



Little Tree Play Therapy House

Approved Training Workshop

Association for Play Therapy, USA

(APT Provider Number: 13-344)

## **Play Therapy through the Scientific Lens of Interpersonal Neurobiology**

**(Trainer: Theresa A. Kestly, Ph.D. Author of the Interpersonal Neurobiology of Play)**

### **Accredited Play Therapy Training (Total 18 accredited hours)**

Using the lens of Interpersonal Neurobiology (IPNB), we will explore ideas that have the potential for enhancing a variety of play therapy modalities such as puppet play, art making, sand tray, Lego Serious Play, and playing with clay. Viewing these modalities through this lens provides a science-informed foundation that helps clinicians explain how and why they use play for healing purposes. During these three days participants will have opportunities to discuss, study a clinical case, explore, ask questions, and use hands-on experiences to bring the concepts of IPNB alive in practical ways.

#### **Trainer:**

**Theresa A. Kestly, Ph.D.**

Theresa Kestly (<http://books.wwnorton.com/books/Author.aspx?id=4294978771>) is a clinical psychologist, a registered play therapist/supervisor. She specializes in play therapy and sand tray therapy with children, adults, families and couples. She is author of *The Interpersonal Neurobiology of Play: Brain-Building Interventions for Well-Being*. Theresa is also director of the Sand Tray Training Institute of NM (<http://sandtraytraining.com/>) as well as past president of the New Mexico Association for Play Therapy in the United States.

#### **Content:**

This training will focus on the applications of IPNB to play therapy, including the following concepts: (1) working at the regulatory edges of the window of tolerance, (2) the play circuitry in the brain as introduced by Jaak Panksepp, (3) the polyvagal theory of play according to Stephen Porges, (4) Daniel Siegel's ideas of the storytelling brain, and (5) the broaden-and-build theory of positive emotions by Barbara Fredrickson. The integration of these theories within the practical applications of play therapy will be the goal of this presentation to demonstrate the idea that play therapy has a solid scientific basis as seen in the examples of several play therapy modalities.

#### **Training Details:**

Date: 11 (Wed) – 13 (Fri) January, 2017

Time: 9:30am - 5:00pm (6 accredited hours per day)

Venue: Room 607, The Boys' and Girls' Clubs Association of Hong Kong, 3 Lockhart Road, Wanchai, Hong Kong.

**Enquiry: Please call 6227-8906 for Ms Cheuk or e-mail: [info@littletree.com.hk](mailto:info@littletree.com.hk).**