



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:

9-12 Welcome to the Cert Program! Who am I? What drives me to do what I do? (Large Group Teaching)

12-1 Lunch

1-4 Working with Parents and Working through fears (Large Group Teaching)

4-4:15 Integration (Break out groups)

Day 2:

8:00-8:30 Online Yoga- optional

9-12 Interoception (Large Group Teaching, Break out groups)

12-1 Lunch

1-4 SPT Presentations *See learn platform for details on how to prepare" (Break out groups)

4:00- 4:30 Integration (Large Group Reflection)

Day 3:

9:00- 12:00 Mindfulness/ Dual Attention and Mirror Neuron System (Large Group Teaching, Video Watching, Break out groups)

12-1: Lunch

1-3:30 Practice Sessions (Break out in pairs) *Let SPTI know if you are gathering with other students for the retreat*

3:30-4:15 Integration (Break out groups)

Day 4:

8:00-8:30 Online Yoga- optional

9-10 Course Admin, Session Notes, Charting on the Therapeutic Stages (Group Teaching)

10-10:30 Attachment (Large Group Teaching and Video Watching)

10:45-11:30 Group process work (Break out Groups)

11:30-12:00 Closure/Transition (Large Group)