



## Introduction to Synergetic Play Therapy®: Group Consultation Details

**Consultations-** These *mandatory* monthly consultations are a time for you to personalize the material of the course to deepen your learning and run between 50 and 60 minutes in length.

This time is not supervision for all of the children you work with. Consultation helps you explore and integrate the concepts of SPT in a way that is meaningful to you. During consultation you have the opportunity to learn from other group members and to discuss how you are applying SPT into your work/practices, share challenges and progress, and deepen your understanding of basic SPT concepts. You are encouraged to explore ways to apply SPT in a wide range of settings including schools, mental health centers, home-based services, in your personal life, etc. (whatever is applicable to you), as well as with various populations (e.g., children, teens, families, adults).

Here are a few details about group consultation and some things that might be helpful for you to know: During your first group, you will spend time getting to know each other and begin to discuss the course content that you are learning. In order to prepare, spend some time thinking about how you want to apply SPT principles into your life and/or work. You may also want to think about a specific client or two that you want to track over the next six months.

During subsequent groups, the flow will be as follows:

1. Check in, talking about the most current class content and lessons you've learned.
2. Each person will then have 10 minutes to use as they need. You can explore SPT principles through the clients you work with, other relationships, or in your life in some way. If you choose to explore SPT through a client, please focus on the one or two clients that want to track during this program.
3. The last 10 min will be spent on integration: talking about what you have learned, "takeaways" from your time together, and your plan for what you can focus on during the next month in between sessions.

As a reminder, you are required to maintain updated insurance and abide by the rules outlined by your governing board.

A little bit about your Consultants - They are Certified Synergetic Play Therapists, Registered Play Therapy Supervisors and supervisors of this work. They are awesome and will be a huge asset to you throughout this course!

If you have to miss your consultation, please contact your Consultant and let them know **48 hours in advance**. If you miss a group consultation session, you will need to make up your consultation with your consultant and will be charged separately for an individual consultation through SPTI (please email

info@synergeticplaytherapy.com to schedule and make payment arrangements). Please refer to your Online Introduction to Synergetic Play Therapy Course Agreements for more information.