-10:30** Introduction: Trauma, Embodiment, and Play

**10:30-10:45 Break**

**10:45-12:15** Childhood Eating Disorders and embodiment practices

**12:15- 1:15 Lunch Onsite-SCAPT Business Meeting , Award Ceremony and Network-- All Attendees**

**1:15- 2:45** Integration: Voice dialogue for disowned/disembodied parts

**2:45-3:00 Break**

**3:00- 4:30** Love Thyself: Embodied self-care

**4:30-5:00- Questions, Closing, Evaluation and Check Out**

**DAY TWO DESCRIPTION:** On day two, attendees will explore trauma and body shame as they relate to specific populations with an emphasis on clinical eating disorders. Attendees will learn and practice specific techniques which integrate body and mind for children nine and older. Finally, attendees will walk explore and practice embodied self-care strategies to reduce burnout and compassion fatigue.

**OBJECTIVES:** After this training, attendees will be able to:

- 1) Recite research regarding the long-term impact of trauma, body shame, and adverse childhood experience on children and adolescents
- 2) List key issues present working with children and adolescents with eating disorders &/or body image issues in play therapy.
- 3) Learn at least two art/play therapy interventions to utilize with children with eating disorders &/or body image issues as part of play therapy sessions.
- 4) Describe the voice dialogue technique as applied to play therapy
- 5) Identify symptoms of burnout, vicarious trauma, and compassion fatigue in the play therapy
- 6) List strategies for embodied self-care.

**For information about the conference contact the SCAPT President**

**Dr. Saundra Penn ([drsaundrapenn@gmail.com](mailto:drsaundrapenn@gmail.com) or 1-704-688-2761)**



**CONTINUING EDUCATION INFORMATION:** To receive Continuing Education credit and a certificate for this event the participants must complete all sign in requests and return an evaluation at the end of each day at check out. Certificates will be disseminated after all requirements are reviewed.

**Continuing Education:** This event is sponsored by the SC Association for Play Therapy (APT Approved #99-06 ) and provides continuing education specific to play therapy. This conference carries **12 Continuing Education Clock Hour Credits (CONTACT )** and **1 Continuing Education Clock Hour Credit (CONTACT-Optional)** specific to Play Therapy. ([www.sca4pt.com](http://www.sca4pt.com)).

**TWELVE Continuing Education Clock Hours** are provided by the SC Association for Play Therapy and approved by the SC Department of Labor Licensing and Regulation, Division of Professional and Occupational Licensing, SC Board of Examiners for the Licensure of Professional Counselors, Marriage and Family Therapists, Addiction Counselors, and Psycho-Educational Specialists (**Provider #4586**). Upon request, you may forward a copy of this certificate to your licensing board as proof of attendance. Any questions are to be directed to Dr. Saundra Penn at (704) 668-2761 or [drsaundarpenn@gmail.com](mailto:drsaundarpenn@gmail.com).

**Optional LPC CE- ONE Continuing Education Clock Hour Credit** provided by the Palmetto Family Works, LLC. Palmetto Family Works, LLC and is recognized by the SC Department of Labor Licensing and Regulation, Division of Professional and Occupational Licensing, SC Board of Examiners for the Licensure of Professional Counselors, Marriage and Family Therapists, Addiction Counselors, and Psycho-Educational Specialists to offer continuing education (**Provider #4513**). Upon request, you may forward a copy of this certificate to your licensing board as proof of attendance. Any questions are to be directed to Jennifer Elkins at (843) 661-6030 or Email: [palmettofamily@yahoo.com](mailto:palmettofamily@yahoo.com).

### Registration Includes:

**FREE Continuing Education Certificate, Morning Coffee, Snack & Lunch Both Days on Site**

**All participants must register on [Eventbrite](https://www.eventbrite.com/e/sc-association-for-play-therapy-21st-annual-conference-tickets-51983319508):**

**<https://www.eventbrite.com/e/sc-association-for-play-therapy-21st-annual-conference-tickets-51983319508>**

Number of Days Attending	APT Members	Non Members	Full Time Graduate Students
<input type="checkbox"/> I will attend both full days at	\$180.00	\$225.00	\$90.00
<input type="checkbox"/> I will attend only Friday at	\$110.00	\$135.00	\$55.00
<input type="checkbox"/> I will attend Saturday only	\$110.00	\$135.00	\$55.00

**Institutional discount will be approved when 8 people or more register at a time: \$150 per person for both days. Use the Register as a group function on Eventbrite!!**

**CANCELLATION POLICY:** Refunds (minus \$25 processing fee) can be made, if requested **7 days** before date of workshop. In case of workshop cancellation, complete payment will be refunded.

*NO Purchase Orders will be accepted for this Conference. A check can be mailed two weeks prior, or brought on the day of the conference from an agency made out to SC Association for Play Therapy or SCAPT. No one will be able to sign in on the day of the conference without payment. The attendee is responsible for making sure that fees are paid in order to attend. Any agency agreements for payment are between the agency and the attendee, and NOT with SCAPT.*