



Synergetic Play Therapy Certification Objectives by Class

3.5 Day Retreat

- Explain "the Values" framework and discuss how this applies to the families you work with and yourself.
- Demonstrate how to work with fears as a way to develop yourself as a play therapist.
- Demonstrate understanding of emotional flooding, how to keep children in their window of tolerance, and what to do if flooding occurs.
- Explain the importance of Interoception and how this is the first step in re-patterning the child's behavior in the playroom.
- Identify the 5 types of reflection statements used in Synergetic Play Therapy.
- Explain the 4 steps of how the Mirror Neuron system works.
- Explain how attunement between therapist and child is essential in order to heal disorganization in the lower brain stem and re-pattern the nervous system.
- Determine how the therapist's ability to use mindfulness to be congruent and authentic in her language and non-verbal signals allows the child to feel safe in the relationship and engage in "reflective awareness."
- Discuss when a parent needs to be in a session and the key skills to teach the parent when in the playroom.
- Describe how to explain Synergetic Play Therapy to parents.
- Describe how to explain the Nervous System to parents.
- Describe how to explain the Synergetic Play Therapy "Therapeutic Stages of Change" to parents.
- Describe how to explain the Synergetic Play Therapy Process of Change to parents.
- Demonstrate how to begin tracking a child's play therapy progress according to Synergetic Play Therapy's Therapeutic Stages
- Explore the attachment process from a Synergetic Play Therapy lens and how to use this information to promote healing in the playroom.

Planes of Possibility and Peaks and Plateaus in Synergetic Play Therapy

- Explain the concept of Planes of Possibility, Plateaus and Peak Experiences and their implication in the playroom.
- Learn how regulation during a session can change Plateau and Peak Experiences in the child's brain.
- Describe the importance of working "under the story" in order to change neural firing during a play therapy session.
- Learn how transference and countertransference are an inevitable part of the play therapy experience and ways to begin to uncover earlier associated memories.

Memory and Narratives and Rewiring through the Vagus Nerve

- Discuss the difference between implicit and explicit memory and the importance of co-regulation to change the child's neural pathways.
- Discuss how memory is impacted during a traumatic event and how the therapist acts as the master puzzle maker to help the child integrate their traumatic memories.
- Analyze how a therapist's own personal narrative can influence their ability to become the "external regulator" by decreasing their window of tolerance when certain emotions, thoughts and sensations arise in a play therapy session.
- Learn how integration and co-regulation is influenced by the vagus nerve and discover two ways the vagus nerve can be strengthened.

Emotions and the Mind in Synergetic Play Therapy



- Describe how emotions or "energy in motion" correspond with the nervous system states that arise during a play therapy session.
- Identify specific questions therapists can ask themselves when dysregulated in order to help integrate their perceptions and regulate their emotions.
- Discuss how regulating both the body and the mind are necessary in order to become the external regulator in a play therapy session.

4.5 Day Retreat

- Describe the different development stages that a child goes through and how they show up in the playroom.
- Explain what regression looks like in the playroom and determine how to support a child when this occurs.
- Demonstrate how to use the breath to regulate the nervous system and apply these techniques to work with clients.
- Identify 4 clues to help identify the child's emotional age in a play therapy session.
- Prepare and demonstrate an understanding of Synergetic Play Therapy theory through group presentations.
- Demonstrate ways of using the sand in play therapy through non-directive and directive (Gestalt therapy) approaches.
- Discuss and experience the connection between how a child plays with sand and art and their nervous system during a play therapy session.
- Analyze the developmental stages of art and how to use this information to determine the emotional age of the child through their play therapy art process.
- Demonstrate ways of using art in play therapy through non-directive and directive (Gestalt therapy) approaches.
- Describe how to facilitate a pre-teen or teen's stories using Synergetic Play Therapy principles.
- Determine when a therapist might use Directive vs. Non-Directive interventions in the playroom.

Sensory Processing Disorder and Attachment in the Playroom

- Analyze the sensory system and how sensory difficulties show up in the playroom.
- Analyze the different power sensations that arise in the play - Vestibular, Proprioceptive, and Tactile - and how they affect the brain stem.
- Explore how to use Synergetic Play Therapy with children on the sensory spectrum.

Directive SPT with Groups, Family, Teen, Sibling and Adult

- Explain family systems from the lens of nervous system states and the therapist's role as their external regulator in the play room.
- Describe and discuss how to apply Synergetic Play Therapy principles to groups
- Discuss ways to apply SPT principles to Teens, Siblings and Adults

Endings and Transitions in Play Therapy

- Discuss the goodbye process and how to facilitate it with parents and children in play therapy.
- Describe and discuss what it means to become a Synergetic Play Therapist.
- Explain strategies and ending rituals for facilitating final play therapy sessions.

Recognizing Empowerment in Play Therapy

- Determine what empowerment is and how to recognize it in the playroom.
- Describe the importance of tracking small moments of empowerment, as well as larger empowerment experiences in the child's play therapy process.
- Explain how to use directive interventions to help deepen a child's experience of empowerment.