

Iowa Association for Play Therapy 27th Annual Conference

Risë VanFleet, PhD, RPT-S, CDBC
Presenting

The Secret Ingredient to Long-lasting Play Therapy
Results: Family Approaches to Play Therapy

&

Play-Based Interventions for Children and Families
with Trauma and Attachment Challenges

Wednesday, September 8, Join

Jennifer Null, LMFT, RPT-S

for

Play Therapy Supervision:

Recognizing & Managing Countertransference

Thursday & Friday
September 9 & 10, 2021

Stoney Creek Hotel & Conference Center
Johnston, IA



Thursday Conference Topic

The Secret Ingredient to Long-lasting Play Therapy Results: Family Approaches to Play Therapy

Play therapy is an effective, developmentally appropriate approach to child mental health intervention. Even though its use has increased dramatically during the past 20 years or so, the changes can be short-lived if parents, foster or adoptive caregivers, or other family members are not substantially involved. Research also bears this out. This workshop highlights different family play therapy approaches, and emphasizes skills and methods that can greatly increase play therapists' effectiveness. Drawing from Filial Therapy (Guerneys) and a variety of other evidence-based family interventions, this presentation will cover challenges and solutions for issues such as parent resistance and engagement, continuity and follow-through, ways to include family members, developing an integrative family perspective, infusing family work with playfulness and acceptance, working with separation and divorce, overcoming interpersonal violence, and a number of other areas that therapists have often brought up in supervision including expanding one's competencies in family play interventions. Lecture will be augmented by live demonstrations, case studies, videos, and small group skill practice of specific skills and strategies.

Learning Objectives

After this workshop, participants will be able to:

1. Describe at least two reasons why parents and caregivers are essential to play therapy success.
2. Use empathy to the deepest levels to overcome parent hesitation or resistance to play therapy.
3. Describe and use the skill of building relevance and establishing common goals to recommend and motivate greater family involvement in play therapy.
4. Conduct at least two new play-based family interventions.
5. Incorporate the use of gentle affirming humor in their work with parents.
6. Describe the essential features of Filial Therapy and why they can be applied with all families.
7. Identify at least two challenges that can undermine play therapy with families experiencing interpersonal violence, and how to avoid or handle them.

Friday Conference Topic

Play-Based Interventions for Children and Families with Trauma and Attachment Challenges

This interactive workshop covers a wide range of effective play-based interventions for children who have been maltreated, have been exposed to domestic violence, and have had serious disruptions to their attachment processes. Participants learn a wide range of therapeutic interventions that are anchored to a core values that focus on building or strengthening family agency, mutual respect, and healthy attachment relationships. The intricacies of decision-making for complex trauma cases are also covered. Specific topics include prioritizing goals and treatments, the intersection of family frustration or desperation with individual play therapy, Filial Therapy, a variety of whole-family interventions and how to process them, Animal Assisted Play Therapy®, dramatic family play therapy, and the need for emotional, behavioral, and social support for the entire family. Lecture material will be illustrated by live demonstrations, videos, case examples, and experiential activities for developing the skills and methods that can be helpful. A successful model for working with these problem areas, including severe ones, will be presented.

Learning Objectives

After this workshop, participants will be able to:

1. Describe the stresses and struggles of families experiencing trauma and attachment problems with at least one example each from the point of view of parents, the affected child, and other children in the family.
2. List at least 10 reasons why the Guerneys' Filial Therapy can be important to include in treating this population.
3. Implement a comprehensive treatment planning approach that prioritizes the approach to individual families.
4. Describe the temptation of behavioral control and how relationship and emotion focused approaches approach it differently.
5. Conduct at least two new interventions with this population.
6. Design a new family play therapy intervention that integrates an understanding of, and addresses, whole-family needs.
7. Describe four contributions that Animal Assisted Play Therapy® makes to the treatment of this population of children and their families.

About Our Presenter

Risë VanFleet, PhD, RPT-S, CDBC, CAEBC-I



Risë VanFleet, PhD, RPT-S, CDBC, CAEBC-I, is a licensed psychologist, registered play therapist-supervisor, certified dog behavior consultant, and certified animal ethology and behavior consultant/instructor from Boiling Springs, Pennsylvania USA with 48 years of experience in a variety of settings. She is the author of several award-winning books including *Filial Therapy: Strengthening Parent-Child Relationships Through Play*, *Child-Centered Play Therapy*, *Animal Assisted Play Therapy®*, *The Human Half of Dog Training*, *A Parent's Handbook of Filial Therapy*, and dozens of chapters, articles, and online courses. She works with children and families with mental health or relationship challenges, and also with dogs with trauma and intense fear. She has taught tens of thousands of mental health professionals throughout the world. Her primary interest is in helping people build strong relationships within and outside their families. She learned the original and full family therapy model of Filial Therapy from its co-creators, Drs. Bernard and Louise Guerney 40 years ago, and is well known for her intensive training workshops on that approach. She has worked with families with a wide range of problems, including severe trauma and attachment challenges. Even her Animal Assisted Play Therapy® (AAPT) work is grounded with relationship principles at its core. She has been a leader in the play therapy field for many years, is a Past President and Board Chair of the Association for Play Therapy, and offers certification programs in both Filial Therapy and AAPT.

Thursday Agenda

Friday Agenda

8:00-8:30 AM	Registration
8:30-10:00 AM	Presentation
10:00-10:30 AM	BREAK
10:30-12:00 PM	Presentation
12:00-1:00 PM	LUNCH
1:00-2:30 PM	Presentation
2:30-3:00 PM	BREAK
3:00 PM-4:30 PM	Presentation
4:45-5:45 PM	IAPT Board Meeting

8:00-8:30 AM	Registration
8:30-10:00 AM	Presentation
10:00-10:15 AM	BREAK
10:15-12:00 PM	Presentation
12:00-1:15 PM	Lunch & Awards Ceremony
1:15-2:45 PM	Presentation
2:45-3:00 PM	BREAK
3:00-4:15 PM	Presentation

****Open to All***

Play Therapy Supervision: Recognizing & Managing Countertransference

Description: This workshop is designed to deepen supervisors understanding of countertransference in play therapy and develop approaches and interventions to address countertransference in play therapy supervision.

Learning Objectives

After this workshop, participants will be able to:

1. Identify countertransference in play therapy and play therapy supervision.
2. Discuss key reasons addressing countertransference in play therapy supervision is a gatekeeping responsibility.
3. Discuss creative interventions to address countertransference in play therapy supervision.
4. Design 3 play therapy supervision interventions to address countertransference for use in their practice.

About Our Presenter

Jennifer Null, LMFT, RPT-S



Jennie has a MA in MFT from Mount Mercy University. She has completed advanced training in play therapy, clinical supervision, EMDR and treatment of trauma. She currently serves as a clinical provider, supervisor, and experienced trainer through the Meraki Institute of Learning at Tanager Place.

Location

The conference will be held at the Stoney Creek Hotel & Conference Center, 5291 Stoney Creek Court, Johnston, Iowa, (515) 334-9000. The temperature of the room varies, so please bring a sweater or jacket.

Food

Lunch will be included in the cost of attending the full day workshops. There will be a continental breakfast both days, along with snacks and beverages.

Lodging

A block of rooms has been reserved for conference participants at Stoney Creek for \$109 + tax per night. You must book by August 9 to receive the IAPT discount. You may make your reservation by calling (800) 659-2220 and indicating that you are attending the Iowa Association for Play Therapy Conference or you may reserve your room online [here](#). Participants are responsible for obtaining their own lodging. Check-in: 3:00 p.m.; Check-out: 11:00 a.m.

Loot

Participants will be entered automatically for the prize drawings. You **MUST** be present to win!

Handouts

Presentation handouts will be made available through our conference website one week prior to the conference.

Purpose & Intended Audience

Full day presentations will focus on play therapy theory & techniques which play therapists, social workers, counselors, psychologists, nurses, family therapists, & child psychologists will find useful in their work with children, adolescents, and families.

Statement of Disclosure of Conflicts of Interest: Neither IAPT, nor the presenters, have any conflicts of interest to declare.

NON-DISCRIMINATION STATEMENT: The Iowa Association for Play Therapy prohibits discrimination in educational programs, and activities on the basis of race, national origin, color, creed, religion, sex, age, disability, veteran status, sexual orientation, gender identity, or associational preference. The IAPT also affirms its commitment to providing equal opportunities and equal access to training facilities.

Vendors & Exhibitors

IAPT is fortunate to have a number of vendors and exhibitors available during our conference. A full list will be available on the conference website. Be sure to check them out.

Continuing Education Credits

Each full day presentation is approved for 6.0 contact hours for the following CE types

- APT Approved Provider 07-195 (Association for Play Therapy)
- Self-Evaluation/Self-Report Programs (Social Work, Psychology, Etc.)

Please reference your particular licensure requirements to determine if the program will meet your profession's guidelines for continuing education credits for both full day workshops. Play therapy credit will not be awarded to non-mental health professionals. Certificates of attendance will be provided for a record of CE's at no charge. We will not be providing CE certificates.

Raffle Benefiting the Food Bank of Iowa

Many in our state have been hit hard by the pandemic as well as by the derecho. As a result, more people are needing food assistance than ever before. To help, IAPT will be selling raffle tickets throughout the conference for a number of donated prizes. The raffle winners will be drawn at the last break on Friday. Winners must be present to win.

Proceeds from the raffle will benefit the Food Bank of Iowa. Check out their work here: <https://www.foodbankiowa.org/>

Photo & Video Release

As a result of your registration for the conference, you hereby consent to being photographed, videotaped, or audio-taped, by IAPT in connection with the event; provided, however, IAPT has authority to use or reproduce such photographs, video recordings, or audio recordings for IAPT educational or promotional purposes only. You understand that IAPT will not distribute such photographs, video recordings, or audio recordings for any other purpose without your further written consent and agreement. Any unauthorized reproduction, dissemination, or use of video, photography, and/or audio associated with this event is strictly prohibited.

Cancellation Policy

Requests for refunds must be made via email to board@iowaa4pt.org and received on or before August 15, 2021. There is a \$20 administrative fee for refunds. No refunds or cancellations will be accepted after the deadline.

Online Registration

This year we are only offering online registration.

Wednesday Supervision: To register for the Wednesday night supervision workshop, please visit: <https://iowaassociationforplaytherapy.regfox.com/iapt-2021-pre-conference-supervision-workshop>

Thursday & Friday: To register for one or both days of the conference, please visit: <https://iowaassociationforplaytherapy.regfox.com/2021-annual-conference>



<i>2021 Conference Registration Fees</i>			
Registration	APT Member	Nonmember	Student
Both Days	\$250	\$290	\$70
Thursday Only	\$160	\$190	\$35
Friday Only	\$160	\$190	\$35
Wed. Work-shop	+\$80	+95	N/A



Questions? Email the board at board@iowaa4pt.org