

Attachment Interventions Meets Play Therapy with Littles

Learning Objectives

Participants will be able to explain the importance of the neurosequential model when working with a young child's trauma. Participants will learn how a child's attachment security affects the child's nervous system. In preparation for caregivers and young children to get the "yuck unstuck", participants will be able to understand and explain how to create a felt sense of safety in the playroom. Therapists will leave the training with concrete tools to playfully encourage attuned responses to the child's needs from caregivers. Participants will know three user-friendly ways to explain the stress response model to parents and creating safety for clients. Participants will identify two play-based activities to build trust, connection, and attuned co-regulation to prepare for reprocessing trauma. Participants will learn two strategies to support regulated transitions leaving and entering the play therapy office.

<u>Agenda</u>	
1:00 – 1:15	<ul style="list-style-type: none"> • Introductions: a little about me and who is in the audience • Settling exercise • Course content • Supplies needed from home
1:15 - 2:00	<ul style="list-style-type: none"> • Neurobiology of trauma with infants and young children • Importance of conception, pregnancy, and birth story • The Sensitized Stress Response System • Creating a felt sense of safety with the caregiver • Safety in the playroom • When to add a therapeutic story • When to know when trust and security are established • When to add EMDR
2:00 – 2:45	<ul style="list-style-type: none"> • How does secure and insecure attachment security show up in the playroom
2:45- 3:00	<i>BREAK</i>
3:00 – 4:00	<ul style="list-style-type: none"> • The importance of caregivers • Create Safety • Offer co-regulation. • Resource Resource Resource - Installation • Review Hand-outs
4:00 – 4:45	<ul style="list-style-type: none"> • Demonstrate and share examples and practice playful interventions for trauma preparation and transitions grounding in play therapy, attachment theory and neuroscience • Co-regulating body activities upon arrival • Co-regulating body regulation activities before and during leaving. • Co-regulating during trauma reprocessing
4:45-5:15	Closing Summary – Consultation Groups - Questions