

Yoga + Play: Exploring the Benefits of Using Yoga in Conjunction with Play Therapy Techniques to Help Children Build Self-confidence, Increase Self-control and Relax

Co-Sponsor: SC Association for Play Therapy Conference



Friday, January 25, 2019

1:00pm-4:00pm

**Sanders Family Counseling-2147 Hoffmeyer Road
Florence, SC 29501**



3- CLOCK HOURS (CONTACT)

Presenter: Lécole J. Sanders, MSW, LISW-CP, RPTS

Lécole Sanders is a licensed independent social worker- clinical practice in her own private practice, Ms. Sanders Family Counseling, LLC in Florence, SC. Ms. Sanders works with a variety of children and family issues in her practice and frequently uses play therapy techniques in her work. Two areas of clinical interest for Ms. Sanders are children on the Autism Spectrum, and children/ adolescents with concerns related to eating/ body image. She regularly works with children and their families who are experiencing difficulty related to these particular issues. Additionally, Ms. Sanders is a TF-CBT trained therapist, and works with children who have experienced a variety of traumatic events. She is the current SCAPT Secretary and a Registered Play Therapist.



Training Overview: This 3 hour experiential workshop will explore the benefits of using yoga, in conjunction with play therapy techniques, as a way to help children become more self-aware, improve self-control, practice mindfulness, learn new relaxation skills, and build self-confidence. Playful breathing techniques, child-friendly yoga postures, yoga games, books, and guided imageries will be explored. Ways to incorporate kid friendly yoga in individual therapy, family therapy, group therapy and the classroom will be explored. The scientific rationale for using yoga to help treat mental/behavioral health issues will be discussed. Examination of videos, games, and books, along with the actual practice of kid friendly yoga sessions will help participants gain the knowledge and confidence to incorporate yoga into their play therapy practice.

This is an interactive workshop so dress comfortably and bring a yoga mat or towel.

Learning Objectives: At the conclusion of the training, participants will be able to:

1. Identify the therapeutic value and benefits of yoga used in conjunction with play therapy techniques in the play the room and/or classroom.
2. Identify beneficial, playful yoga techniques and materials (games, books, videos) appropriate for children with mental/behavioral health needs in the playroom and classroom.
3. Demonstrate and practice actual postures, play therapy games, relaxation, and breathing techniques used in kid friendly yoga.
4. Incorporate yoga into everyday practice with children and teens in the playroom and/or classroom.

NOTE: This is an interactive workshop so dress comfortably and bring a yoga mat or towel.

Registration Fee: January 25, 2019 (1:00pm-4:00pm)

\$75.00

REGISTRATION: To register, please visit:

<https://www.eventbrite.com/e/yoga-play-using-yoga-in-conjunction-with-play-therapy-techniques-tickets-53883087766>

For additional information please call Lécole J. Sanders at 843-661-6030 or email:lecolesanders@gmail.com

TARGET AUDIENCE: Social Workers, Counselors, Therapists, Graduate Students and any interested healthcare personnel



CONTINUING EDUCATION:

This conference training carries [3.0 Continuing Education Clock Hour Credits-Contact](#) specific to Play Therapy provided by the SC Association for Play Therapy (APT Approved Provider #99-061). This training adheres to the guidelines of APT and SCAPT is responsible for the program content. Email: SCCABusiness@yahoo.com for questions relating to play therapy continuing education.

Three Continuing Education Clock Hour Credits 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 relating to the LPC credits.