



Skill Development in Synergetic Play Therapy™- Certificate

Student name: _____ Date: _____

Supervisor's Name: _____

Please indicate the student's performance level in the following areas by filling in the appropriate number, with (1) being poor, (2) being fair, (3) being good, (4) being very good, (5) being excellent

SPT Skills:

All of Level One Skills and

Able to chart where the child is on the SPT Therapeutic Stages _____

Able to regulate through hypo-arousal in the playroom _____

Able to regulate through hyper-arousal in the playroom _____

Able to conceptualize the session in 2-3 sentences _____

Able to recognize hyper and hypo-aroused play in the sand _____

Able to recognize hyper and hypo-aroused play in art _____

Able to facilitate the use of sand both non-directive and directive _____

Able to facilitate the use of art both non-directive and directive _____

Able to recognize when the therapist is emotionally flooded (on a peak) and how to create a neuroception of safety internally _____

Able to identify when the therapist is on a plateau _____

Able to use a variety of reflections: (observational, body, limbic, cortex and relational) _____

Understand possible reasons why a child is not progressing through the SPT Therapeutic Stages _____

Understand the importance of learning how to regulate the mind as well as learning how to regulate the body _____

Understand that SPT is both a play therapy model and a way of being _____

Able to recognize when it is time to become the external regulator and “rock the baby”_____

Able to recognize when regulation is not needed_____

Able to explain HOW play therapy works from a neuroscience perspective_____

Skills working with Parents/Caregivers:

All Level 1 Skills and

Able to link the child’s play to the parent’s goals_____

Able to facilitate a session when a parent/caregiver is in the room_____

Able to describe SPT to parents/caregivers_____

Able to explain the Process of Change_____

Able to explain the SPT Therapeutic Stages_____

Able to explain the Nervous System Handout_____

Able to conduct a parent/caregiver training session_____

Strengths

Areas for Growth: