

**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. She enjoys providing both supervision and supervision mentoring for those on their play therapy journey.

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



**Location:**



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

**Dates:**

**July 31- August 4, 2023**

**Presenters:**

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

# Schedule:

## Schedule:

Monday: 9:00 am – 6:30 pm  
 Tuesday: 9:00 am – 6:30 pm  
 Wednesday: 9:00 am – 4:30 pm  
 Thursday: 9:00 am – 6:30 pm  
 Friday: 9:00 am – 4:00 pm

\*Lunch will be on your own

### Intended Audience:

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

## Continuing Education Units

6 Individual Play Therapy Sessions  
 12 Individual Supervision Hours  
 12 Group Supervision Hours  
 8 Contact/ 0 Non-Contact CEUs

Approved APT Provider #16-465

### 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 include exploration of a theoretical model of Somatic Experiential Play Therapy (SEPT). The underlying tenets of SEPT will be explored, including tenets of Experiential Play Therapy. Participants will develop skills in understanding therapeutic metaphor and how children communicate and process their emotions. Participants will also learn how to recognize and respond to fight, flight, and freeze responses within a session. Lecture, video clips, handouts, and interactive teaching methods will be used to facilitate the concepts of this seminar.

- **Learn underlying tenets and theory of SEPT**
- **Increase skill in interpreting therapeutic metaphor during play therapy**
- **Understand various therapeutic responses in play**
- **Recognize fight, flight and freeze responses**

## Field Experience Objectives:

This field experience will provide an intensive environment to learn SEPT from a hands-on approach. Each participant will have 5-6 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 theory will be discussed and applied to each therapy session.

- **Understand basic theory of SEPT**
- **Develop knowledge and skills in utilizing a child-directed play therapy approach**
- **Increase participant's ability to understand and interpret therapeutic metaphors in play**
- **Develop a thorough understanding of the SEPT therapeutic process**
- **Increased skill level in various therapeutic responses used during play**
- **Recognize fight, flight, freeze responses and implement strategies to support these processes within context of SEPT**

### \*Required reading prior to attending:

Norton, C., Norton, B. (1997). Reaching Children Through Play Therapy: An Experiential Approach. Denver, Colorado: The Publishing Cooperative

# Registration Form:

**Registration must be post-marked by 7/10/23**

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

- July 31 – August 4, 2023
- Location: Blaine, MN
- Cost: \$1350
- Cost for observers: \$650

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Method of Payment:

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

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Signature

Mail to:

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