

# Talk Time: Family Systems with Play Therapy

**Free Class, Live Online -- Friday, September 10 -- 9:30 to 11:30 AM, ET**

**Format: Face-to-face via Zoom. Includes handouts and power point.**

**Presenter: Dottie Higgins-Klein, LMFT, RPT-S, AAMFT Supervisor**

**No CEs – Just valuable information!**

## *Class Description*

This two-hour presentation is an introductory class that describes and demonstrates the use of having a “Talk Time” with a parent present, just before having the play therapy session with the child. Talk Time is divided into three parts and is about 15-20 minutes prior to 30-35 minutes of play therapy. Talk Time includes: A, check-in; B, discussing a challenge; and C, transition to play time. The subsequent play therapy session may be with the child and therapist, or it may be a Filial or Floortime session with the parent included – depending upon the clinical goals.

This class emphasizes the importance of working with the traumas/attachment issues and the family challenges that happen in the early years of a child’s life. The presentation demonstrates how to attend to these issues during Talk Time and includes attention to Affect Regulation. Engaging the parent in this way helps parents to stay more mindful and to be appreciative of the over-all child therapy experience. Parents learn to feel more competent at home in their parenting skills.

The class will address how a systemic awareness of Contextual Family Therapy concepts is woven into Talk Time, and how this helps nurture a deeper family healing. These CFT concepts include Acknowledgement, Multi-directed partiality, Dialogue, Parentification, Split Loyalty, and Constructive & Destructive Entitlement.

**Demo Video:** The class presentation will include a power point presentation, with handout, and the viewing of a video of a real Talk Time session with parent, child, and therapist.

The class experience will give therapists an opportunity to understand how Mindfulness-Based Play-Family Therapy includes an important parental component. We especially welcome those who are considering joining our year-long course in Play-Family Therapy, PFT 401, which runs every other Friday morning (Eastern Time) October to May. An optional 15-minute question and answer time will be held at the end for those curious about our Friday morning (ET) training. *See our website for PFT 401/402 brochure.*

## *Presenter Bio*

As Director of the Family & Play Therapy Center, Dottie Higgins-Klein, LMFT, RPT-S, AAMFT Supervisor, has been an approved provider for the APT since 1996 and has offered trainings in Play Therapy and Family Therapy and Sandtray Therapy throughout that time. In 1996, Dottie was founding co-president of PA APT and she was awarded the Professional Education and Training Award for 2016 by the APT. She is author of *Mindfulness-Based Play-Family Therapy: Theory and Practice*, Norton 2013.

Along with continuing supervision for therapists and therapy for children and families at the FPT Center, Dottie is currently engaged in providing weekly online parent support groups. For more information, go to [ahoyparents.com](http://ahoyparents.com).

### ***Recommended Reading***

Higgins-Klein, D. (2013). *Mindfulness-Based Play-Family Therapy: Theory and Practice*. (New York: Norton)

***Questions? Please contact Jerry by phone or email***

***215-844-4321, ext 2 -- [jerry@fptcenter.com](mailto:jerry@fptcenter.com)***