

Course Comments --- 18- Hour Play Therapy Course

Day 1

A. S. - I valued from day 1 the concrete recommendations from structuring sessions - Stressing importance of evaluation and information gathering in initial sessions - clarifying limit setting in spontaneous play ; function of setting boundaries & expectations while at the same time allowing child to play & explore freely.-Feedback on staying within the child's play without taking over or adding content.

Ivan-yes, today was interesting and I did enjoy every moment in training

No name – I valued the 4 evaluation session structure and the importance of genogram component- good reminder to trust process-and the talk of metaphors was very helpful!-appreciate helping therapist to paying attention to understanding the whole framework – very grounding.

TC – I felt that the experiential learning, the group process, reviewing the videos all greatly added to my knowledge base. The case studies shed such light on working with families and children.

AF - I liked the experiential component and being able to put myself in the shoes of a client. The review of metaphors in the context of the videos helped me get different perspectives from what I was seeing.

C- I liked that you presented the overview (4 segment eval & 6 stages) prior to the nuts and bolts of a session. I also liked the experiential component-very powerful. I liked the important tid bits of information & wisdom you dispensed just as it occurred to you during the formal presentation.

No name – I found the Mandala chart & introduction to play therapy stages very helpful. I liked everything about today-the experiential play exercise, videos, handouts, equipment, limit setting, etc.

K - Seeing videos early on was helpful-being outside for part of the day I loved-enjoyed the facility! Taking questions through the day was helpful. Thank you for great snacks, drinks/water & personalized mugs!

CD - Full video sessions are very helpful to bring understanding to the concepts that are being taught. Helps to reinforce the learning.

No name I liked the way it is organized in progressive steps. I like going to different areas and experiencing the play. The videos are helpful. Openness to questions. Helpful little Play therapy tidbits -

SN - I thoroughly enjoyed everything. Thank you so much and this is a great start to training. Love the Mandala and the constant reminder of the importance of metaphors. Thank you

NI - I enjoyed the handouts and more information about limit setting. The information about being child centered and now to actually do this in session. Know that being there, being present is some times enough.

JH - The most helpful is the direct outline of what to use for each session i.e. regarding 4 session evaluation & 6 stages. In addition, techniques to use during the introductory session with both parents and children.

No name - I really liked Dottie talking to us through the video. Her words enabled me to understand what was going on along w/her insights she was having in the session. I got a better understanding of the therapist's role in ways I didn't before. I understood more fully the being w/and bearing witness to what children do. I also liked experiencing being the child and the safety of the therapist's presence.

No name - Understanding how to just be with the child and not being so focused on needing to do and say something. Trusting the child to work through their process and us to witness it.

MD - The videos were the most helpful b/c it was an opportunity to see play therapy put into practice. I was impressed by the metaphors and strong connections drawn from the case video.

No name - Very well planned day-enjoyed the videos and the discussion of activity-enjoyed meeting people and discussion – great overview-interesting to learn that its ok to just be a presence.

EP - Lovely group, beautiful new classroom! I loved the outdoor tent-refreshing breezes.

CJ – I like when Dottie role plays with workshop participants & the hands-on play therapy work in the rooms.

LT - Small moments of powerful insights-by instructor and students. Limits set appear to provide”safety” and opportunity for honest expression.

Day 2

CN– I love that we had a full day to focus on the meditative state and deeper awareness stage of play therapy. Each activity complimented the others so well and truly deepened my knowledge and understanding. I also love the emphasis on “not knowing” and that being OK. And the practice understanding/talking thru possible meaning, behind the metaphors.

S. -the second day was also outstanding.

No name – I found the session with language of play therapy the most beneficial. We were

Course Comments --- 18- Hour Play Therapy Course

able to process more questions. I felt it went to a deeper level. To see the process unfold in the videos were amazing/almost unbelievable.

AS. -What was valuable was the discussion around being present w/child & not imposing content or talking too much. Emphasis on child having the internal knowledge and resources to heal. It was helpful participating in experiential practice as child & therapist. Working on being present & remaining silent during play was very valuable - Also useful was exploring difficult questions that may be raised by child and coming up w/ possible responses in group format.

No name-Good reminders-trauma play principles, metaphor discussion- liked the depth of video discussion.

CJ – I liked the second play therapy session and the second video on Maria- obviously very profound work.

TC - To be able to put the skills discussed to practice immediately was very helpful. The experiential learning and group discussions were so powerful.

No name - I really liked the importance of expecting children's silence and experiencing it with them.

No name - The break up and information groups & discussion of language was very helpful. The group and teaching assistant facilitator had very insightful feedback. Videos were very powerful; watching framework & theory being practiced.

RS – I really enjoyed the work sheet on how to respond to tricky statements from the child I enjoyed discussing as a small group. - I liked the experiential play piece as child & as a therapist. - I appreciated hearing more about family therapy terms & concepts. - I like the flexibility of the therapist's role in that you're free to follow the child rather than having the “right answer” in the moment.

No name - I think the videos were so helpful today to actually see the children re experiencing the trauma. I feel so much more comfortable with being able to do this treatment model today that I felt yesterday.

No name - Clearly I found the language exercise especially helpful. This exercise helped to really think about how we respond to difficult situations. I really enjoyed today's teaching. The day exceeded my expectations-thank you.

EH - Videos were amazing to see the theories in practice! The language exercise helped me to learn new ways to talk in session and reminded me of how much I have to learn. Practicing today gave me an “aha” moment for a client who has played out a scene several times -it seems to just make sense now. Thank you.

NH - Language of Play Therapy sheet was very helpful. Videos were extremely useful, as well. When you (Dottie) talk about what is going on during video it is important to me.

AS - What was valuable was the discussion around being present w/child & not imposing content or talking too much. Emphasis on child having the internal knowledge and resources to heal. It was helpful participating in experiential practice as child & therapist. Working on being present & remaining silent during play was very valuable - Also useful was exploring difficult questions that may be raised by child and coming up w/ possible responses in group format.

CJ - The introduction of the concept of deeper awareness and how it looks during play was very helpful. Also, the language exercise. It was difficult to move into "pretend Play" during the therapist/client exercise, which was a valuable lesson in and of itself.

RI - Experienced the personal story of play therapy and now understand how a child's play is their trauma, story and resolution. Good to work through the language for difficult situations as a therapist.

No name - Learning about the language of play therapy and ways to respond to children's question in play. It was helpful to be reassured of the importance of meditative stage with children.

No name - I loved the piece you wrote about Stage IV and deeper awareness. It was beautiful and really spoke to me. I look forward to your book. I'm going to think more about meditation. Language Exercise was thought provoking and helpful. Both videos good. Again, the snacks were great. Thanks.

IV - For me one of the most helpful parts of today's session was the exercises since they make me aware about many things that I was missing during therapy process.

N - Most valuable thing today was how to structure the talk time and pretend time as well as how to respond to some of the children's common comments during the session. Although these were discussed yesterday, I really got them today.

No name - Right away I appreciated the excerpt from Dottie's text -Zen of Play Therapy. Love the deeper awareness and all of the emphasis on metaphors. There is so much meaning in the child's play and they are wiser than we may realize. Good didactic trainings today and it was great to review the topics and statements that are presented by the child in the session.

AJ - Deeper awareness exercise. The videos are very helpful to learning the working phase of TX. Being able to see sessions and further discuss themes and metaphors. Being aware of self as therapist. Learning to trust the process. I also appreciate the laid-back nature of the class!

Thomas C - I really appreciated being able to move around more. That style aids those learners who can't sit for extended periods of time.

Karen - The play/therapist role-playing-experiencing that again was great. Videos were

Course Comments --- 18- Hour Play Therapy Course

great. I like that Dottie makes sure people speak—looks around for people to get a chance who may not have spoken. Food/snacks/drinks great. Thank you.

Day 3

S - Obtaining the family history and the developmental history and watching the interactions among all family members really does require four sessions. Thank you for emphasizing this and providing the resources for us to become more grounded in the work we do.

AS - I found the idea of the 4 segment evaluation very useful. As therapists, we are so often pushed to start working with the child without getting to know family and child. The Developmental history tool is an excellent way to gather information relevant to child, family and the direction treatment may take. Using the tool along with the video was helpful. After 3 days of training on some of the basics of play therapy, I was better able to identify Maria's metaphors and progress.

EH - I loved getting to see the developmental history! Watching it truly showed the importance and amount of information one can gather by using this structure.

N - Very helpful. I really like the comprehensiveness of 4 segment eval. I can't imagine doing therapy w/out having the developmental info and knowing the whole family.

No name - Very useful, provides important structure to work. Allows therapist to obtain info from dynamics between parent and child and collect history, potentially pinpointing areas for work. Components appear to flow well and I am excited about going back home to apply them. The last 3 days have been sectioned off well to allow for our process of integration.

No name - It was helpful to discuss 4 segment evaluation in detail.

LT - too much to talk about- inspiring and exciting.

IV - Day 3 and supervision tomorrow are helpful since it helps you to put together the theory and practice.

N - Since I regularly do a developmental history interview for every child, the video was not presenting new information for me. However, some aspects of it are very helpful to add to the one I already use, especially in regard to family dynamic attachments.

No name - Although I have been doing evaluations for children for 6 months, this segment made me realize the importance of the developmental history and its clinical implications.

No name - The format is very practical, easy to use and not overwhelming for parents. The

developmental history provides such helpful information that may be a contribution to the presenting problems. And the handouts are great. Loved this, I am going to use this form!

N - It makes good sense to integrate developmental issues and family & child therapy.. Genograms allow us to look even beyond the immediate family and see intergenerational patterns in the family of origin that may be relevant now.

RS - very helpful to see Maria's progress over time in her journey in therapy. (We view a beginning, middle and ending session over three days and about 20 sessions)

DP - was great to see Maria become more confident and take charge in her play. It was very helpful to see her transform by seeing video of a few sessions.

TC - Having a discussion during the video prompts me to look for the metaphors .

RB – I'm not so familiar with family therapy-learning clinical skills through Play and Family therapy gives opportunity to integrate and educate the family while developing skills through play with the child.

AJ - Regrading the parent interview: It was good to hear how parents integrated their experiences and the insight each gained.

V - Good to see the balance among therapy modalities (family, play, community involvement) and to have parents and school and doctor team on board. Involving parents in their own sessions allows parents to engage in more mindful parenting as well as helping them be more skillful in parenting, while using all available resources in the community and school to help children across settings.

AS - this video of parents clarified the importance of bringing the family into treatment and helping them to become more aware of their role in maintaining and resolving child's presenting issues.

No name - It's much more complicated (F&T) than I'd realized but effects are much more profound and lasting.

NH - Couple's work is essential since many times, it is the couple who is the cause of children's issues.

CL - Perhaps the best video- the weaving of it together.

MH - It was very powerful to see how the therapy educated parents about normative issues to reduce their own anger and anxiety to cope with child's concerns. Also, valuable to provide clear directions about how parents can intervene.

Course Comments --- 18- Hour Play Therapy Course

JS: The video of the parents was useful in demonstrating importance of play and family therapy integration

H: The third video of Maria in the closure stage of play therapy was helpful in knowing what it looks like when a client is ready to end.

K: Helpful to have experienced Maria each day through various stages of play. Using same child great for continuity.

KH: Very nice--observing the metaphors was exciting.

(No name): The whole day was excellent. No complaints, no suggestions.

DH: I am pleased to have the integration and closure stages defined--I have experienced this in therapy with kids.

MH: Regarding videos -As they say, "A picture is worth a thousand words." and it was a helpful exercise to integrate theory, practice while fresh in my mind.

Formulating own synthesis excellent technique to make this 18-hour course practical--"mine"--something to continue to use.

K: Exercise writing my views was helpful in making me focus on my thinking and summarizing all the wonderful material presented over the past three days. Food and nurturing atmosphere great. Dottie mentioned pieces that were going to be part of her child development course in the fall--really interested me in taking the course--seeing a need for an in-depth understanding of child development.