

Presenters:

Sara Werner, MA, LP, RPT-S, SEP
Past President/Founder of
MN Association for Play Therapy

Sara has specialized in child-directed or experiential play therapy for 27 years. She also specializes in emotional, physical, and sexual abuse or other types of trauma with all ages. Sara incorporates EMDR and Somatic Experiencing in her therapeutic approach with both children and adult survivors of trauma. Sara enjoys the process of equipping therapists with the knowledge and skills of play therapy. She also offers individual and group supervision.

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

LMFT and LPCC Approved Supervisor

After training under Sara, Melissa has been a leader in the field of child-directed play therapy for the past 18 years. In her work with children she specializes in trauma, family issues, divorce, adoption, and blended family concerns. In addition, she enjoys providing 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.

WATERSHED PSYCHOLOGICAL SERVICES
4255 Pheasant Ridge Drive #412
Blaine, MN 55449
Address Correction Required

**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: see webpage for details

Presenters:

Sara Werner, MA, LP, 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 CEs

APT Approved Provider 16-465

(For the Continuing Education only)

Cancellation policy

No refunds given if you cancel two weeks or less prior to the start of the training. Partial credit of Half the training fee for cancellation 3-4 weeks 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. The underlying tenets of various theories of child directive play therapy will also be discussed. Participants will develop skills in understanding therapeutic metaphor and how children communicate and process their emotions, as well as understanding somatic cues from observing the child. Lecture, video clips, handouts, and interactive teaching methods will be used to facilitate the concepts of this seminar.

- **Learn underlying tenets and theory of Child Directive, Experiential, and Somatic Experiential Play Therapy**
- **Increase skill in interpreting therapeutic metaphor during play therapy**
- **Understand various therapeutic responses in play**
- **Develop an understanding physiology and the nervous system, as well as the somatic ways it might present in a child's body**

Field Experience Objectives:

This field experience will provide an intensive environment to learn Somatic Experiential Play Therapy from a hands-on approach. Each participant will have 7 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 various child directive play therapy theories will be discussed and applied to each therapy session.

- **Understand basic theories and develop skills in Child Directive, Experiential and Somatic Experiential Play Therapy**
- **Increase participant's ability to understand and interpret therapeutic metaphors in play**
- **Develop a thorough understanding of the child-directed therapeutic process**
- **Increased skill level in various therapeutic responses used during play**
- **Increase understanding of somatic cues in a child and how to support a child's physiology through play**

Registration Form:

Registration must be post-marked 3 weeks prior

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

- See dates on webpage
- Location: Watershed Psychological Services
- Cost: \$1200
- Cost for observers: \$600

Name _____

Address _____

Phone _____

Method of Payment:

- Check Discover
 VISA
 MasterCard Total Due: _____

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Signature

MAKE CHECKS PAYABLE to MELISSA WETTERLUND, LLC

Mail to:

Watershed Psychological Services
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