

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



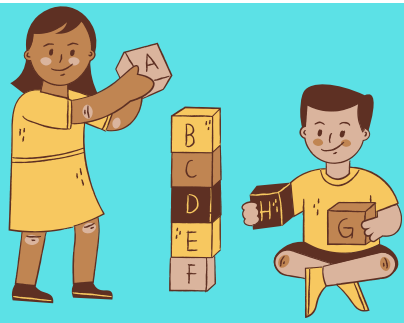
Ms Lau Suet Ha, Lottie is a pioneer who has introduced and cultivated the approach of Childcentered Play Therapy in Hong Kong since the early 1990s.

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 refinements. Accumulatively, over 10,000 participants, including around 4,950 helping professionals and 5,100 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.

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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 2 of the course.
- (Readings 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;

For half of the seats in this course, priority will be given to those who have their work stationed in school at least 4 days per week during school term. This priority setting only applies to applications made on or before April 26, 2021. The other half of the seats will be allocated on first-come-first-served basis.

COURSE

Course Code : CE20210712

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

Date : Jul 12, 2021 (Mon, full attendance required), Jul 13 (Tue), 19 (Mon), 20 (Tue), 26 (Mon), 2021

Time : 9:00 am - 6:00 pm (40 hours, 90% attendance required)

Venue : The Chinese University of Hong Kong

Language : Cantonese (supplemented with English)

Class Size : 40 participants

Course Fee : HK\$8,000

CPE Points for
Registered
Social Workers: 40

Discount Scheme (on or before May 10, 2021)

- **10%** (HK\$7,200) discount for Early Bird Registration
- **20%** (HK\$6,400) discount for CUHK Department of Social Work's members (Current staff, current students, SWK Alumni Association members, or CPE members)

[20% discount is applicable by POST only]

Application Deadline: June 11, 2021

Application Methods

1. Send the following **application form with a crossed cheque payable to 'The Chinese University of Hong Kong'** to CPE, Department of Social Work, CUHK, Shatin, N.T. Hong Kong.

OR

2. Register the course online via our website:
<https://web.swk.cuhk.edu.hk/en-gb/continuing-professional-education/programmes-information>

Five-day Basic Training on Child-centered Play Therapy

The application will start at 11:30am on 23 April 2021