

**Presenters:**

**Sara Werner, MA, LP, LPC, RPT-S, SEP**  
First President/Founder of  
MN Association for Play Therapy  
LPCC Approved Supervisor

Sara has specialized in experiential play therapy for 28 years. She has extensive training in Somatic Experiencing and utilizes somatic approaches in trauma resolution with her clients in addition to the use of EMDR and other trauma modalities. Sara enjoys the process of equipping therapists with knowledge and understanding of trauma and the impact it has on the nervous system, as well as helping play therapists grow in their skill development and confidence in working with children. She is also a personal session and consult provider for Somatic Experiencing Practitioners.

**Melissa Wetterlund, MA, LP, LMFT,  
RPT-S**

**LMFT and LPCC Approved Supervisor**

Melissa has been a leader in the field of child-directed play therapy for the past 20 years. In her work with children she specializes in trauma, family issues, divorce, adoption, and blended family concerns. In addition, she enjoys marriage & family therapy, parent education, and individual trauma work. Melissa has a passion for developing well-equipped play therapists to continue to move this growing field forward.

**A Child Shall Lead Them:  
An Advanced Somatic  
Experiential Play  
Therapy Journey**



**Location:**



**4255 Pheasant Ridge Drive  
Suite #412  
Blaine, MN 55449  
763-703-3754**

**Dates: August 7-11, 2023**

**Presenters:**

**Sara Werner, MA, LP, LPC, RPT-S, SEP**  
**Melissa Wetterlund, MA, LP, LMFT, RPT-S**

# Schedule:

## Schedule:

Monday: 9:00 am – 5:30 pm  
 Tuesday: 9:00 am – 4:30 pm  
 Wednesday: 9:00 am – 4:30 pm  
 Thursday: 9:00 am – 5:30 pm  
 Friday: 9:00 am – 5:00 pm

\*Lunch will be on your own

### Intended Audience:

Psychologists, Social Workers, Marriage & Family Therapists, and Counselors

## Continuing Education

5 Individual Play Therapy Sessions  
 10 Individual Supervision Hours  
 25 Group Supervision Hours  
 3 CEs

**Approved APT Provider #11-295**

### Cancellation policy

**No refunds given if you cancel two weeks or less prior to the start of the training.**

# Seminar Objectives:

## Educational Objectives:

This training will be founded in the theoretical model of Somatic Experiential Play Therapy (SEPT). The underlying tenets of SEPT play therapy will be expanded upon in this advanced training. Participants will deepen their abilities in understanding therapeutic metaphor, recognizing nervous system dysregulation in various forms along with implementing specific responses through play, and deepening skill level as a Somatic Experiential Play Therapist. Lecture, video clips, handouts, and real time feedback during actual play therapy sessions will be used to facilitate the concepts of this advanced seminar.

### Pre-requisite: SEPT Beginning Level training

- **Deepen understanding of the tenets and theory of SEPT Play Therapy**
- **Understand advanced theory of SEPT**
- **Increase knowledge of therapeutic metaphor**
- **Deepen understanding of trauma and the impact on the nervous system and play themes**
- **Increase knowledge of various therapeutic responses in play**

## Field Experience Objectives:

This field experience will provide an intensive environment to improve SEPT play therapy skills from a hands-on approach. Each participant will have 5 sessions with a child while being observed and coached during each session. Individual supervision and observation of other child therapy sessions will enhance the learning experience. Tenets of SEPT play therapy theory will be discussed and applied to each therapy session and expanded upon during supervision sessions.

- **Expand skills in utilizing Somatic Experiential Play Therapy with children**
- **Increase ability to understand and interpret therapeutic metaphors in play**
- **Deepen skill level in utilizing SEPT and somatic based therapeutic responses used during play**
- **Increase ability to recognize nervous system dysregulation in a child during play.**

# Registration Form:

**Registration must be post-marked by 7/1/2023**

Five-day Field Intensive Training: Hands-on Training in Somatic Experiential Play Therapy (**please call for availability**)

- August 7-11, 2023
- Location: Blaine, MN
- Cost: \$1400
- Cost for observers: \$700

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Method of Payment:

- Check                       Discover  
 VISA  
 MasterCard              Total Due: \_\_\_\_\_

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Signature

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