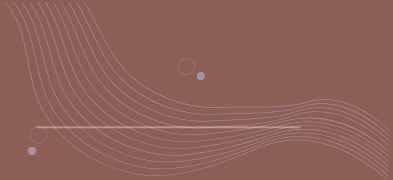




BRIGHTER FUTURES COUNSELING, PLLC

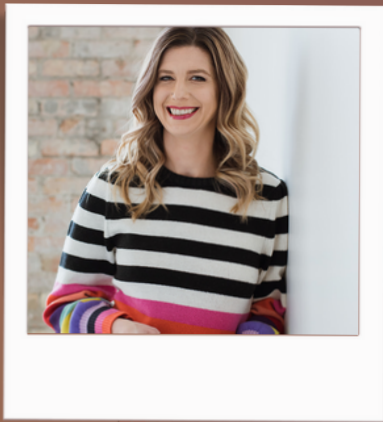


HOPES YOU'LL JOIN US!

7TH ANNUAL ELIZABETHTOWN FALL PLAY THERAPY CONFERENCE

FEATURING

ROBYN GOBBEL, MSW



ELIZABETHTOWN, KENTUCKY

SEPTEMBER 7TH & 8TH, 2023

THURSDAY ONLY: \$140.00 OR BOTH DAYS: \$250.00

DAY 1 (THURSDAY)

**ALL BEHAVIOR MAKES SENSE: PLAY THERAPY WITH CHILDREN WITH VULNERABLE
NERVOUS SYSTEMS**

9:00 AM - 4:30 PM EST * 6 CE HOURS * 6 PLAY THERAPY CONTACT HOURS

DAY 2 (FRIDAY)

SUPPORTING RESISTANT PLAY THERAPY PARENTS & CAREGIVERS

9:00 AM - 12:00 PM EST * 3 CE HOURS * 3 PLAY THERAPY CONTACT HOURS

WORKING WITH TOXIC SHAME IN PLAY THERAPY

1:30 PM - 4:30 PM EST * 3 CE HOURS * 3 PLAY THERAPY CONTACT HOURS

*Vendors including the Self Esteem Shop!
Breakfast and Snacks Included
Raffles and Door Prizes*

TO LEARN MORE AND REGISTER VISIT:
[HTTPS://BRIGHTERFUTURESCOUNSELING.ORG/ALL-
TRAININGS/](https://brighterfuturecounseling.org/all-trainings/)



ALL BEHAVIOR MAKES SENSE: PLAY THERAPY WITH CHILDREN WITH VULNERABLE NERVOUS SYSTEMS

All behavior makes sense- except the ones that don't! Some children have big, baffling behaviors that leave even seasoned play therapists confused, overwhelmed, burned-out or referring-out. This confusion leaves play therapists feeling ineffective and parents feeling hopeless.

Theories of human development and behavioral neuroscience, including polyvagal theory (Stephen Porges), the neurosequential model of therapeutics (Bruce Perry), and attachment theory (John Bowlby) help us make sense of even the most baffling behaviors in our play therapy clients. Understanding what behavior really is begins the roadmap for treatment planning. Play therapists (and parents) can stop playing behavior whack-a-mole and experience better client outcomes by shifting the focus away from behavior and toward the brain and autonomic nervous system.

Attendees will learn a playful paradigm that will decode even the most confusing behaviors in children, as well as in parents and even ourselves. When children learn how their challenging behaviors are the heroic ways their watchdog and possum brains are working hard to keep them safe, they can develop the inner felt safety to connect with and soothe these overworked and confused parts of self. Playfully connecting to our client's inner communities decreases shame and increases integration, ultimately decreasing challenging behaviors.

SUPPORTING RESISTANT PLAY THERAPY PARENTS & CAREGIVERS

Many play therapists report that working with resistant and uncooperative play therapy clients is the most stressful part of their job. This stress contributes to compassion fatigue, decreased satisfaction in our work, and some play therapists even leave the field. Play therapists can rediscover confidence and contentedness in their work by applying the theory of the autonomic nervous system to play therapy clients, seeing their resistant and uncooperative behaviors as signs of stress. Workshop participants will learn a step-by-step process for connecting with -- and setting boundaries with -- even the most challenging parent or caregiver.

WORKING WITH TOXIC SHAME IN PLAY THERAPY

Toxic shame often presents itself as such confusing and overwhelming behaviors that the origin of those behaviors - the toxic shame- go unnoticed. The treatment intervention for shame is compassion. Unfortunately, it is very hard for even the most experienced play therapist to stay regulated and compassionate when they are confronted with shame-based behaviors like fury, destruction, or dissociation. Therefore, the first step in working with toxic shame in the play therapy room is understanding the neurobiology underneath. The second step is exploring how toxic shame impacts our own nervous system. Next, play therapists can stay firmly rooted in their stance of compassion and curiosity- the antidote to shame.

ABOUT OUR PRESENTER--ROBYN GOBBEL, MSW

Robyn has over 20 years of practice in family and child therapy experience, specializing in complex trauma, attachment, and adoption. Robyn is a therapist, trainer, and consultant who recently relocated to Grand Rapids, MI from Austin, TX. Robyn's has integrated her diverse clinical training, including in-depth study of attachment theory and the relational neurosciences, to create an attachment-rich, sensory-sensitive, and relational neurosciences supported healing environment for children and families. Robyn consults, teaches, and trains extensively throughout the US. She is the author of the forthcoming new book, *Raising Kids with Big, Baffling Behaviors: Brain-Body-Sensory Strategies that Really Work* by Jessica Kingsley Publishers.
