



### **Synergetic Play Therapy Certification: 3.5 Day Retreat Schedule- Students**

**Materials needed:** handouts, a candle and lighter, anything to help you regulate, handful of toys for practice sessions

#### **Day 1:**

8-11 Welcome to the Cert Program! Who am I? What drives me to do what I do? (Large Group Teaching)

11-12 Lunch

12-3 Working with Parents and Working through fears (Large Group Teaching)

3-3:15 Integration (Break out groups)

#### **Day 2:**

7-7:30 Online Yoga- optional

8-11 Interoception (Large Group Teaching, Break out groups)

11-12 Lunch

12-3 SPT Presentations \*See learn platform for details on how to prepare" (Break out groups)

3:00- 3:30 Integration (Large Group Reflection)

#### **Day 3:**

8- 11 Mindfulness/ Dual Attention and Mirror Neuron System (Large Group Teaching, Video Watching, Break out groups)

11-12 Lunch

12-2:30 Practice Sessions (Break out in pairs) \*Let SPTI know if you are gathering with other students for the retreat\*

2:30-3:15 Integration (Break out groups)

#### **Day 4:**

7-7:30 Online Yoga- optional

8-9 Course Admin, Session Notes, Charting on the Therapeutic Stages (Group Teaching)

9-9:30 Attachment (Large Group Teaching and Video Watching)

9:45-10:30 Group process work (Break out Groups)

10:30-11:00 Closure/Transition (Large Group)