



NCAMFT 2019 Annual Conference

Embassy Suites RTP

201 Harrison Oaks Blvd, Cary, NC 27513

Play Therapy Preconference Workshop

Co-Sponsor: South Carolina Association for Play Therapy

Three Clock Hour Credits (Contact)

Thursday, March 28, 2019

9:00am-Noon

Integrating Emotionally Focused Therapy with Play Therapy: Applications for the Strengthening Family Connectedness

Presenter: Dawn White, LPC, RPT

In 2007, after 23 years as a science teacher in middle and high school classrooms in Chesterfield County, Ms. White embarked on a new professional path and started a second Masters 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, Ms. White joined PFM Counseling in January 2013, as an in-house therapist at Palmetto Family Medicine in Cheraw, SC. In February 2015, she became a Registered Play Therapist, and is in the final phase of certification as an Emotionally Focused Therapist. Ms. White is the 2017-2019 SC Association of Play Therapy President-Elect. She has presented the proposed topic three times: at the South Carolina Counselors' Association on February 23, 2017 (Hilton Head Island, SC), the Association for Play Therapy International Conference, October 10, 2017 (Minneapolis, Minnesota), and the 2018 South Carolina Association for Play Therapy, March 3, 2018 (Simpsonville, SC).



Abstract: Emotionally focused therapy (EFT) is a model with roots in Family Systems Theory, Attachment Theory, and Experiential Therapy. Observation has shown that much of the tension in relationships is circular. When a person's emotional experience can be empathically reflected and validated, new corrective emotional experiences emerge from the "here and now." Additionally, people need close primary attachments "from the cradle to the grave." Secure bonds promote one's ability to regulate emotions, solve problems, think clearly, and communicate effectively. EFT allows clients the opportunity to identify and change negative interaction cycles that have emerged, identify key unmet attachment needs, primary emotions and perceptions that fuel the negative cycle, and begin expanding and reorganizing key emotional responses to create a shift in each person's interactional positions. EFT also fosters a person's ability to create secure bonds, initiate new cycles of interaction, heal from traumatic attachment events by experiencing other parts of self and new emotions, and from this new place of security, rethink and solve previously unsolvable problems. Combining play therapy with emotionally focused family therapy (EFFT), there is great promise as a significant form of clinical treatment. A variety of play therapy activities can be incorporated within an EFFT framework to strengthen the attachment needs and emotional bonds in families, in addition to helping them communicate perspectives concerning difficult life events such as death, divorce, and world events.

Learning Objectives 1. Participants will be able to define love within a family as an attachment bond and a felt sense of safety and security. 2. Participants will be able to track negative cycles of interaction between family members that set up anxious perspectives and situations in which there is withdrawal or confrontation 3. Participants will be able to identify the theoretical perspective of play therapy and the motivation for using play therapy with children and families. 4. Participants will be able to incorporate specific play therapy strategies to help stop the negative cycles of interaction while giving families more positive experiences of interaction and connection.

To register check out the NCAMFT website (www.ncamft.org) or the conference link: <http://ncamft.org/annual-conference/>

For information relating to the NCAMFT 2019 Annual Conference contact Cathy Womack Phone-1-919-518-1919 or email (cathywomack@customassociaiton.com)

Continuing Education Information:



This play therapy preconference workshop carries **3 continuing education clock hours** (Contact) specific to Play Therapy provided by the South Carolina Association for Play Therapy (**APT Approved Provider #99-061**). The South Carolina Association for Play Therapy (SCAPT) is approved to offer continuing education clock hours specific to play therapy. This event adheres to the guidelines of APT and SCAPT is responsible for the program and its content. (Email: SCCABusiness@yahoo.com for questions relating to **continuing education for this workshop only**).

Continuing Education Certificates provided by SCAPT for play therapy ONLY will be emailed after the conference to the name and email listed on the workshop sign in sheet.