

Theraplay 2, 23-25 March 2015.

I have just completed level two of Theraplay training in Wales, UK. The cost of the three day course was funded by FPSA. I found the training excellent. It was well run by two experienced practitioners of Theraplay, one from UK and the other from the States. The training venue was beautiful and in a converted stables, providing an inspiring space for learning and thinking.

The three days were organised around themes, which worked well. Whereas level one Theraplay training had focused on the model and overall content/structure of this approach, level two took specific areas of practice to consider in much more detail. Day one was spent looking at the MIM, the Theraplay assessment procedure and how to use this as a core part of a broader assessment to set therapeutic goals. This led to day two, an in depth opportunity to think about work with parents, as a key component of the work, in terms of MIM feedback, preparation for Theraplay, and review sessions. Day three focused on working with trauma in children, adolescents (and parents).

I found the training was well balanced between discussion and practical activity, with lots of video clips of direct work across the age range. This was both from the trainers' work and other Theraplay therapists, but also from two of the trainees in the group as an opportunity for supervision and comments from the wider training group. This gave a good mix and the chance to think about both clips but also discuss current cases in detail. There was an overall positive and encouraging sense of trying this approach, how mistakes would be made when using new skills, how to manage these and the importance of working within your clinical competence.

I was impressed with the quality of the training in terms of content, delivery and the balance between individual learning/working as a group. There was support to think about how to move forward and use these skills in your clinical practice. I am keen to do this. I appreciate the funding from FPSA to undertake the three day level two training and their support for on-going supervision and development.

I will be changing jobs on 1st April to work with a 12-21 year old population of group young people with complex needs who are moving back from residential provision into therapeutic foster care placements. This is a new service, run by a national charity and pulling together education, social care and NHS staff. I will look forward to thinking about how I can use Theraplay in this context.