



**Online Introduction to Synergetic Play Therapy® Recertification  
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.*

**Module 1 - Understanding the Set Up/Offering**

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

**Module 2 - Understanding States of Activation**

- Chapter 3 (Understanding the Nervous System)
- Chapter 4 (What Regulation Really Means)
- Chapter 6 (The Basics of Regulating)

**Module 3 - Becoming an External Regulator**

- Review Chapter 5 (Developing Yourself as an External Regulator)
- Chapter 9 (Setting Boundaries)
- Chapter 10 (It Is Too Intense: Working with Emotional Flooding)

**Module 4 - Partnering with Caregivers/Tracking the Play**

- Chapter 14 (Supporting Parents During Aggressive Play)

**Module 5 - Understanding Attachment & Emotional Age**

- Review Chapters 4, 5 and 6 to review what regulation is and how to become the external regulator

**Module 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)