

# 2021 PLAY THERAPY TRAININGS!

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## COGNITIVE BEHAVIORAL PLAY THERAPY: LOW COST & PREPARATION TECHNIQUES

Ann Meehan, LPCC, RPT-S

Thurs. July 22, 2021 \* 10:00 - 1:15 PM EST \* \$65.00 \* 3 APT Contact Hrs.

*Due to COVID-19 health concerns, this one-time online event has been approved by APT for (3 hrs)  
CONTACT CE Hours*

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## WINNING THE WORRY WARS: TO TEACH? TO SOOTH? TO FIGHT?

Paris Goodyear-Brown, LCSW, RPT-S

Wed. Aug. 18, 2021 \* 9:30 - 12:45 PM EST \* \$55.00 \* 3 APT Non-Contact Hrs.

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## AN EVENING WITH ELIANA GIL--QUESTIONS & ANSWERS

Eliana Gil, PhD, RPT-S, ATR

Thurs. Sept. 23, 2021 \* 6:00 - 8:00 PM EST \* \$50.00 \* 2 APT Contact Hrs. \*  
In-Person Only

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## USING PLAY IN ATTACHMENT-FOCUSED FAMILY THERAPY

Eliana Gil, PhD, RPT-S, ATR

Fri. September 24, 2021 \* 9:00 - 4:30 PM EST \* \$150.00  
6 APT Contact Hrs. for In-Person or 6 Non-Contact for Zoom  
Attendance...You Choose

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**Sponsored by: Brighter Futures Counseling, PLLC**

**To Register: <https://brighterfuturescounseling.org/all-trainings/>**

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APT Approved Provider # 20-599. Brighter Futures Counseling, PLLC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7035 Programs that do not qualify for NBCC credit are clearly identified. Brighter Futures Counseling, PLLC is solely responsible for all aspects of the programs.

# COGNITIVE BEHAVIORAL PLAY THERAPY: LOW COST & PREPARATION TECHNIQUES

**Ann Meehan, LPCC, RPT-S**

Learn over 40 Cognitive Behavioral Play Therapy techniques to take into your practice tomorrow! In this training you will learn about the foundations of Cognitive Behavioral Play Therapy and how to use it with minimal supplies and preparation! Techniques for the beginning, middle, and end phases of therapy will be covered.

## WINNING THE WORRY WARS: TO TEACH? TO SOOTH? TO FIGHT?

**Paris Goodyear-Brown, LCSW, RPT-S**

Anxiety disorders are at an all-time high in the wake of the global pandemic. For many of our clients with Separation Anxiety, OCD, school phobia, or any other anxiety driven need to control their environments, COVID-19 only helped to intensify their beliefs and problematic patterns of behavior. In addition, the big behaviors that children exhibit as they dig in for control over the things that make them anxious have been experienced within much more constrained family systems this year. Come join us in exploring tried and true therapeutic metaphors and tools as we provide more nuance to their application in this new normal. Clinicians will learn how to help children boss back the anxious thoughts, learn what their bodies are telling them in the midst of anxiety, equip parents as SOOTHING partners who do not collude with the anxiety, and employ playful ways to do the hard thing anyway.

## AN EVENING WITH ELIANA GIL--QUESTIONS & ANSWERS

**Eliana Gil, PhD, RPT-S, ATR**

Dr. Gil will spend time in this relaxed setting having a meaningful dialogue guided by participants. No topic off limit. Question and Answer session

## USING PLAY IN ATTACHMENT-FOCUSED FAMILY THERAPY

**Eliana Gil, PhD, RPT-S, ATR**

This attachment-based workshop will prepare play therapists and other mental health professionals to understand how (and why) to use an integrated approach when working with family systems who lack a strong relational foundation. The presenter will highlight diverse play therapy approaches that prepare mental health professionals to offer responsible expressive activities designed either for assessment or treatment. Dr.

Gil will encourage participants to think about ways that play therapy and other expressive approaches, such as drama, art, symbol work, puppet play, and other techniques can overcome client hesitancy and promote specific attachment-based goals. Participants will engage in experiential work to gain first-hand knowledge of the depth and impact of expressive work integrated with play therapy.