

Introduction to Child-Centred Play Therapy

Date: **29th May 2021**

Time: **1.00pm – 3.00pm** (NZ time)

Address: www.anzacata.org/event-4283783

Register today: **Use the following link to register**



FREE WORKSHOP

Play therapy can be defined as “the systematic use of a theoretical model to establish an interpersonal process wherein trained play therapists use the therapeutic powers of play to help clients prevent or resolve psychosocial difficulties and achieve optimal growth and development” (Association for Play Therapy US, 2020). Child-Centred Play Therapy (CCPT) is a developmentally appropriate modality for children experiencing a variety of social, emotional, developmental and behavioural challenges. CCPT requires clinicians to possess the advanced skills and knowledge of children’s development in many areas of functioning, which increases the complexity of its implementation with children.

This practical workshop provides introductory training in the philosophies, implementation, considerations, and skills important for practitioners to understand effective CCPT process. It can be taken as a standalone professional development opportunity or can be credited towards the Child and Family Play Therapy Centre training programme for clinicians which will be introduced to mental health professionals in 2022.

Learning Objectives

1. Participants will be able to describe the theoretical philosophies and principles of CCPT.
2. Participants will be able to understand the process of CCPT.
3. Participants will be able to describe special considerations in CCPT.
4. Participants will be able to identify verbal skills distinctive in conducting CCPT.

PRESENTER

Aleksandra Gosteva



MHealSc, MEdPsych,
MA AT (Clinical),
PhD (Psychiatry) candidate.
NZPsS, AThR.

Aleksandra Gosteva is a Registered Psychologist with the New Zealand Psychologists Board, a Full Member of the New Zealand Psychological Society (NZPsS), and a member of the NZPsS Institute of Educational and Developmental Psychology. Aleksandra is also a qualified and registered Play Therapist and Arts Therapist. Aleksandra has had over 17 years’ experience working with toddlers, children, parents and caregivers with a wide range of educational, developmental and emotional issues, including learning difficulties, Attention Deficit Disorder and a variety of complex developmental conditions and disabilities. For almost seven years, she has led the Child and Family Play Therapy Centre, a private psychology practice which specialises in supporting children and families through Play and Arts Therapy. She has also worked as a Psychologist for a large Multidisciplinary Early Intervention Centre. Aleksandra frequently collaborates with education settings, agencies, and mental health organisations to help them deliver high quality play therapy programmes to support children’s psychological health and wellbeing.

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