



**Online Introduction to Synergetic Play Therapy®
Supplemental Reading Handout**

***Aggression in Play Therapy: A Neurobiological Approach for Integrating Intensity* by Lisa Dion**

While reading the entire book is a required part of the course, below is a quick reference to the specific chapters as they correspond to each class and to support your learning.

Class 1 - Welcome & Understanding the Projective Process

- Chapter 7 (The Set Up)
- Chapter 8 (Authentic Expression)

Class 2 - Exploring the Nervous System in the Playroom

- Chapter 3 (Understanding the Nervous System)
- Chapter 5 (Developing Yourself as an External Regulator)
- Chapter 6 (The Basics of Regulating)

Class 3 - Regulation: What It Is & What It Isn't

- Chapter 4 (What Regulation Really Means)
- Review Chapter 5 (Developing Yourself as an External Regulator)
- Review Chapter 6 (The Basics of Regulating)
- Chapter 9 (Setting Boundaries)
- Chapter 10 (It Is Too Intense: Working with Emotional Flooding)

Class 4: - Working with Caregivers

- Chapter 14 (Supporting Parents During Aggressive Play)

Class 5: - Understanding Attachment & The Self-Object

- Review Chapters 4 and 5 to review what regulation is and how to become the external regulator

Class 6 - Sand, Art & Aggression in Synergetic Play Therapy

- Chapter 11 (Observing Aggressive Play)
- Chapter 12 (Hyper-Aroused Play)
- Chapter 13 (Hypo-Aroused Play)
- Suggested Chapters 1 and 2 (Aggression in the Playroom & Exploring a New Perspective)