Directive play-based interventions from the gestalt approach - On-demand webinar via Zoom– A comprehensive outline
19 hours pre-recorded training, plus 300 slides

Time frame	Topic	Mode of teaching
120 minutes	Important developmental considerations to take into account when doing gestalt play-based interventions with children	Theoretical lecture 120 minutes (Pre-recorded)
120 minutes	A theoretical perspective of gestalt play-based interventions – explanation of all relevant theoretical concepts, such as holism, organismic self-regulation, contact-making, contact-boundary disturbances Objectives of gestalt play therapy Ethical aspects to consider when doing gestalt play-based interventions	Theoretical lecture 120 minutes (Pre-recorded)
90 minutes	Preparing for gestalt play-based interventions Setting up the playroom	Practical demonstration with videos (pre-recorded)
90 minutes	The phases of the gestalt play therapy process and aspects to take into account when building a therapeutic relationship with children	Theoretical explanation (pre-recorded)
	Practical assignment Write down 400 words about challenges and solutions when building a relationship with children according to your own experiences and the theory described	Skills training (homework assignment)
80 minutes	Assessment of the child client Gestalt assessment table Aspects to take into account when assessing children Life circumstances The child's level of emotional awareness Child's unique temperament Relevant aspects from the DSM(V)	Practical explanation with examples (pre-recorded)
90 minutes	Assessment activities in gestalt play therapy The animal card activity The family drawings The role cards assessment The rosebush fantasy The safe place and unsafe place drawings The scribble The squiggle The incomplete sentence test The social atom	Practical explanation with examples and videos – skills training (pre-recorded)

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	My life now and then Non-directive sand tray Practical assignment Draw a picture of your family when you were 6 years old Rosebush fantasy Safe place drawings My life now and then	
80 minutes	Notes on giving feedback to parents and treatment planning Orientation of the gestalt play-based process (phases) The contact-making phase – activities to use for sensory and bodily contact-making, breathing and relaxation	Theoretical lecture and practical demonstration of sensory and bodily contact-making activities that can be applied during the contact-making phase (pre-recorded)
	Body movement, clay play and journalling exercise	Homework assignment
	Experiential exercise: Pendulation with a body outline	Homework assignment
90 minutes	Theory: Strengthening the sense of self Aspects to address Activities for strengthening the sense of self Experiential exercise: Guided imagery – The bird in the cage	Theoretical lecture and practical demonstration of activities (Pre-recorded) 90 minutes (homework assignment)
285 minutes	Theory: The phase of emotional expression Activities that can be applied during the expression of build-up energy Activities for addressing emotional intelligence skills Projective activities: Drawing and painting Oaklander's steps for processing projections Sand tray work from a gestalt perspective How to handle aggression in the playroom Clay play Working with dreams Puppets, puppet-show and storytelling Journal writing, the use of stories, letter writing and using fairy tales when working with teenagers The empty chair technique	Theoretical training with extensive practical demonstration of skills and steps for all projective activities, how to process projections, sand trays, clay play, dreams. How to make use of stories, fairy tales and puppet shows (pre-recorded)
	House, tree, person drawing	Homework

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60 minutes	The self-nurturing phase	Theoretical lecture with practical demonstration through videos Pre-recorded
	Experiential exercise: The monster technique	Homework assignment
40 minutes	Skills training and the phase of termination	Pre-recorded – theoretical lecture and practical examples