

Thank you for your support with the following training. As you are aware I have recently completed attendance to the first stage of Play Therapy skills training with PTUK. The venue for the five three day weekend training was held at Leigh Court Bristol. A short hour and a half drive from the West Midlands. I chose to stay at a basic Days Inn Lodge which was a fifteen minute drive from the venue. After a long intensive experiential day of training, followed by group supervision the rest is well received.

The course is unique in integrating both non-directive and directive approaches to play therapy. The programme is based upon humanistic psychology of V. Axline, C. Rogers and V. Oaklander. The course was facilitated by a very experienced therapist who drew upon case work examples in order to bring the theory and practice of non directive play therapy alive.

The course is experiential and learners should be prepared to take responsibility for their own mental/emotional needs and insights. I particularly liked the application of sand tray work and the building up of techniques to use within therapeutic practice. I came away with a full tool box of therapeutic tools. Having been introduced to working non-directively with children, although the techniques may be adapted to use with all age groups. Within the course I was able to explore my own process by a process of self reflection, peer observation, and clinical supervision. The course introduced me to the application of creative visualisation, storytelling, music skills, use of puppetry, sand play skills, dance and movement analysis, clay work and other art related techniques. The course has met my overall learning objectives in developing creative therapeutic bridges within a non-directive play, also linking theory to what is experienced within the play therapy relationship. It has been a good foundation in revising assessment methods within play therapy. The course is recognised by the court system and is accredited by Canterbury Christ Church University. I would have no hesitation in recommending this course to professionals who work therapeutically with children and adolescents. Like most credible courses it requires adherence to the PTUK code of ethics and the completion of 100 hours supervised clinical work prior to the progression to the next level of training. In addition there are written assignments to complete and power point presentations to deliver. The background reading is extensive but relevant, and the tutor support excellent. I found it to be both an energising and empowering experience.

I look forward to continuing my studies with the Post Graduate level in order to apply for registration as a Play Therapist.