



Playful Healing: Therapeutic retreat workshop for play therapists processing overwhelm, burnout, grief, and loss

Description: Over the last few years, play therapists have supported children, youth, and their families while also navigating a global pandemic, upheaval in social systems, climate crises, changing and deepening political divides, which has resulted in dramatic changes in the way that we do the work.

This two-day play therapist virtual retreat will focus on taking the time to focus healing energy on ourselves, creating a safe place to process where we are in our careers, how we want to be as play therapists in and out of the playroom, and take the time to heal overwhelm, burnout, grief, and loss.

Elements of the webinar will be highly interactive and supportive with opportunities for participants to engage in directive play therapy and somatic exercises and collaborate in dyad and small group environments. Ample time will be allotted for processing breaks with respect for the limitations and stamina required for a virtual environment.

Registration Link

<https://autplaytherapy.com/training/playful-healing-therapeutic-retreat-workshop-for-play-therapists-processing-overwhelm-burnout-grief-and-loss-live-webinar/>

For questions regarding the retreat workshop email: drgrant@robertjasongrant.com or admin@fasdcounselling.com

Playful Healing: Therapeutic Retreat Workshop for Play Therapists

Live Webinar
December 2 – 3, 2022
9 am – 1pm PST
11am – 3pm CST
12pm-4pm EST

8 CE Credits

\$250 USD

Workshop limited to 20
participants



Learning Objectives:

- 1) Demonstrate attuning to their current needs, exploring their personal and professional play therapy experiences over the last few years including current case load expectations, burnout, and overwhelmed states.
- 2) Identify and navigate experiences within the play therapy process of oppression, moral injury, vicarious trauma, and self care versus community care.
- 3) Identify physical, emotional, cognitive, and spiritual needs and reflect on whether these are being met, while dealing with demands, challenges, and the long-term side effects of being a play therapist.
- 4) Conceptualize focus and strategy for self healing through play processes.
- 5) Discuss the use of imagery, metaphors, visualizations, somatic exploration through play therapy for self healing.
- 6) Discuss the use of sand tray, art, and other expressive play therapy modalities for self healing.
- 7) Implement several play therapy approaches for continued self healing processes.
- 8) Conceptualize sustainable methods for navigating burnout, grief, and loss experiences in play therapy work.

CE Hours:

- 8 Live Webinar APT Approved Provider #12-318
- 8 Contact Certified Training Partner for IBCCES CE159432
- 8 Contact NBCC provider ACEP #6595

Workshop Facilitators

Dr Robert Jason Grant

Dr. Grant is a licensed Professional Counselor, National Certified Counselor, Registered Play Therapy Supervisor, and EMDR practitioner. Dr. Grant specializes in working with children, adolescents, and families, including working with neurodivergent children. He is the creator of AutPlay® Therapy, owner of the Autplay® Therapy Clinic, is an international speaker, keynote presenter, author, and provides extensive play therapy trainings.



(Fatima) Natascha Lawrence

Natascha is a Registered Clinical Counsellor, BC Registered Play Therapist, Certified Synergetic Play Therapy Supervisor, and EMDR practitioner. She is the co-founder of the FASD Institute, the creator of the Empowering Neurodiversity (END) Model™, author, and speaker. She is a neurodivergent, Queer, Disabled, BIPOC counsellor who provides trainings through a social justice framework.

