

# 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 Lottie LAU 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 social work degree from the Chinese University of Hong Kong. After that, she pursued her postgraduate counseling study 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 accumulated 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. In the 1990s, in addition to her formal teaching in tertiary education, Ms LAU began to spread the concept of Child-centered Play Therapy by pioneering systematic training programs on the therapy. Over the years, she has laid down the cornerstone of the therapy in the local scene through hundreds of related training programs conducted with continual up-to-date refinement. Accumulatively, Ms LAU has delivered her basic training courses to 9000 helping professionals and parents. She has received numerous positive comments and her courses have always been fully enrolled with unreserved recommendations from participants.

CE20191205

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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 workshop.

## FORMATS

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

## Important Note on Attendance

- **Full attendance** of the **FIRST DAY** of workshop is compulsory and absence is not expected.
- **Certificate of Attendance** will **NOT** be given to participants who fail to attend the first day of workshop.



## 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;

\*Priority will be given to applicants who attempted to apply for the same course in 2019 but were put on waiting list. This priority only applies to applications made **on/before Sept 30, 2019**. (This is a discrete arrangement to address the need of non-successful applicants in 2019; it does not imply similar arrangement in fu-

## Workshop Details

**Course Code** : CE20191205  
**Course Name** : Five-day Basic Training on Child-centered Play Therapy  
**Date** : Dec 5, 2019 (Thu, full attendance required)  
Dec 6 (Fri), 13 (Fri), 19 (Thu), 20 (Fri), 2019  
**Time** : 9:00 am - 6:00pm  
(40 hours, 90% attendance required)  
**Venue** : CUHK  
**Language** : Cantonese (Supplemented with English materials)  
**Class Size** : 40 participants  
**Course Fee** : HK\$ 5,800  
**Application Deadline**: **Nov 14, 2019**

## Discount Scheme

**(on or before Oct 17, 2019)**

- **10%** (HK\$5,220) discount for Early Bird Registration
  - **20%** (HK\$4,640) 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 workshop online via our website: <https://web.swk.cuhk.edu.hk/en-gb/continuing-professional-education/programmes-information>

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

### Application Form

CE20191205

#### Personal particulars

Full name: (English) # Mr / Ms: \_\_\_\_\_ (中文): \_\_\_\_\_ Nickname: \_\_\_\_\_  
Organization: \_\_\_\_\_ Position: \_\_\_\_\_ Field of service: \_\_\_\_\_  
Email: \_\_\_\_\_ Tel. (m): \_\_\_\_\_ Tel. (o): \_\_\_\_\_

#### Occupation:

Social worker (RSW number: \_\_\_\_\_)  Counselor  Clinical Psychologist  
 Educational Psychologist  Others (please specify: \_\_\_\_\_)

**Academic training background:** *If no RSW number is provided above, please attach your graduation certificate and transcript of study for verification of entry requirement.*

Social work  Counseling  Clinical Psychology  Educational Psychology  Others (please specify: \_\_\_\_\_)

**Highest education level obtained (for the above academic training background):**

PhD  Master  Bachelor  Associate Degree  Higher Diploma  Certificate  Others (please specify: \_\_\_\_\_)

**No. of years working with children:** \_\_\_\_\_

**Previous application attempt to the same course?** # Yes \_\_\_\_\_ (course code) / No

#### Payment Information

Tick as appropriate

# Delete as appropriate

Cheque No. : \_\_\_\_\_ Bank name : \_\_\_\_\_ Amount# : HK\$5,800/HK\$ 5,220/ HK\$ 4,640

Membership :  No  Yes if Yes, Staff ID/ Student ID/ Alumni Association membership CPE Membership no.: \_\_\_\_\_

I understand and acknowledge that Certificate of Attendance will NOT be given to any participants who fail to satisfy the following requirements of the workshop: i) full attendance on the first day, and ii) an overall attendance of 90%.

I acknowledge that I have read and agree to the above Important Terms and Conditions.

### Important Terms and Conditions

1. Subject to particular application requirement(s) and/or priority(ies) stated on the course flyer, application will be accepted on a first-come-first-served basis.
2. Email notification on application status will be sent to you only when application and payment have been received by the Division of Continuing Professional Education (CPE), please contact us if you do not receive any notification after 7 days.
3. Application is regarded as successful only after a confirmation email is issued to you.
4. Cancellation of course will be announced via email at least one week before the commencement of the course. No separate notification will be issued by post.
5. Course fee is non-refundable or non-transferable to another course once application is confirmed.
6. Receipt of course fee will be issued on the first day of the course and payment method will be indicated on the receipt.
7. All course training materials, including but not limited to lecture notes, worksheets, PowerPoint slides, and demonstration videotapes, are prepared by the trainer of the course and are the property of the trainer. No reproduction of any pieces of these training materials is allowed without the permission of the trainer and CPE.
8. No form of recording, including audio- or video-recording, during the course is allowed without prior permission by the trainer and CPE.
9. Certificate of Attendance will be given to participants who attained full attendance on the first day of the course and an overall attendance at least 90% in the course. Participants fail to meet the attendance requirement because of medical reason, they are required to provide a doctor's note should they want to arrange free make-up session(s) within the next two Five-day Basic Training on Child-centered Play Therapy courses. Availability of make-up session(s) will be subject to CPE's decision.
10. If Storm Warning Signal No. 8 or above, or Black Rainstorm Warning Signal is hoisted by 7am, class will be cancelled. Details of postponement or other arrangements will be announced by email afterwards.
11. Personal data provided on course application form are used only for course application, course administration and future promotion purposes. All personal data collected will be treated with strict confidentiality. Under the provision of the Personal Data (Privacy) Ordinance, applicants have the right to request access to and make correction of their personal data. Applicants wishing to make amendments on personal data should submit a written request to CPE by email to [cpe@swk.cuhk.edu.hk](mailto:cpe@swk.cuhk.edu.hk).
12. The right of interpretation and amendment of the above terms belongs to CPE.

Enquiry : 3943 1704

Email : [cpe@swk.cuhk.edu.hk](mailto:cpe@swk.cuhk.edu.hk)

Website: <http://www.cuhk.edu.hk/swk>