

Presentation: Expressive Arts and Play Therapy to Enhance Resilience in Children and Adolescents

The goal of the presentation is to introduce the participant to play therapy method activities designed specifically for children and families who have experienced traumatic events or loss, with an emphasis on resilience.

Learning Objectives: By the end of the workshop participants will be able to:

- 1) Define at least 5 aspects of trauma-informed play therapy practice
- 2) Define at least 5 components of trauma-informed art therapy and play therapy
- 3) Define 3 ways play therapy can become a trauma-informed approach
- 4) Identify at least 2 art and play-based interventions to establish safety, for self-regulation, as approaches to mindfulness and for evaluation of trauma.
- 5) Define how neurodevelopment is related to the "expressive therapies continuum" and how that can be related in art and play therapy practice.
- 6) Define 3 major components of the expressive therapies continuum of an art and play therapy practice
- 7) Define at least 5 characteristics of resilient children and families in an art and play therapy practice
- 8) Define at least 3 characteristics of "posttraumatic success" as it presents in an art and play therapy practice
- 9) Identify at least 3 art and play- based interventions to support resilience