



SYNERGETIC  
PLAY THERAPY™

### Online Introduction to Synergetic Play Therapy™

Have you ever ...

- Felt something was missing in your work?
- Wanted to create deeper impact with your clients?
- Wondered about the neuroscience behind how healing takes place in the playroom?
- Desired to learn in an environment that empowers you to be yourself?

The Online Introduction to Synergetic Play Therapy™ launches you on a path towards discovering what showing up in the playroom truly means. It explores what is happening in the play therapy process, how change occurs, and ultimately what it takes to help children heal at profound levels. It invites you to be you!

**What is Synergetic Play Therapy?** Synergetic Play Therapy honors both the therapeutic powers of play, the science that governs relationship, and the development of the therapist, recognizing that it is ultimately the interplay between these three systems that support deep transformation for both therapist and child.

The word itself is reflective of what is happening in the playroom and how integration and healing occurs. As the therapist attunes to their own internal systems and then attunes to the internal systems of the child, a union of systems occurs. In this union, a synergy forms, allowing for co-regulation to emerge. The co-regulation supports both the therapist and the child in their ability to move towards the uncomfortable thoughts, feelings, and body sensations that they would not have been able to move towards as easily on their own.

SPT takes cutting-edge information from interpersonal neurobiology, mindfulness, attachment theory, and physics, blending them together in a way that allows therapists to go right to the heart of the struggle and help the child transform from the inside out. (Learn more about [Authenticity in the Playroom](#)).

**Why take Online Introduction to Synergetic Play Therapy?** With 21 hours of content, you will explore the neuroscience behind what is happening in the playroom, how to repattern a child's nervous system, and what it means to become an external regulator. You will learn how to work with aggression and create a neuroception of safety, as well as how to work effectively with parents. And if this wasn't enough, you will come to understand the magic of sand and art from the perspectives of nervous system regulation, attunement, attachment, mindfulness, and authenticity.

**Who is this model not for?** Synergetic Play Therapy is not for people who are looking for step-by-step techniques or a script. It's for therapists who truly want to understand how play therapy works and are willing to dive deeply into themselves to discover the profound role they can play in a child's healing and what they can do to facilitate it.

**In what ways will this course help alleviate the burnout I'm feeling?** Often, the intense experiences therapists have in the playroom adversely affect our lives. Over time, the nervous system starts to shut down because it's too much to handle. You begin to numb out. And your capacity to stay in this field diminishes. In Synergetic Play Therapy, we teach you mindfulness of your body to help you become more aware of your reactions. You'll learn how to be authentic in the playroom, thus encouraging your child clients to be more authentic. You'll better understand how to regulate your nervous system and then model that to your child clients.

**What else will I learn?** We will review basic play therapy skills before diving further into the play therapy process. You will learn how to engage parents, how to track your sessions so you don't get lost along the way, and how to set goals so you can stay on course. Plus, you'll discover a new approach to using sand and art that supports nervous system regulation. We'll conclude the course with one of the most important topics in the field—aggressive play. We'll look at how to integrate the energy when things in the playroom become incredibly intense. This course isn't just didactic. You'll see firsthand how to do it through videos and modeling. You will also have your own monthly consultation to ask questions specific to your caseload so that you can personalize and integrate the knowledge in a way that is meaningful to you.

**What are the other benefits of this course?** It's APT Approved, so you can get 21 continuing education credits. If you decide that you love Synergetic Play Therapy, this course also meets the prerequisite requirement you need to enroll in the Synergetic Play Therapy™ Certification program. [Learn more about this experience now!](#)

**Considerations for taking this course:** This course requires a time commitment and all parts of the course must be completed for full credit. It is recommended that you watch each video within 2 weeks after its release and before your monthly consultation. However, we suggest watching the videos within a few days of release to maximize integration of the material. Please take this into consideration before registering so that you have a successful experience.

**Refund policy:** Cancellations received one month from the start date will receive a full refund. Cancellations received less than one month from the start of the class will receive a full refund minus a \$100.00 administrative fee. Cancellation once the class begins will forfeit the payment of the course. However, payment can be applied towards a future Online Introduction to Synergetic Play Therapy course (within one year). If an emergency arises, please contact us to discuss.

**Registration info:** Once you register, you'll receive a confirmation email. If this is the first time you have created an account with the e-learning center, you will also receive an email with login instructions needed to access the course. To earn APT-Approved CE credits, you'll be able to print out a certificate after each live webinar (after watching each video and taking a short quiz).