

**Filial Family Therapy Skills Training Workshop: Teaching Parents To
Utilise Play Therapy Techniques With Their Children**

A three-day Filial Family Therapy workshop with Helen

Younan-Barrett RPT-S Tagline: *Helping Parents Be The Therapeutic*

***Change For Their Children* TRAINING PROPOSAL Play Therapy**

Workshop : The Introduction to Play therapy

**APT CREDITS WILL ONLY BE APPLICABLE FOR MENTAL HEALTH
PROFESSIONALS. PLEASE PROVIDE YOUR MENTAL HEALTH CERTIFICATE.**

Queensland Institute of Play Therapy is an approved provider by the Australian Association for Play Therapy and the Association for Play Therapy to offer continuing education specific to Play Therapy. We actively work with presenters that are able to offer their expertise and present play therapy methodology and techniques through our training center. QIPT maintains responsibility for the program. As an approved provider through the Association for Play Therapy & the Australian Association for Play Therapy to provide continuing education, the following information is required for documentation. Please complete the form and return along with your resume/CV to Sarah Harwood at hello@qipt.com.au

WORKSHOP DATE: 26th-28th April 2024

WORKSHOP TIME: 9am - 5:00pm. Lunch: 12:30pm-1:15pm.
Afternoon Break: 3:00pm-3:15pm

WORKSHOP LOCATION: QIPT, 31, Lancaster Street, Coorparoo, 4151

WORKSHOP LEVEL (Beginner, Intermediate or Advanced):

Intermediate/Advanced WORKSHOP LENGTH: 3 days

21 Contact CE

PRIMARY AREA OF WORKSHOP:

Day One



Overview of the workshop
Review of Child Centred Play Therapy
History, development and supporting research for FFT
Rationale, methods and principles of FFT
Rationale for Inclusion and exclusion criteria
Logistics: Individual vs group format adaptations
Essential features of FFT
Sequences and stages of FFT
Discussion of the teaching paradigm
Assessment Phase: The intake process & initial session
Demonstration of making recommendations of FFT to
parents & practice Responding to parent's questions and
concerns

Day Two

Questions and Discussions
Training Phase: Demonstration of teaching play therapy skills &
practice continues Feedback model
Common problems and troubleshooting

Day Three

Questions and Discussions
Training Phase: parent's mock sessions
Feedback Hierarchy model
Supervision Phase: Demonstration of parent feedback & practice
Preparing parents for home sessions
Questions & Discussions

Description:

Explore the fundamentals of conducting effective Filial Therapy in this comprehensive introductory workshop. Participants will learn how to train and supervise parents as they conduct special child-centered play sessions with their own children (ages 3-12+).

Over the course of three days, this workshop is specifically tailored for those who already possess prior training in Child-Centered Play Therapy. Its aim is to offer a thorough introduction to the Filial Family Therapy model, teaching the principles and techniques for conducting all aspects of Filial Family Therapy (FFT) with parents, from intake to termination.



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The workshop places a strong emphasis on cultivating participants' therapeutic skills, employing various teaching methods such as lectures, video examples, live demonstrations, and supervised skills practice. Through engaging in role plays, participants will actively learn the methods of training, supervising, and supporting parents as they learn to conduct therapeutic play sessions with their children.

Filial Family Therapy:

Filial Therapy is a highly effective play based and relationship focused intervention that integrates family therapy and play therapy to address a wide range of presenting child and family problems while strengthening family relationships. The methodology is empirically supported and focuses on reducing child symptoms, enhancing the parent-child relationship, boosting child competence and self-esteem, and expanding parenting knowledge and skills. It is structured and straightforward and can be learned in a relatively short period of time.

Pre-requisite Training:

To gain the maximum benefit from this course, participants must already possess a deep understanding of child centred play therapy and in-depth clinical training and supervised practice specifically in child centred play therapy/non directive play therapy OR

Participants with a minimum 150 hours training in CCPT.

Who should attend:

This course is designed for play therapists, psychologists, social workers, counsellors, psychiatrists, educators, family therapists, school counsellors, and other experienced professionals who work with children and families, and who meet the Prerequisite Training.

Learning Objectives:

By the end of the workshop, participants will be able to:

- Understand the theoretical foundations of Filial Therapy
- Understand the history, development and supporting research for FFT
- List the five major therapeutic goals of Filial Therapy



- Identify the main phases and elements of the FT
- Describe what happens at each stage of the FT process
- Describe the 7 key essential features that comprise a Filial Therapy model
- Identify the different roles that the therapist plays during the Filial Therapy process
- List the six major underlying principles and attitudes needed for success in training parents during the Filial Therapy process
- Explain at least 2 reasons that can be given to parents as to why Filial Therapy can benefit their particular situation/problem area.
- Identify at least 3 child/family problems for which Filial Therapy is useful and why
- Describe the inclusion and exclusion criteria relating to parents when utilising FT
- Identify the two phases of training in FT
- Describe the three training principles of teaching FT to parents
- Demonstrate use of empathic listening with parents when handling questions and concerns during the intake and training sessions of FT
- Describe the teaching method for the parents mock play sessions when teaching the core play therapy skills
- Describe the 4-step parent feedback process used in supervising parents' play sessions with their own children
- Identify at least 3 common problems that can arise in the training phase with parents
 - Address challenges and resistance in implementing Filial Therapy
 - Discuss the 4-level hierarchy of supervisory issues used to prioritise what feedback to give to parents after their demonstration of play sessions
 - Describe the FT methodology and other method adaptations for specific demographics
 - Describe at least 3 benefits of Filial Therapy (parent-child play therapy) over individual play therapy
 - Explain at least 5 themes of parent-child play sessions and which powers of play (Schaefer) each represents
 - Identify when the therapist helps parents generalise the skills they have learned in their home environment

Parent Manuals will be included.

PRESENTER INFORMATION

PRIMARY PRESENTER: Helen Younan-Barrett

Workshop Leader: Helen Younan - Barrett





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Bio:

Helen is a highly experienced child and family play therapist supervisor, accredited mental health social worker, and counsellor with a rich background spanning over 20 years, covering diverse age groups. She is certified in both Child-Centered Play Therapy and Filial Therapy through the National Institute of Relationship Enhancement (NIRE). In addition, Helen holds certifications in Synergetic Play Therapy and Interplay Family Therapy, serving as a Circle of Security and Tuning Into Kids Facilitator.

As the founder and director of Play Therapy Hub, a child and family therapy group private practice, Helen has been in private practice since 2015. Her expertise extends to leading play therapy-informed workshops and instructing on Filial Therapy in Brisbane with Queensland Institute of Play Therapy and Melbourne. Helen has a particular focus on working therapeutically with parents and families affected by childhood and intergenerational trauma, as well as attachment disruption.

Currently pursuing certification in Gestalt Psychotherapy, Helen offers a comprehensive range of services, including child and family psychotherapy, parent coaching, clinical supervision, and training, both online and in-person.

Cell Phone & Email: hello@qipt.com.au +61490232773

Cancellation & refund policy:

- Cancellation requests should be submitted by email to hello@qipt.com.au no later than 7 calendar days prior to the scheduled workshop date in order to receive a full refund of the paid workshop fee. Cancellation and/or rescheduled requests that are submitted after 7 calendar days prior to the scheduled workshop date will result in a refund of the paid workshop fee – with the exception of a \$10 administration fee.
- The Queensland Institute of Play Therapy reserves the right to cancel a workshop due to insufficient enrollment. QIPT will email workshop students at least 5 calendar days in advance of the scheduled workshop date to notify students of the cancellation. Notice will be provided with the option to reschedule for a future course date or to receive a full refund of paid workshop fees.
- QIPT reserves the right to cancel a workshop due to inclement weather, instructor illness or instructor family emergency. If a workshop is cancelled, students will be notified via email prior to the workshop start time. QIPT will notify the students of a reschedule date for the workshop within 10 calendar



days of the cancelled workshop. Notice will be provided with the option to reschedule for the future course date or to receive a full refund of the paid workshop fee.

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APT Approved provider 23-709

Certificate:

On completion of this workshop, participants will receive a certificate recognising 21 Contact CE

Supervision:

Upon completion of the course, you will have the opportunity to participate in group/individual supervision (not included in the course fee) with Helen. These sessions aim to provide additional support for you as you work to solidify your knowledge and skills while embarking on the implementation of this methodology with families.

Recommended Readings:

Pick one or two. Not required to read all of these!

1. Child Centred Play Therapy, Dr Rise Vanfleet
2. Filial Therapy-Strengthening Parent-Child Relationships Through Play (3rd Ed), Dr Rise Vanfleet
3. Play Therapy: The Art of the Relationship, Dr Garry Landreth
4. Child-Centered Play Therapy: A Practical Guide to Therapeutic Relationships with Children, Nordling & Cochran

