

TRAINING CENTER PROGRAMS

PLAY-FAMILY THERAPY IN A FAMILY THERAPY CONTEXT

18-Hour Course

Fall & Winter

Didactic & Experiential

Limited to 35 participants

Approved for CEs for LSW, LMFT & LPC.

CONCEPTS COURSE

Recommended for both new and experienced play therapists

Approved for CEs for LSW, LMFT & LPC.

ADVANCED CHILD DEVELOPMENT COURSE

102 Hours

Post Master's & PhD or FP Physicians

Emotional Growth & Development Birth to Six Years: Mahler, & Greenspan
Latency through Adolescence

Prerequisite: 18-Hour Course or Concepts Course

Approved for CEs for LSW, LMFT & LPC.

SANDTRAY TRAINING AND SUPERVISION

5 Levels of Training Available

ACCREDITED SUPERVISION

Supervision is offered by Dottie for family and/or play therapy. Hours are recognized by these organizations:

AAMFT: American Association for Marriage and Family Therapy

APT: Association for Play Therapy

PTI: Play Therapy International

Please visit our web site or call the office for more information about these and other trainings that we offer.

www.fptcenter.com

FACILITIES AT THE CENTER

The Family & Play Therapy Center comprises 3,000 square feet, including 3 therapy rooms, a seminar suite, and a business office. The therapy rooms are fully equipped for play therapy and sandtray therapy, including video equipment. The space is most often described as peaceful, spacious, friendly, and beautiful. The entrance is adjacent to a large, rear parking area that holds seven cars, with additional parking in the front. The center is located in West Mt. Airy, just two blocks from Lincoln Drive.

FEES FOR THERAPY & SUPERVISION

Therapy with Dottie Higgins Klein: \$115–\$140

A lower sliding scale is available for clients working with therapists who are supervised at the center and are participating in a three-year training internship. We also have about 15 therapists available in Philadelphia the surrounding area through our Referral Network. Some therapists are available to take Personal Choice or PPO insurance. We are not able to accept HMO insurance.

Supervision with Dottie Higgins Klein:

Individual (1 hr.): \$115 (\$105 if currently enrolled in training)

Group of 2 Therapists (1 ½ hr.): \$85

Supervision, 2-hour sessions:

Group of 3 Therapists: \$80

Group of 4 Therapists: \$70

Group of 6 Therapists: \$50

REFERRAL NETWORK

- Therapy for All Ages
- Training & Supervision

Family & Play Therapy Center, Inc.
Director: Dottie Higgins Klein, LMFT, RPT-S

**15 therapist locations
within 40 miles of Philadelphia**

(215) 844-4321

www.fptcenter.com

Dottie Higgins Klein, LMFT, has a Master of Family Therapy Degree from Hahnemann University. Prior to this, she trained in child development at Eastern Pennsylvania Psychiatric Institute (now EPPI/MCP). This offered an in-depth understanding of the work of Margaret Mahler. Higgins Klein is a supervisor for the American Association of Marriage and Family Therapy (AAMFT). She is a registered supervisor for the Association for Play Therapy (APT) and served as co-president of the Pennsylvania APT Branch (PA-APT) in 1998. She is also a certified as professor and supervisor by Play Therapy International (PTI). She has over 6000 hours working with children in play therapy. Most of this experience has been in private practice for the past 20 years. As a part-time consultant for Pennsylvania Hospital for four years, she visited families that were under severe stress and brought play therapy equipment into the home. She has worked part-time in two drug and alcohol treatment centers; she has worked with families dealing with a seriously mentally ill relative; and she was co-founder and co-director of Parents' Place (now Parents, Inc.), an educational support center in Chestnut Hill. She has also been a supervisor for the Family Institute of Philadelphia and for Hahnemann University. Her practice consists of one-third children and adolescents, one-third adults, and one-third supervision in Family and Play Therapy. She has over 2000 hours of supervising therapists.

The Family & Play Center, Inc., is approved by the Association for Play Therapy to offer continuing education specific to play therapy. Our provider number is 96-030. The Family & Play Therapy Center, Inc., maintains responsibility for the program.

**Dottie Higgins Klein, LMFT, RPT-S,
Director of the Family & Play Therapy Center**

Office Phone/Fax: (215) 844-4321

Web Site: www.fptcenter.com

Information about Services & Trainings

Brochures

Map & Directions

FAMILY AND PLAY THERAPY CENTER



**PSYCHOTHERAPY
FOR ALL AGES
"Birth to 99"**

**POSTGRADUATE
TRAINING PROGRAMS
FOR THERAPISTS**

6811 Quincy Street
West Mt. Airy
Philadelphia, PA 19119
(215) 844-4321
Web Site: www.fptcenter.com

INDIVIDUAL AND COUPLE THERAPY

Specific interest in the ups and downs of long term intimate relationships

Individuation from family of origin

Stress, anxiety, depression, due do major life transitions

Optional sand tray therapy available

BIRTH TO THREE YEAR SPECIALTY (PREVENTION)

Relationship play therapy with infants, babies, and toddlers:

Treatment for problems with sleeping, eating, and affective, sensory, and developmental issues, including multi-system dysfunction

Fears and anxieties, behavior modulation problems, tendency toward self-absorption

Traumas, such as medical trauma

Parent education, with a specific focus on the emotional growth and development of the child

Parent remains in the room with this age child.

PLAY-FAMILY THERAPY IN A FAMILY THERAPY CONTEXT

The most effective therapy for children ages 3 to 11 or 12 years

Play therapy works for a wide range of problems, for example:

immaturity	trauma
aggressiveness	low self-seteem
sadness	anxiety & fears
nightmares	social phobia
clumsiness	extreme shyness
lying	temper tantrums
self-consciousness	anger

Difficulty with and prevention of problems:

peer interaction
separation anxiety
social cues
toilet training
withdrawn behavior
school misbehavior
speech & language
attention & engagement
playing in an age appropriate way
separation & divorce
traumas of everyday life (dog bite, auto accident)



Longer term work may be necessary for children who may have experienced trauma from the following:

accidents	past or present
death	medical trauma
divorce	life-threatening illness
physical or sexual	or experiences (such
abuse	as being in a fire)

Problems of longer duration & Attention Deficit Disorder require more than 20 sessions. Play therapy can offer significant help with symptoms of attention processing problems, PDD, or higher functioning Autism and multi-system developmental disorder.

FOUR SESSION PLAY-FAMILY THERAPY EVALUATION WITH FEEDBACK

This is a process by which the therapist becomes acquainted with the child/patient's emotional landscape. It begins to reveal areas of concern which need to be addressed and gives the therapist a reliable starting point to understand the child's individual style.

The *first evaluation session* is with the parent(s) without the child, so that adults are able to talk freely without the child present. This includes addressing the present concerns and taking a developmental history.

The *second evaluation session* is in the play therapy room with the parent(s) present with the child. This session usually includes siblings.

The *third evaluation session*. One or both parents attend the first 15 minutes with the child. In the remainder of the session, the child has time in the play room, without a parent (unless there is a problem with separation).

The *fourth evaluation session* is used to help to understand the child's symptoms in light of the larger family context. The therapist's understanding of the problem is shared, along with suggestions on how to work with it.

POSSIBLE RECOMMENDATIONS

Play-family therapy, parent education, therapy for adult(s), family therapy, or a combination of options may be recommended. Play therapy may be recommended weekly, every other week, or not at all. Play therapy occurs in a room with the appropriate equipment and includes art therapy, puppets, role-playing, sandtray, and a range of toys. The toys are the child's words for sincere expression of thoughts and feelings, which is needed for healing to occur.

I will consider seeing children when the adult is seeing another therapist, provided the adult stays in treatment with his/her therapist while the child is in play therapy.

TEENAGERS, CREATIVE ARTS, AND SANDTRAY THERAPY

The adolescent is seen alone for individual therapy that combines talking with optional materials that allow for powerful, nonverbal expression. Use of imagination encourages expression of the preconscious, conscious, or unconscious issues. The therapist is an advocate for the adolescent and a bridge to optimal family communication. Family therapy is generally part of this process.



FAMILY THERAPY

Various family members can be seen together. This is based on combining the appropriate people who are needed to solve or rework issues or problems.

PARENT EDUCATION

Parent feedback and education sessions are scheduled on a regular basis—weekly or monthly. The child usually does not attend these sessions.