

## **3-day Certificate in Treating Anxiety Using Play Therapy**

**Instructor:** Irena Razanas MSW, RSW, CPT-S, RPT-S

**When:** Friday, Saturday & Sunday, November 2, 3 & 4, 2018 9:00 a.m. – 4:00 p.m.

**Location:** Novotel Toronto Centre, 45 The Esplanade, Toronto ON

**Early Bird pricing until September 30<sup>th</sup>**

**For all information click here: <https://cacpt.com/workshops/>**

### **Certificate Overview**

Stress and anxiety are normal reactions to new situations, but some people have more intense experiences of these emotions. They can last longer, be disproportionate to the circumstances and can have a significant impact on day-to-day life. Today we have more clients who present with issues related to anxiety than ever before. Do we blame family breakdown, violence in society and the media, or our fast paced, connected world? It is important for those who are involved with caring for young people to be able to recognize and make sense of their difficulties to respond in a way that is helpful.

This course is designed for helping professionals involved with children and youth. Although the focus is children, the guiding principles apply to individuals of any age. This workshop will provide participants with an overview of anxiety disorders and the role of co-morbidity as well as an understanding of children and teenagers who struggle with anxiety. Various expressive play therapy techniques will be demonstrated and practiced with participants as ways of understanding, approaching and teaching effective skills that help children and teens cope with a world that they interpret as a dangerous place.

### **The Presenter**

Irena Razanas is a Registered Social Worker and Certified Play Therapist Supervisor through the Canadian Association of Play Therapy as well as a Registered Play Therapist Supervisor through the Association of Play Therapy in the United States. She has also completed extensive training in Sandtray World Play Therapy.

For more than 10 years, Irena has been working with families at Hospice of Waterloo Region. She also maintains a private practice ([yellowdoorcounselling.com](http://yellowdoorcounselling.com)) and has developed expertise facilitating both individual and group therapy centered on a variety of social, emotional, and academic challenges including anxiety and depression especially when related to trauma and loss. Irena regularly presents entertaining and engaging experiential workshops on play therapy. She brings compassion, humor, and creativity to her work and attendees enjoy her innovative and dynamic approach.

## **Learning Outcomes/ Objectives**

After attending and participating in the program. students will be able to:

### Day 1

1. State causal factors and general sources of stress for children
2. Recognize what anxiety looks like in children 7-12 years old
3. Describe and use 3 play therapy approaches to treating anxiety in children 7-12
4. Apply fun and engaging play therapy activities to motivate children to change
5. Explain the root causes of anxiety as it relates to brain and the human alarm system
6. Apply a semi-structured child interview as a way of gathering information to develop a targeted treatment plan

### Day 2

1. State causal factors and general sources of stress for adolescents
2. Recognize the role of family, schools, media, and global events in contributing to anxiety
3. Recognize what anxiety looks like in adolescents
4. Describe and use 3 play therapy approaches to treating anxiety in teenagers
5. Know how to engage, support and identify strategies to help parents to address their children's anxiety
6. Apply fun and engaging and individual play therapy activities to motivate adolescent clients to change
7. Identify the pros and cons of prescription drugs and complementary medicine for treating anxiety

### Day 3

1. Apply an example of a group play therapy activity that focuses on reducing individual anxiety for adolescents
2. Apply an example of a group play therapy activity that focuses on reducing individual anxiety for children aged 7-12
3. Understand the role that co-morbidity plays in how children present with anxiety and what methods we use to support them
4. Apply anxiety reduction techniques such as mindfulness to themselves to be genuine role models

5. Be familiar with two mindfulness techniques that they can share with children and adolescents
6. Reflect on their own experience with the play therapy techniques and approaches discussed during the course as well as those shared by other attendees

For More Information Contact: [Elizabeth@cacpt.com](mailto:Elizabeth@cacpt.com)  
This course will be presented at a Masters Degree level

**CAPT CANCELLATION POLICY:** You may cancel without penalty if written cancellation requests are received up to and including 20 days prior to the start of the training. Due to financial obligations incurred by the CAPT, a credit less 50% of the registration fee will be issued for written requests received up to and including 15 days prior to the start of the training. No refunds or credits will be issued on cancellation requests received less than 15 days prior to the start of the training. For more information, call the CAPT office at 519 827 1506.

**Certificate of Completion:** A Foundation Training Certificate of Completion will be provided based on attendance and successful completion of a student evaluation component. The Foundation Training Certificate of Completion can be used towards CAPT purposes for Foundation Play Therapy Training for Certification as a Certified Play Therapist (CPT) or Certified Play Therapist Associate (CPT-A).



18 Contact Hours – Theory & Approaches  
CAPT Play Therapy Credits



18 Contact Hours  
APT Approved Provider 00-083