

HEALING CHILDREN THROUGH NON DIRECTIVE PLAY

Kali Miller Ph.D., Instructor

COURSE DESCRIPTION

This course is designed for the novice who desires to learn the basics of Non-Directive Play Therapy or for the intermediate practitioner who wishes to refresh their skills. This class is highly interactive and participants will be engaging in role playing and practicing with children.

COURSE GOALS

The purpose of this course is to provide the student with an overview of Non-Directive Play Therapy. It will also teach the basic skills necessary to begin working non-directively with children between the ages of two and nine years. Participants will learn to identify and assist children who have been traumatized.

COURSE OBJECTIVE

Upon Completion of this course, the student should be able to:

1. Identify when Non-Directive Play therapy is an appropriate intervention
2. Explain the reasons why Non-Directive Play Therapy is efficacious
3. List the symptoms of physical and sexual abuse
4. Provide Non-Directive Play Therapy to children with appropriate supervision

COURSE CONTENT AND SCHEDULE

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| Week 1. | Facilitate learning environment, give ideas of how to find a child to work with, review course expectations, give rationale for non-directive play therapy, tour playroom. |
| Week 2. | Review play therapy readings, discuss play session mechanics and the session report form, demonstrate non-directive play, make sure all participants have found a child to work with. |
| Week 3. | Practice content and feeling reflections and matching in pairs, review play therapy readings, make sure all participants are prepared to begin their play sessions. |
| Week 4. | Process initial play encounters, address how to set limits in session, role-play setting limits. |
| Week 5. | Watch student videotapes, role-play challenging situations, learn “I statements”. |
| Week 6. | Watch student videotapes, review all skills learned with role-plays. |
| Week 7. | Watch student videotapes. Review symptoms of physical and sexual abuse. |
| Week 8. | Watch student videotapes, role play challenging situations, written exam if participants are lagging in their reading or class participation. |
| Week 9. | Watch student videotapes, role-play challenging situations. |
| Week 10. | Watch student videotapes, review all information and discuss how these skills can be generalized to other situations. |

COURSE REQUIREMENTS

I. Read:

1. Dibs in Search of Self, Axline, V.
2. Play Therapy, Axline, V.
3. Handouts

II. Locate a child between the age of three and six years that will be available for 7 1-hour non-directive play sessions

III. Videotape and present one to two play sessions with a child

Document (one page) and discuss each play session

Complete worksheets distributed in class (one to three pages per session)

Journal for 10 minutes at the end of each class regarding thoughts about personal issues brought up by class material.

IV. Using the Reading Worksheet, write a paragraph about your response to the content of the books and write a paragraph about your emotional response and personal experience from reading the book.

V. Role Play with a partner in class

Complete one written test

COURSE POLICIES

1. In lieu of a research paper, students will be graded on:
 - class participation
 - improvement utilizing non-directive play therapy skills
 - video presentation and critique
2. In lieu of a final test, students will be graded on:
 - attendance
 - completed worksheets
 - completed documentation of play sessions

Participants will be graded down one letter grade for each class above one missed.

Participants will be graded down one letter grade for each non-directive session less than 7 that they engage in. Late assignments may be graded down 5%.

Extra credit will be available as negotiated with instructor.

COURSE LOCATION AND DIRECTIONS

Corinthia Counseling Center, Inc.
185 NE 102nd Ave
Portland, OR 97220
503-251-1952
Fax 251-1751

We are on 102nd between the Gateway and the Mall 205 shopping centers. We are between Burnside and Glisan in Professional Plaza 102 which is on the west side of 102nd. Turn into Professional Plaza 102, drive pass the pharmacy on your right to the back of the pharmacy building, turn right and we are on the right in the back of the pharmacy building in the northwest corner.