

Play Therapy Interventions for Attachment Difficulties

A Very Practical One Day Workshop
with Hannah Sun-Reid



This one-day workshop aims to provide practical skills for clinicians to work with children and families who experience attachment difficulties. The Play Therapy approaches are based on the foundation knowledge and understanding of attachment theory, developmental trauma, neurobiology, and play therapy, including the work of Garry Landreth, Charles Schaefer, Athena Drewes, Bruce Perry, Dan Hughes, just to name a few.

As part of the training, participants will:

1. Understand the concept of attachment security and internal working model.
2. Identify attachment patterns related to attachment difficulties and how they are displayed.
3. Learn how to use Play Therapy approaches to do intervention-oriented assessment.
4. Learn how to use Play Therapy approaches to conduct treatment interventions for children and families with attachment difficulties.

Play-based assessment and interventions will be demonstrated and practiced throughout the workshop including:

- Resources – My support team; digging for treasures.
- My feelings and me – increase understanding of emotions and how they relate to self and experiences.
- Creating safety: finding safe people and safe places.
- Using stories to integrate experiences, reflective capacity and creating new narratives.
- Teaching brain science using play activities.

Participants will leave with the confidence to immediately incorporate these techniques into their work with children, young people and/or families.

If you are new to play therapy, the learning will open your eyes to a new therapeutic approach to add to your practice. If you are an experienced play therapist, the learning will expand your toolbox.



Hannah Sun-Reid lives and works in Ontario Canada and has more than 35 years' experience working therapeutically with children and families. She is a Certified Play Therapist, Supervisor and Approved training provider with the Canadian Association for Play Therapy (CAPT). She has been teaching play therapy and mentoring play therapists in Canada and internationally for the past 20 years. Hannah is a board member and the Certification committee chair with CAPT. She is also a certified therapist, supervisor, and trainer in Theraplay and Dyadic Developmental Psychotherapy. Hannah is an author of therapeutic children's books and games.

Seminar Details:

- 📅 Monday 16th September 9:00am - 4:00pm
- 📍 Commodore Hotel, 449 Memorial Avenue, CHRISTCHURCH
- 💰 \$295 (incl. GST). Price includes lunch and tea break catering and presentation notes
- 📞 Contact the Compass Seminars team on 06 7591647 or office@compass.ac.nz

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