

Welcome to the Second UK Theraplay Conference 'Theraplay In Action'

Monday 11th September 2017

- 8.30 -9.00 Registration
- 9.00 **Jo Williams** dth. (Dramatherapist) Dip. Psychodynamic Counselling, certified Theraplay® Therapist, Supervisor and Trainer working for Northamptonshire County Council as their Theraplay manager. *To introduce and welcome.*
- 9.15 **Sandra Lindaman** MA, MSW, LCSW, Certified Theraplay® Therapist, Supervisor, Trainer, and the Senior Training Advisor for The Theraplay® Institute.
- Presentation: *Around the World with Theraplay***
- 9.45 **Vivien Norris** DCLinPsy, DipMusicTh, Chartered Clinical Psychologist and Music Therapist. Certified Theraplay® Therapist, Theraplay® Trainer and an accredited Dyadic Developmental Psychotherapy Practitioner, Consultant and Trainer.
- Presentation: *Theraplay Applications in the UK - An overview from Viv Norris. Giving examples of different areas of work in both clinical and other settings, including early years, schools, paediatric hospital, disability services and work with trauma. A specific focus on fostering and adoption where Theraplay is increasingly being used across the transition from fostering to adoption.***
- 10.45 Coffee Break
- 11.15 Audience Activities with Viki Elliott & Ellisa Fisher both Certified Theraplay Practitioners and Certified Theraplay Group Trainers.
- 11.30 **Sandra Lindaman** MA, MSW, LCSW, Certified Theraplay® Therapist, Supervisor, Trainer, and the Senior Training Advisor for The Theraplay® Institute.
- Presentation: *The Science Behind the Power of Theraplay*** - Theraplay practitioners know that Theraplay is powerful and creates positive change for families. This presentation will focus on the physiological and emotional roots of that power so that we can better understand, use and explain it. The following description of "new intervention paradigms to help children with behaviour and attachment compromises" made by research scientist Stephen Porges should sound very familiar to Theraplay practitioners: (bolding by presenter) "*We can **alter the caregiving environment** so that it will appear—and be-- safer for children and less likely to evoke mobilization or immobilization responses (**Fight/Flight/Freeze**) We can also **intervene directly with children**, exercising the neural regulation of brainstem structures, stimulating the neural regulation of the social engagement system, and encouraging positive social behaviour.*" (*The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, and Self-Regulation*, 2011, p.19) This presentation will focus on the specific and unique ways that Theraplay gives both the child and parent new ways of coming into and staying within a state of optimal arousal, social engagement, play and nurture to create safety, regulation and resilience.
- 12.30 Lunch Break with extra time for Networking
- 1.45 Audience Activities with Viki Elliott & Ellisa Fisher (see above)

2.00 **Donna Gates** MA, LCPC, is a Certified Theraplay Therapist, Trainer, and Supervisor who worked for the past 20 years in private practice at David L. Gates and Associates.

Presentation: *Chipping Away at the Systemic Patterns of Domestic Violence* - Domestic Violence, in its various forms, touches most or all people today. Within a family system, patterns of thinking, relating, and behaving become entrenched and get passed through generations. Theraplay's theoretical base, supported by recent research understanding of brain development and function, recognises the attachment issues that contribute to and result from violence within familial relationships. The question for practitioners becomes this: where can we begin to effectively work on changing the patterns that create a family system, or culture, of violence? Donna will describe elements of this "culture" and ways to focus our Theraplay work toward intervening in these self-sustaining family patterns which hinder change.

3.15 Coffee Break

3.45 **Heather Moran** Consultant Child Clinical Psychologist

Presentation: *Coventry Grid* - clinical observations of differences between autism spectrum disorder (ASD) and attachment problems. Heather will talk about the differences between the social skills and behaviour of children and young people who have ASD or attachment difficulties. The Coventry Grid is a tool that was developed by clinicians to help with a clinical problem in autism assessments. Since the grid was published in 2010, new research has been done by various researchers and there are findings which fit with the clinical observations in the grid. Heather will talk about the key parts of the Coventry Grid and what the research has found so far.

4.45 **Sara Yorke** BSc in Social science and Healthcare from Southampton University, PGDipCIM from the Chartered Institute of Marketing, and is an accredited coach, counsellor and NLP practitioner. Founder and MD of Relationship Matters (RML).

Presentation: *Regional Groups* – Launching regional Theraplay groups across the UK. A great opportunity to understand how to gain support and ask for what you need to develop Theraplay in your region. A practical session to share a case study with insights from leading Theraplay practitioners, of how to benefit from regular local meetings. We'll discuss outline agendas, access to speakers and group supervision, as well C.P.D. and T.T.I. support. If your Regional Group is up and running already we'd be delighted to hear your story and understand how we can help you to move forwards.

5.15 Conclusion

Programme for Day 2 of the Second UK Theraplay Conference 'Theraplay In Action'

Tuesday 12th September 2017

- 8.30 -9.00 Registration
- 9.00 **Ellen Wallace** M.A. Executive Principal Woodnewton Academy Trust. *To introduce and welcome.*
- 9.30 **Annie Kiermaier** , LCSW, RN, certified Theraplay therapist, trainer, and supervisor.
Presentation: *Group Theraplay with the Elderly* - When people ask "What is the age range for Theraplay?" the answer is "0 to 100!" Annie will present a video of elders engaging in Theraplay followed by a discussion of the benefits of Theraplay for elders and how to set up your own Elder Fun Group.
- 10.15 Coffee Break
- 10.45 **Pip McGirl** Associate Professor in School Psychology at the Chicago School of Professional Psychology and former Research Director at The Theraplay Institute.
Elaine Fletcher-Janzen Ed.D., NCSP, ABPdN Professor of School Psychology at the Chicago School of Professional Psychology, Chicago, Illinois and Past President of the American Academy of Paediatric Neuropsychology.
Presentation: *Neurodevelopmental Perspectives - The theory and practical application of the neurodevelopmental approach* - *A safe and supportive school environment can help counter the effects of negative childhood experiences and promote emotional well-being and academic success. This workshop will explore how neuroscience informs our understanding of how the affective experience in the classroom can remediate past trauma/abuse, and its cognitive sequelae.*
Part One addresses the theory and practical application of the neurodevelopmental approach to understanding social, emotional, and academic functioning. In this opening session Dr. Fletcher-Janzen will present *The Neurodevelopmental Model* which has been received enthusiastically by audiences of educators.
- 12.15 Lunch Break with extra time for Networking
- 1.30 Audience Activities with Viki Elliott & Ellisa Fisher both Certified Theraplay Practitioners and Certified Theraplay Group Trainers.
- 1.45 **Pip McGirl & Elaine Fletcher-Janzen** (see above)
Part Two will address how educators and clinicians can integrate and translate neuroscience into policy and practice, exploring a whole school approach that extends beyond the social and emotional curriculum.
- 3.15 Coffee Break

3.45 **Pip McGirl & Elaine Fletcher-Janzen** (see above)

***Part Three** will consist of experiential play-based and group activities that support participant's learning and ability to incorporate the principles of affective neuroscience in everyday school programming.*

4.45 **Jo Williams** dth. (Dramatherapist) Dip. Psychodynamic Counselling, certified Theraplay® Therapist, Supervisor and Trainer working for Northamptonshire County Council as their Theraplay manager.
Closing Remarks

5.00 Conclusion