

# Five-day Basic Training on Child-centered Play Therapy

By Ms Lau Suet Ha, Lottie  
B.Soc.Sc. & M.Ed.



## INTRODUCTION

Child-centered Play Therapy, originated by Virginia Axline as Nondirective Play Therapy, is an approach that emphasizes the provision of therapeutic conditions for children to naturally open up and express themselves fully through their own language – play. Empirical studies have shown this approach to be effective with emotionally disturbed children exhibiting difficulties, such as over-withdrawal, rebellion, aggression, school maladjustment, anxieties, and social skills problems, etc. With deep beliefs in children’s growing potentials and resiliency, this approach aims at helping children work through negative feelings, restore the necessary sense of security and trust towards people, develop self-initiatives, and build up better self-esteem. In short, this approach works towards strengthening children’s inner resources and enhancing their coping abilities. Familiarity with the use of this approach serves as a good base for integrating other play therapy approaches, including directive ones, into the process of working with children using play. (Information provided by Ms Lottie Lau)

## TRAINER

Ms Lau Suet Ha, Lottie is a pioneer who has introduced and cultivated the approach of Child-centered Play Therapy in Hong Kong since the early 1990s.

Ms LAU received her bachelor's degree in social work from the Chinese University of Hong Kong. She pursued her postgraduate counseling studies in The University of North Texas, where she specialized in learning Child-centered Play Therapy from Dr Garry Landreth, an internationally renowned scholar who developed the therapy based on Virginia Axline’s nondirective approach.

Ms LAU has more than 25 years of clinical experience in counseling work. She has been particularly keen and well versed in steering psychological healing in emotionally disturbed children by means of Child-centered Play Therapy (CCPT). In the 1990s, in addition to her formal teaching in tertiary education, Ms LAU began to spread the concept of CCPT in Hong Kong by pioneering systematic training programs, of various levels, on the therapy. Over the years, Ms LAU has laid down the cornerstone of the therapy in the local scene, through hundreds of related training courses conducted with continual refinement. Accumulatively, nearly 10,000 participants, including more than 4800 helping professionals and 5000 parents, have completed the basic level of play therapy training that she conducted. Throughout the years, Ms Lau has received numerous positive comments, and her courses have always been fully enrolled with enthusiastic recommendations from participants.

CE20210330

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## CONTENT

The training will illustrate both theoretical and technical aspects of the Child-centered Play Therapy. Theoretical illustrations will include the rationale for using play in child counseling, basic beliefs and philosophy of the therapy, stages of development that children may go through in the therapy process, and differentiation of adjusted versus maladjusted children in play, etc. Technical illustrations will cover techniques and procedures with children that help to realize the therapeutic conditions of the therapy, selection of therapeutic toys, setting up and management of playroom, handling of difficult play behaviors during the play sessions, and procedures of working with parents in the context of play therapy, etc.

## OBJECTIVE

The training aims to provide participants with the theoretical background of Child-centered Play Therapy and equip them with basic skills in practicing the therapy. It is expected that participants may begin to try out this nondirective approach with individual children in their work setting after attending the course.

## FORMATS

Mini-lecture. Video demonstration, Case illustration, Exercise, Discussion & Role-play

## Conditions of Certificate of Attendance

1. Full attendance of the FIRST DAY of the course,
2. An overall attendance of 90% in the course, and
3. Submission of reflection paper by Day 3 of the course. (Reading will be announced upon acceptance of course application.)



## Entry Requirement\*

Professional counseling personnel, including **registered social workers, clinical psychologists, educational psychologists, psychiatrists, and counselors with qualified academic training where internship/placement under supervision is included as a compulsory part of the academic program.**

\*Qualified academic training is required for corresponding profession;

\*Proof of qualification may be requested for verification during enrolment process;

\*Preferably with at least one year experience in working with children.

CE20210330

### Course Details

**Course Code** : CE20210330

**Course Name** : Five-day Basic Training on Child-centered Play Therapy

**Date** : Mar 30, 2021 (Tue, full attendance required)  
Mar 31 (Wed), Apr 7 (Wed), 9 (Fri), 10 (Sat), 2021

**Time** : 9 am - 6 pm (Mar 30, 31, Apr 7); 9 am - 7:15 pm (Apr 9);  
9 am - 5:15 pm (Apr 10) - 40 hours, 90% attendance required

**Venue** : CUHK

**Language** : Cantonese (Supplemented with English materials)

**Class Size** : 40 participants

**Course Fee** : HK\$ 6,350

### Course Details

**CPD Points for Registered Social Workers:** 40

**Application Deadline:** **Mar 2, 2021**

### Discount Scheme (on or before Feb 2, 2021)

- **10%** (HK\$5,715) discount for Early Bird Registration
- **20%** (HK\$5,080) discount for CUHK Department of Social Work's members (Current staff, current students, SWK Alumni Association members, or CPE members) [20% discount is only applicable to registration through POST]

### Application Methods

1. Send the following application form together with a crossed cheque payable to 'The Chinese University of Hong Kong' to CPE, the Department of Social Work, CUHK, Shatin, N.T. Hong Kong.
2. Register the course online via our website: <https://web.swk.cuhk.edu.hk/en-gb/continuing-professional-education/short-term-courses/course-information-and-enrolment>

Remark: Email notification on application status will be sent only when application and payment have been received by CPE, please contact us if you do not receive any notification after 7 days.

### Five-day Basic Training on Child-centered Play Therapy

**The application will start at 11:30am on 22 January 2021**