



## **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 in play therapy.
- Demonstrate how to work with fears as a way to develop yourself as a play therapist.
- 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 in Synergetic Play Therapy®.
- Explain how attunement between therapist and child is essential in order to heal disorganization in the lower brain step and re-pattern the nervous system.
- Determine how the play therapist’s ability to use mindfulness to be congruent and authentic in their language and non-verbal signals allows the child to feel safe in the relationship and engage in “reflective awareness.”
- Discuss when a caregiver needs to be in a session and the key skills to teach the caregiver when in the playroom.
- Describe how to explain Synergetic Play Therapy® to caregivers.
- Describe how to explain the Nervous System to caregivers.
- Describe how to explain the Synergetic Play Therapy® “Therapeutic Stages of Change” to caregivers.
- Describe how to explain the Synergetic Play Therapy® Process of Change to caregivers.
- 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.
- 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.