



18th Annual OHIO APT Conference

**Terry Kottman,
Ph.D., NCC, RPT-S, LMHC**



Presents:

Using Body-Centered Techniques in Play Therapy with Traumatized Clients

April 5 & 6, 2018

Xenos Christian Fellowship

Café Auditorium

1394 Community Park Drive

Columbus, Ohio 43229

Overview of Workshop:

Much of the current research investigating therapeutic work with traumatized clients suggests that the most effective therapy tools are body-centered techniques such as yoga, meditation, movement, body scans, and work with the parasympathetic nervous system. Researchers (e.g., van der Kolk & d'Andrea, 2010) have noted that the body stores trauma in a variety of different ways which makes it particularly important to help traumatized clients become more aware of and more able to work with their bodies, in addition to the familiar play therapy goals of working with emotions, cognitions, and behaviors.

Using a combination of body-centered play therapy techniques and Adlerian conceptualization and strategies in this fun and engaging workshop, Terry Kottman, the “inventor” of Adlerian play therapy, will guide you in an exploration of how trauma affects clients across the lifespan and how play therapists can integrate body-centered intervention strategies and expressive arts techniques into play therapy. This workshop is designed to equip you with body-centered play therapy techniques that you can take back to your practice and can use for assessment and intervention with clients who have experienced trauma.

About the Presenter:

Terry Kottman, Ph.D., NCC, RPT-S, LMHC, founded The Encouragement Zone, a center where she provides play therapy training and supervision, life coaching, counseling, and “playshops” for women. She regularly presents workshops on play therapy, activity-based counseling, counseling children, and school counseling. Prior to founding The Encouragement Zone, Terry has held a number of different jobs—she was a day care provider, an assistant teacher, a teaching assistant, a special education teacher, a school counselor, the director of the Child and Family Resource Clinic and professor of counselor education at the University of North Texas, and a professor of counselor education at the University of Northern Iowa.

Terry went to Grinnell College as an undergraduate, majoring in American Studies and English. She has a master’s degree in Elementary Teaching from Colorado College and a master’s degree in Special Education from the University of Texas at Dallas. Terry’s doctorate in Counselor Education is from the University of North Texas, where she specialized in working with children and families. During her

internship there, Terry developed Adlerian play therapy, an approach to counseling children that combines the ideas and techniques of Individual Psychology and play therapy.

Terry is the author of *Doing Play Therapy: A How-to Manual (with Dr. Kristin Meany-Walen)*, *Play Therapy: Basics and Beyond*; the co-author (with Dr. Kristin Meany-Walen) of *Partners in Play: An Adlerian Approach to Play Therapy (3rd ed.)*; the co-author (with Dr. Jim Muro) of *Guidance and Counseling in the Elementary and Middle Schools*; co-author (with Drs. Jeff Ashby and Don DeGraaf) of *Active Interventions for Kids and Teens: Adding Adventure and Fun to Counseling* and *Adventures in Guidance*; and co-editor (with Dr. Ann Vernon) of *Counseling Theories: Practical Applications with Children and Adolescents in School Settings* and (with Dr. Charles Schaefer) of *Play Therapy in Action: A Casebook for Practitioners*. Terry just finished a new book (*How to Do Play Therapy*) with Dr. Meany-Walen. She has written many journal articles and book chapters on play therapy, metaphors, school counseling, counseling with children and families, Adlerian therapy, and perfectionism. In 2014, she won the Lifetime Achievement Award from the Association for Play Therapy, and in 2017, she was awarded a Lifetime Achievement Award from the Iowa Association for Play Therapy.

Terry is also Jacob's mother and Rick's wife—by far the most important and favorite of the many things she does.

Objectives

1. Describe current research on the effects of trauma on people's brains, bodies, thoughts, emotions and behavior.
2. Describe developmental considerations in working with traumatized play therapy clients.
3. Describe 2 domains of development that trauma can affect in children and adolescents.
4. List 4 things to consider when working to be trauma-sensitive with child and adolescent play therapy clients.
5. Identify 5 techniques to engage play therapy clients' sensorimotor awareness.
6. Identify how to use the Adlerian play therapy conceptualization tool of the Crucial Cs for understanding how trauma has had an impact on play therapy clients' self-concepts and interactional patterns.
7. Identify how to use the Adlerian play therapy conceptualization tool of the personality priorities for understanding how trauma can have had an impact on play therapy client's coping strategies.
8. Identify how trauma might have had an impact on a play therapy client's goals of misbehavior.
9. Describe 5 play therapy strategies for activating clients' parasympathetic nervous system.
10. Describe the process of using sensorimotor art processes and/or sensory image drawings or sand trays with traumatized clients in play therapy.

11. Describe one strategy for helping a play therapy client to manage his or her energy or self-sooth using a body-centered play therapy technique.
12. Describe two yoga poses that could be used for helping play therapy clients who have experienced a traumatic event or relationship.
13. Describe two body-centered interventions that could be used in play therapy for helping traumatized clients.
14. Describe two InterPlay techniques that could be used in play therapy for helping traumatized clients.

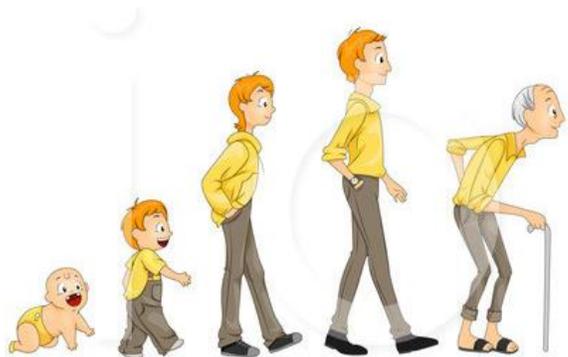
Agenda for Thursday April 5, 2018

- 8:00am – 8:30am
REGISTRATION
- 8:30am – 10:15am
LECTURE
- 10:15am – 10:30am
BREAK
- 10:30am – 12:00pm
LECTURE
- 12:00pm – 1:00pm
LUNCH - provided
- 1:00pm – 2:15pm
LECTURE
- 2:15pm – 2:30pm
BREAK
- 2:30pm – 4:00pm
LECTURE



Agenda for Friday, April 6, 2018

- 8:00am – 8:30am
REGISTRATION
- 8:30am – 10:15am
LECTURE
- 10:15am – 10:30am
BREAK
- 10:30am – 12:00pm
LECTURE
- 12:00pm – 1:00pm
LUNCH - provided
- 1:00pm – 2:15pm
LECTURE
- 2:15pm – 2:30pm
BREAK
- 2:30pm – 4:00pm
LECTURE



OHIO APT reserves the right to cancel the conference for any unforeseen circumstances. In all cases, OHIO APT is limited to refund of the fees paid for registration.

Refunds will be given to registrants up to one week prior to conference. A processing fee of \$20.00 will be charged for refunds.

ADA Accommodations are available upon request.

Questions? Contact Susan Davis at oaptconference@gmail.com, or call 757-291-7667

Who should attend? This workshop is designed for school counselors, mental health counselors, social workers, graduate students & other professionals who work with children and families. The workshop is designed to be of interest for all levels of experience in play therapy and all other theoretical backgrounds.

CE credits: Attend both days to receive up to 12.0 hours of continuing education credit from the following professional organizations: OAPT is approved by the Association for Play Therapy (provider #01-114) and the Ohio Board of Counselors, Social Workers & Marriage and Family Therapists (CE's Pending) approve 12 hours – 6 hours per day.

Exhibits: Play therapy books, toys and therapeutic tools will be available for purchase before and during the conference hours from various vendors.

PLEASE BE ON TIME AS CE'S MUST BE ADJUSTED ACCORDING TO CSMFT BOARD FOR BEING LATE OR LEAVING EARLY

Location:

Xenos Christian Fellowship
Café Auditorium
1394 Community Park Drive
Columbus, OH 43229

Registration form below can be printed

2016 Ohio APT Annual Conference

REGISTRATION (please print)

NAME _____
AGENCY _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____
PHONE _____

EMAIL _____

Fee includes up to 12.0 CEU's, Thursday and/or Friday, lunch, and snacks. Continental breakfast is provided by some of the recommended hotels (see hotel accommodations list).

BREAKFAST WILL NOT BE PROVIDED AT THE CONFERENCE.

If you need special dietary accommodations you must contact Susan Davis by 03/23/2018 before the conference.

	Postmarked prior to 3-9-18:			Postmarked after 3-9-18:	
	One Day	Both Days		One Day	Both Days
APT Members	\$130 _____	\$230 _____	APT Members	\$170 _____	\$260 _____
Non-members	\$185 _____	\$315 _____	Non-members	\$210 _____	\$340 _____
Students	\$95 _____	\$135 _____	Students	\$120 _____	\$170 _____

Please circle which dates you are paying for: 4/5/18 4/6/18

Pre-registration MUST be received by 03-09-18

\$10 off for groups of 4 that all send in their registration together!

Save: become a member of APT/OHIO APT now!

- ___ \$95.00 Professional Member (individual US mental health professional)
- ___ \$50.00 Affiliate Member (full-time student, parent, or other non-mental health professional)

Total Due \$ _____

Make Checks payable to OHIO APT

Mail to:

**Jessica Warrick, Ohio APT
416 Lewiston Road
Kettering, OH 45429**

Hotel Recommendations

1. Ramada Columbus Polaris
6767 Schrock Hill Ct, Columbus, OH 43229
Phone: 614-890-8111
- free breakfast buffet included
2. Crowne Plaza Columbus North – Worthington
6500 Doubletree Avenue, Columbus, OH 43229
Phone: 614-885-1885
- continental breakfast NOT included
3. Staybridge Suites Columbus Polaris
9090 Lyra Drive, Columbus, OH 43240
Phone: 614-880-9080
- free breakfast buffet included
4. Embassy Suites by Hilton
2700 Corporate Exchange Drive, Columbus, OH 43231
Phone: 614-890-8600
- free breakfast buffet included