

CAMHS Practitioner for Looked After Children for Birmingham and Solihull Mental Health Trust

Details of training

I received funding to attend Theraplay level one and group training on 3rd – 7th November, 9am till 5pm daily, at the Summit Centre in Nottingham. I was awarded a level one certificate and a group certificate at the end of the course.

Summary of Theraplay® Level One Training

This foundational training introduced me to the principles and techniques of Theraplay®, a child and family therapy model focused on building secure attachment, self-esteem, and trust through playful, structured interactions. I learnt the core dimensions of Theraplay—Structure, Engagement, Nurture, and Challenge—and practiced implementing activities that promote emotional regulation and positive parent-child relationships. The training combined theory, demonstrations, and experiential practice to prepare me for individual Theraplay sessions.

Summary of Theraplay® Group Training

This training equipped me to deliver Theraplay-informed group interventions in my CAMHS setting. It emphasized adapting Theraplay principles for group dynamics, fostering social skills, cooperation, and emotional resilience among young people. I learnt how to design and facilitate sessions that create a safe, playful environment where young people can experience connection and joy while developing interpersonal skills.

My Experience of Theraplay® Level One and Group Training

I found the training incredibly engaging and inspiring. It gave me a deep understanding of how non-verbal interventions can strengthen connection and emotional regulation in children. I learned the significance of touch as a therapeutic tool and how to use it safely and appropriately within professional boundaries. The experiential nature of the training sparked my enthusiasm for applying these techniques in practice and reinforced my commitment to creating positive, nurturing interactions.

Since completing the course, I have been actively preparing to implement Theraplay principles in my work. This includes organising the necessary resources and materials to deliver sessions effectively. I am also enthusiastically discussing with my team the possibility of introducing group Theraplay sessions within our service, aiming to enhance social engagement and attachment-focused interventions for the young people we support.