

Synopsis:

Our Presenter:



Paris Goodyear-Brown
LCSW, RPT-S
Founder and Director of
Nurture House

Paris is a Licensed
Clinical Social Worker
and a Registered Play
Therapist-Supervisor

with 20 years of experience in treating families in need. While she specializes in treating trauma (sexual abuse, physical abuse, maltreatment and neglect) and attachment disturbances, she often provides help for anxious, angry or depressed children and teens. A child development expert, she frequently provides parent consultation, dyadic assessment, and parent coaching to help parents manage and resolve their children's behavior problems. She is an Adjunct Instructor of Psychiatric Mental Health at Vanderbilt University, a guest lecturer for several universities in middle Tennessee, and has an international reputation as a dynamic speaker and innovative clinician. She provides play therapy and licensure supervision and consults with various school districts, agencies, and mental health organizations to help develop play therapy programs and create more developmentally sensitive programming. With trainings in Morocco, Australia, and Sweden, as well as frequent domestic presentations, she is best known for developing clinically sound, played-based interventions that are used to treat a variety of childhood problems. She has received the APT award for Play Therapy Promotion and Education. She is the author of multiple books, chapters and articles related to child therapy. Her newest books include *Tackling Touchy Subjects*; *The Handbook of Child Sexual Abuse: Identification, Assessment, and Treatment*; *Play Therapy with Traumatized Children: A Prescriptive Approach* and *The Worry Wars: An Anxiety Workbook for Kids and their Helpful Adults*. For the whole of her career, she has carried a vision of a place, a home, in which the space itself would help children and parents feel safe, nurtured and ready to do the deep work of healing. Although it looks like a playhouse, and her child clients call it "the kid's palace" the fun, highly playful environment helps the hard stuff go down easier.

TraumaPlay: A Therapy Model

TraumaPlay training was held on November 8, 2019. At this training it was learned that TraumaPlay is a flexibly sequential play therapy model that combines both directive and non-directive methods into an integrated framework for treating children and families with trauma and attachment issues. Grounded in an understanding of the neurobiology of trauma and the neurobiology of play and the power of one to heal the other, TraumaPlay offers a series of evidence-based treatment goals while delivering treatment primarily through play-based interventions. Participants left this workshop with practical strategies for enhancing safety and security, assessing for and augmenting coping, soothing the physiology, enhancing emotional literacy, providing play-based gradual exposure, addressing the thought life, and making positive meaning of the post-trauma self. The workshop provided an overview of the model, illustrated this work with case examples and offered a multitude of immediately usable play therapy interventions that can be integrated into clinical practice.

After the workshop participants were able to:

- 1) List the seven core components of TraumaPlay
- 2) Describe at least one play therapy intervention you may use in pursuit of each treatment goal
- 3) Explain the concept of containment as it is used in this play therapy model
- 4) List four play therapy interventions for soothing the physiology
- 5) Identify multiple mediums for trauma narrative work
- 6) List the three forms of limit-setting provided in the TraumaPlay model



CPCAN
Council for the Prevention
of Child Abuse and Neglect

Caring For the Wild Child: From Regulation to Reason March 20, 2020

You know the wild child: the child who can't sit still, who becomes aggressive with peers or blurts out in structured settings, who exhibits defiance, who come from a hard place. While many staff working with children have had exposure to behavior management methods, these tend to have limited effectiveness with children who lose their self-control easily. We will look at the neurophysiology of these children and talk about ways to co-regulate them more effectively. The primary premise of the workshop is that children's thinking brains cannot be accessed for learning until they are regulated. Empowering, Connecting and Correcting strategies will be shared. As well as how we provide a combination of high structure and high nurture while creating a culture of kindness and connection in our interactions.

After attending this workshop, participants will be able to:

- 1) List six core strategies of SOOTHE that help parents and teachers co-regulate their children more effectively.
- 2) Name a strategy from the three areas of Empowering, Connecting and Correcting.
- 3) Describe two dyadic play therapy games that help children to wait on the giving and receiving of clear cues in communication.
- 4) Explain two play therapy games that give children experiences of receiving nurture from their parents.
- 5) Describe five play-therapy skills that can be taught to parents to help them better attune to their children in play.