



Intro Course Content to Focus on During Group Consultation

The Synergetic Play Therapy® Intro Consultant's Role is to highlight and ensure understanding of the following principles, as taught by Lisa. It is important that students learn the principles based upon how they are introduced within this introductory course maintaining the original language, message and description of the principles. The consultant will support fidelity to SPT.

Students moving on to Certification will be responsible for knowing the focus topics outlined for each group consultation.

Intro Consultants should prioritize helping students feel special, competent, and connected to SPT. This can be done by celebrating growth, acknowledging courage, and highlighting each time they try something new. The more stories that consultants share regarding their own experience in SPT learning and SPT Certification, the better the marketing and natural encouragement for students to pursue Certification.

It is encouraged that the first 10 min of each group be dedicated to discussing and exploring the main focus for the month's consultation.

Reminder: Tracking on the Therapeutic Stages, Emotional Age, Sand, Art, and Partnering with Caregivers are all only briefly introduced in the Intro to SPT course. If students want more, consultants are encouraged to acknowledge this and to let them know they are main focal points in Certification.

Class Name	Related Tenets	Key Pieces Taught	What to Focus on in Consult Group
			MONTH 1
Live Webinar #1: The Foundation	All of the tenets are reviewed during the first webinar	Tenets, invitation to experiment & try new authentic skills <i>Consultants to be aware of:</i>	

		<i>Response to the Tenets, especially Tenet #7 and how it applies to specific populations and DEI concerns. Intro Consultant's role is to support the student in thinking through how to adapt SPT Tenet #7 to directly support their specific population</i>	
Class 1: Understanding the Set Up / Offering	<p>The child projects his/her/their inner world onto the toys and the therapist, setting them up to experience his/her/their perception of what it feels like to be him/her/them.</p> <p>The therapist's ability to be congruent and authentic in language and non-verbal signals allows the child to feel safe in the relationship and engage in reflective awareness.</p>	<p>Projective Process</p> <p>Deflective vs Reflective Awareness</p> <p>Set Up/The Offering</p>	<p>Discuss: Recognizing The Set Up/ Offering</p> <p>Show them the Intro to SPT Skills, these are the highlighted pieces of the course to learn, we will address them in the first 10 min of each group</p> <p><i>Facilitate an experiential: demonstrate the Offering and then discuss</i></p>
			MONTH 2
Class 2: Understanding States of Activation	<p>The child's symptoms are understood as expressions of the activation of the autonomic nervous system.</p>	<p>Parts of the Brain</p> <p>Four Perceived Challenges</p> <p>Understanding the Nervous System (focus is on dysregulation)</p> <p>Regulation</p>	<p>Discuss: Understand the states of activation of the ANS and the 4 Perceived Challenges</p> <p>Discuss: Regulation- what it is and isn't</p>

Video Lesson: Synergetic Play Therapy® and Cultural Humility	All of the tenets apply	<p>Culture doesn't just mean race.</p> <p>"Doing the work" never ends and is an on-going process of exploring our own projections and our own responses to being projected upon.</p> <p>SPT leans into conversation instead of insisting someone else go do their work in isolation.</p> <p>We become the external regulator leaning in with curiosity during hard conversations</p>	For consultants: It is important to think through the types of questions and scenarios that you feel you would not be able to address. Bring these questions to consultation and/or reach out to Liliana Baylon for focused support.
			MONTH 3
Class 3: Becoming an External Regulator	<p>The therapist's ability to use mindfulness to attune to themselves and the child is an essential component for co-regulation.</p> <p>The therapist becomes the external regulator modeling and co-regulating the child for integration and re-patterning of the activation of the autonomic nervous system.</p> <p>The therapist supports the child in integrating</p>	<p>Becoming an External Regulator/Rocking the Baby</p> <p>The Funnel</p> <p>Types of Reflections</p> <p>Boundaries</p> <p>Flooding</p>	<p>Discuss: What it means to become the external regulator and "rock the baby"</p> <p><i>Facilitate another experiential exercise</i></p>

	his/her/their perceptions of the perceived challenging events and thoughts in his/her/their lives.		
			MONTH 4
Live Webinar #2: Becoming an External Regulator Review		<i>Review The Set Up/Offering</i> <i>Rocking the baby</i> <i>Attunement</i> <i>Emotional flooding</i> <i>Boundary setting</i> <i>Certification is introduced</i>	
Bonus Video: Synergetic Play Therapy® & Teletherapy		Nondirective and Directive Play Therapy via telehealth	Consultants: It is important to think through the types of questions and scenarios that you feel you would not be able to address. Bring these questions to consultation.
Class 4: Partnering with Caregivers / Tracking the Play	<p>The therapist supports the child in getting in touch with the child's authentic self; who the child truly is rather than who the child thinks he/she/they should be.</p> <p>(Supportive Principle) The therapist regulates the caregiver, so that the caregiver can regulate the child.</p>	<p>Understanding Caregivers/Becoming their External Regulator</p> <p>Intake with the Brain in Mind/Setting Goals</p> <p>Caregiver's in the Session (brief introduction)</p> <p>Translating play (brief introduction)</p> <p>Tracking the Play on the Therapeutic Stages (brief introduction)</p>	<p>Discuss: What it means to become the external regulator for a caregiver</p> <p><i>Begin to talk about Certification: orient students to the "What's Next?" page on the learn platform. Who is already thinking about it?</i></p> <p><i>Reminder that this module is an introduction to Tracking on the Therapeutic Stages, Translating the Play and Partnering with Caregivers, so please acknowledge and encourage participation in</i></p>

			<i>Certification if they want to really learn more</i>
			MONTH 5
Class 5: Understanding Attachment & Emotional Age	The synergy between the therapist's authenticity, attunement, congruence, and nervous system regulation support the child in learning how to attach to self , the cornerstone of all healing.	SPT view on attachment Role of Self Object in promoting attachment to self (brief introduction) Emotional Age (brief introduction)	Discuss: Review creating a Neuroception of Safety as the Goal when the therapist or child is emotionally flooded Discuss: Using both observational and reflective statements to facilitate the session and have students pick a type of reflection to work on over the next month <i>Check in about specific Certification questions; share a brief story about something they will experience in Certification</i>
Video Lesson: 4 Threats and the Set Up Through a Cultural Lens	All of the tenets apply	The four threats/challenges and SPT's The Set Up/Offering through a cultural lens. The term gaslighting is explored.	For consultants: It is important to think through the types of questions and scenarios that you feel you would not be able to address. Bring these questions to consultation and/or reach out to Liliana Baylon for focused support.
			MONTH 6
Live Webinar #3: Attachment & Attunement in the Playroom Review		Attachment/attunement review Caregiver review Certification is mentioned again	

Class 6: Sand, Art, & Aggression in Synergetic Play Therapy®	The therapist is the most important toy in the playroom. In SPT, toys and language are not required.	Sand (brief introduction) Art (brief introduction) Aggression & Death Play	<p>Discuss: Check in about the Reflection Statement they worked on the past month and briefly review Setting boundaries. Go through the SPT Skills again to identify any that the group feels they still need support with understanding (mention that for those continuing on to Certification will have 4 precertification sessions where they will get individual consultation to really go into the Skills)</p> <p><i>Checking in on Certification decisions/encouraging connection to SPTI through On-Going Consultation, the podcast, etc.</i></p> <p><i>Supporting closure and celebrating their empowerment- get specific! Point out their growth!</i></p>
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