



# Theraplay Workshop

## 22.11.2019

**Where:** Folkhälsan Auditorium  
**From:** 9.00 to 16.00  
**Price:** Early Bird 105 € / after 20.9.2019 125 €  
(including lunch)  
**Registration open at** [www.theraplay.fi](http://www.theraplay.fi)

9.00-11.30 **Including dialogue in Theraplay: When is it actually ok to talk about stuff in Theraplay?**  
*Theraplay & DDP / Dafna Lender MSW, LCSW, Training Director and Clinical Coordinator -The Theraplay Institute, Chicago*

Theraplay is such an experiential, physiologic, relational modality that doesn't rely on words and stays in the here and now. The basic Theraplay training instructs new practitioners to at most acknowledge a feeling or a phenomenon but then find a response within the Theraplay dimensions activities to accommodate/respond to that feeling state. The goal is "I acknowledge and accept that feeling, and I want to make you feel comfortable and show you I can still stay connected to you in whatever feeling you have." But some clients need more than that. Their needs do not resent in a linear manner or present in discrete packets. For these clients, there needs to be additional elements: integrating thoughts and feelings, making sense of their narrative, helping them communicate/make meaning of their feelings, make their feelings explicit and get acknowledgement of those feelings.

11.30-12.30 *Lunch*

12.30-15.00 **Individual and Group Theraplay for children with Autism Spectrum Disorder**  
*Susan Bundy-Myrow Ph D, RPT-S, Psychologist, Private practice, Buffalo NY, USA*  
*David L. Myrow, Ph.D., RPT-S, Psychologist, Private Practice, Buffalo, NY, USA*

Children with Autism show differences in relatedness, communication and interests. How can we join these children in a genuine, interpersonal way? How can we help them experience joy in relating and learn to regulate feelings and behavior as they participates in life? Theraplay uses hands-on experiential play that invites engagement with

the therapist, with the parents, and with peers in Theraplay Groups. The sensorimotor, attachment-based play of Theraplay® provides core relationship experiences that are regulating, fun and often joyful. Drs. Bundy-Myrow and Myrow discuss Theraplay and how it is adapted to meet the specific needs of children with ASD. Video examples will show Theraplay with individuals, families, and school groups. Role-play activities will offer participants a chance to experience Individual and Group Theraplay activities designed to foster relatedness and regulation.

15.00-16.00 **Theraplay with somatically ill children and children with functional illnesses.**  
*Hanne Dahlin, clinical psychologist, Play Therapist, Theraplay Therapist, BUP Barne-og ungdomsklinikken, ST. Olavs hospital, Trondheim, Norway.*

Somatic diseases pose a developmental challenge for many children and may co-exist with socio-emotional and/or behavioral mental health problems. Regressive behaviors, anxiety, depression/sadness, conduct problems, developmental problems may be unfortunate side effects of bodily illnesses. Parents have to adjust not only to sometimes exhausting medical treatment-procedures but also dealing with their worries and anxieties related to these other developmental problems. For several years, I have worked at my clinic using Theraplay with children who have somatic illnesses and functional illnesses due to complex-trauma and severe deprivation. Bringing sensitivity, joy, possibilities of physical closeness and relaxation is sometimes difficult but always a very rewarding journey with children as well with their parents. Making a pathway and step by step making it possible for the child to accept nurture and care in safe surroundings at the childrens hospital, can have a big impact on both the child and the parent.

### Lecturers:



Dafna Lender



Hanne Dahlin



David L. Myrow



Susan Bundy-Myrow

