



## **Play Intervention certificate programme**

The Red Shoe Play Intervention certificate programme was launched at the beginning of 2022. This practice-based programme consists of online training that stretches over 24 months and includes watching online play interventions webinars in your own time, attending online play interventions workshops (accredited for CPD), practical hours under supervision, group supervision sessions, case study discussions and a written case study presentation that need to be completed at each level. Participants will have to apply and selection will take place with reference to your current qualifications, work experience and skills in terms of connecting with children. Recognition of prior learning will be taken into account. It is highly recommended that you have completed modules at university level in terms of child development, child and adolescent psychopathology and personality theories. Applicants must have a NQF level 7 (Bachelor's degree in mental health sciences) or NQF level 8 (Honours degree in mental health sciences) to apply. Applicants need to be registered at a professional board, such as HPCSA, SACSSP, Board of Occupational Therapy, or ASCHP/Council for Counsellors (C4CSA) or need to be able to register before commencing this training. Clinical work will be included in the certification programme and participants need to adhere to an ethical code of conduct. This certificate programme serves as continuous professional development in the field of applying play interventions when counselling children. There are two intakes for 2023, namely January and July 2023.

## **COURSE CONTENTS**

The 24-month certificate programme consist of the following modules:

### **YEAR ONE – FUNDAMENTAL TRAINING IN PLAY INTERVENTIONS**

**Module 1: Introduction to play intervention with children**

**Cost: R12000-00 payable in two instalments (R6000 on 1 January 2023 and R6000 on 1 April 2023 for the January intake and R6000 on 1 July 2023 and R6000 on 1 October 2023 for the July intake.)**

**Extensive learning material, 30 hours of online training, online webinars, group supervision and individual supervision sessions are included**

1. Attending the 21-hour online training workshop: Introduction to play interventions with children

**(21 hours online training presented after hours (18h00-21h00 Monday-Friday and Saturday 8h00-16h00) Date: 16-21 January 2023 (first intake) and 3-8 July 2023 (second intake)**

The introduction to play interventions workshop is aimed at providing participants with an introduction to play interventions that can be applied during service-rendering to clients with moderate emotional problems. During the workshop the focus will be on experiential learning and course participants will get the opportunity to take part in drawings, clay play, sand play, sensory work and work with puppets. DVD clips will be shown to further illustrate certain concepts.

The following aspects will be addressed:

- Unique characteristics of the child client
- Theoretical concepts of child-centred play interventions and directive play interventions
- A multi-dimensional play interventions model for assessing children
- How to prepare for the first session
- Setting up a playroom
- Goals and administrative forms for the first parent consultation (participants will receive several handouts that can be used)
- Assessment play techniques for pre-school children with emotional problems
- Assessment play techniques for children 5 years and older
- Skills for structuring a non-directive play intervention session
- Skills for setting boundaries during play interventions
- Skills for building a relationships with children in the play room
- Understanding children's unique temperament and how to take this into account when planning a play session

- Activities and techniques for enhancing children's contact-making skills
- Activities and techniques for enhancing children's self-esteem
- Projective techniques that can be applied during play interventions. The focus will be on drawing and painting, clay play, sand tray therapy, dream work and making use of puppets and puppet theatre
- Self-nurturing work with children
- Termination

**Assessing structure, process and drawings during play interventions with children (optional one-day online training – cost R2000) This is optional to the training and not included in the module cost. The possible dates to attend can be find at [www.playtherapytraining.net](http://www.playtherapytraining.net) Training includes a 200 page manual with course notes**

**2. Play interventions webinars, including 250 pages of study material: To be watched in your own time between February and June 2023 (first intake) and between July and November 2023 (second intake). You will receive online access to these webinars after registering.**

- Important aspects to take into account when assessing children between 2-4 years
- The development of the internal mother – important aspects in the development and repair of object constancy in children
- A body-centred approach in play therapy – the what and how
- Aggressive play in play therapy – the function and necessity of aggression, aggression and connection to self and others and play materials that can facilitate healthy aggression
- Important ethical aspects to take into account when counselling children

**2. Clinical work – to be started as soon as the introduction to play interventions workshop has been attended – complete between 1 February and 30 June 2023 (first intake) and between August and November 2023 (second intake)**

Play interventions – 12 practical play intervention sessions with two children with mild to moderate emotional problems. You need to find your own organisation to conduct practical work at.

- Two group supervision sessions online
- Four online individual supervision sessions with Dr Rinda Blom

**Module 2: Interventions with parents as part of child and adolescent mental health interventions. Cost R5000-00 payable in one instalment. Payable by 31 January 2023 (first intake) and 1 August 2023 (second intake) This includes a 13-hour online workshop, as well as a file with numerous reproducible handouts for parents (topics such as ADHD, anxiety, grief, depression, behavioural problems, bullying etc) and practical guidance in the development of a parental guidance programme as part of child and adolescent mental health interventions. It also includes a free copy of Dr Rinda Blom's book: Through the eyes of a child: practical guidelines for child therapists.**

Attending 13 hours online training focusing on Interventions with parents

**13 hours two-day online training presented online from 8h00-16h30**  
**Dates: 2-3 February 2023 (first intake)**  
**10-11 August 2023 (second intake)**

This workshop is aimed at providing participants with therapeutic strategies and guidelines for parental involvement and empowerment as part of child and adolescent interventions. The following aspects will be addressed:

- How to design individual therapeutic programmes with high parental involvement
- Educating parents through information sheets (handouts that can be used during intervention with parents)
- Assisting parents to understand children's behaviour and have realistic expectations
- Identifying parent's struggles
  - unfulfilled dependency needs
  - a longed to be parented by the child
  - longing to be loved, lack of ability to mentalise
  - need for nurturing
  - marital discord and triangles
  - flight from stress
  - feelings of incompetence
  - self-hate/child hate
  - punishing rather than prohibiting
  - bonding failure
  - disturbed identity formation
  - cognitive immaturity
- Teaching parents how to take care of themselves in difficult situations or with children with special needs

- Empowering parents to be confident and caring and being able to put children's needs first
- Teaching parents fun and relationship building activities with children of different ages
- Dealing with parents with special challenges:
  - Dependent parents
  - Aggressive parents
  - Uncooperative parents
  - Parents who are never satisfied
  - Parents with mental health problems
  - Parents of children with chronic illness

Parents under constant stress

**Clinical work – to be started as soon as the online workshop has been completed. Between February and June 2023 (first intake) and between August and November 2023 (second intake)**

The development of a parenting treatment and support programme with reference to two children that is assisted during counselling. This must include 8 sessions with parents implementing the treatment plan

- Four group supervision sessions

**Module 3: Advanced play interventions workshop – play interventions with traumatised children and children with attachment problems**

**Cost: R12 000-00 payable in two instalments (R6000 on 1 July 2023 and R6000 on 1 October 2023 for first intake) (R6000 on 1 January 2024 and R6000 on 1 April 2024 for second intake) This includes extensive study material, online workshop, online webinars, individual and group supervision**

Attending the 21-hour online training workshop: Play interventions with traumatised children and children with attachment trauma – advanced level, including 120 page study manual.

**(21 hours online training – after hours- 18h00-21h00 on Monday – Friday and 8h00-16h00 on Saturday**

**Dates: 31 July – 5 August 2023 (1st intake) and 8-13 January 2024 (second intake)**

The advanced play interventions workshop (play interventions with traumatised children and children with attachment problems) is aimed at providing participants with an advanced level of knowledge and skills to integrate different play intervention activities and techniques with specific child client populations with more serious emotional problems/trauma. The following aspects will be addressed:

- Effect of trauma on children
- Symptoms in traumatized children (bereavement, divorce, abuse, neglect, accidents, chronic illness)
- Post-traumatic stress disorder in children
- The psycho-physiology of trauma (effects on the brain stem, limbic system and neocortex)
- Difference between grief and trauma and how to explain this to parents
- Assessment of traumatised children – a multi-dimensional model and specific assessment techniques
- Therapeutic treatment of traumatized children
- Characteristics of post traumatic play in children (how to distinguish between dynamic and stagnant play during play interventions)
- How and when to intervene in repetitive post-traumatic play
- Play intervention techniques for assessing and treating traumatized children (non-directive play therapy and directive play interventions)
- Steps for trauma-focused play in children

- Dealing with resistance, transference and counter-transference in play
- Four assessment techniques for assessing families (through drawings, sand play and puppet shows)
- Attachment problems and treating these children
- Play techniques for assessment of parent/child interaction and attachment (how to determine which aspects need to be addressed during developing re-parenting programmes)
- Play techniques for treating attachment disorders in children (how to implement re-parenting strategies, focusing on challenge, nurture, structure and engagement)
- Parent/child relationship therapy – improving parent/child attachment through play interventions

**Play interventions webinars: including 300 pages of study material: To be watched in your own time between July and November 2023 (first intake) and between January and June 2024 (second intake). You will receive online access to these webinars after registering**

- Assessment of ego-strength in posttraumatic play
- Strategies for handling repetitive posttraumatic play during play therapy
- The trauma play scale as assessment guide during children's posttraumatic play in play therapy
- The child and adolescent stress profile – how to apply it as aid in treatment planning during intervention with traumatised children
- The principles of gentling as a guide to treat PTSD in abused children
- Lapses in attunement during parent/child relationship therapy – the therapist's dilemma to keep the parent's and child's perspective in consideration

**3. Clinical work to be started as soon as the advanced play interventions workshop has been attended – complete between 1 August and 30 November 2023 (first intake) and between February and June 2024 (second intake)**

**Play interventions – 12 practical play intervention sessions with two traumatised children**

- Two group supervision sessions online
- Four online individual supervision sessions by Dr Rinda Blom

## YEAR TWO – APPLIED TRAINING IN PLAY INTERVENTIONS

**Module 4: Sand tray and applied sand tray interventions. Cost R12000 payable in two instalments. (R6000-00 by 1 January 2024 and R6000-00 by 1 April 2024 first intake) (R6000-00 by 1 July 2025 and R6000-00 by 1 September 2025 – second intake). This include a 15 hour online training workshop in sand tray and applied sand tray therapy, a course manual of 200 pages, as well as 6 online webinars to watch in your own time, individual supervision and group supervision**

Attending 15 hours online training – after hours – Monday-Friday 18h00-21h00

**15 hours online training presented after hours on a Monday-Friday from 18h00-21h00**

**Dates: 28 January - 2 February 2024 (first intake) and 22-26 July 2024 (second intake)**

This workshop focuses on expanding your professional knowledge and skills of sand tray interventions, as well as applied sand tray interventions. An extensive and integrated workshop in the field of sand tray interventions and applying these skills with children and families during counselling. The following aspects will be covered:

- The structure of the psyche (the unconscious, the conscious, the ego, the persona, the shadow) according to the structure developed by Carl Jung
- Examples of how these aspects of the psyche manifest in the sand
- Waking up to the unconscious through sand play
- Symbolism in sand play
- Significance of the first sand tray
- Assessment according to the first tray
- A framework for assessment of themes of wounding and themes of transformation in the sand tray
- Guidelines for understanding children's sand trays
- How to determine a persona tray
- The difference between a wounded tray and a individuation tray
- Child development and stages in sand tray interventions – understand during which age wounding took place, as well as what is needed in terms of healing
- How self-healing takes place through the sand tray process
- Archetypes in the sand – miniatures, meanings and how it manifest
- Sand tray interventions for bereaved families
- Applying sand tray interventions with families where there is a scapegoated child
- Individuation sand trays (where family members are enmeshed/ in a symbiotic relationship)
- Communication sand trays for families



- Amplification in sand work
- Trauma trays
- Individuation trays for adolescents
- Resolving power struggles through sand tray work
- Personal sand trays for the therapist (dealing with transference and countertransference issues through sand work)
- Communication trays (when to use it, what it is, how to conduct it)
- Sand tray to redesign a client's life situation
- Sand tray techniques for ego-strengthening and skills building
- Sand trays to negotiate opposites

**Play interventions webinars, including 300 pages of course notes. Watch in your own time from February to June 2024 (first intake) and July – November 2024 (second intake)**

- Play therapy case discussion: sand tray work with a child on the autism spectrum
- Connecting with the self-healing archetype as turning point in sand tray therapy with children
- Children's dreams and important aspects about these dreams to take into account during therapy
- Journal writing and imagery as therapeutic method with adolescents and pre-adolescents
- The structure of the complex and the identification of positive and negative parental complexes in the child's psyche
- The meaning, use and importance of fairy tales in child psychotherapy

**Clinical work – to be started as soon as sand interventions workshop has been attended**

**Sand tray interventions – 12 practical sand intervention sessions with two children/adolescents**

- Four group supervision sessions online
- Four online individual supervision sessions

**Module 5: Creative interventions with traumatised primary school children and adolescents. Cost R8000.00. Payable in two instalments (R4000-00 by 1 August 2024 and R4000-00 payable by 1 October 2024 – first intake) R4000-00 payable by 1 February 2025 and R4000-00 payable by 1 April 2025 second intake) This include two two-days online training workshops (creative interventions with traumatised primary school children and creative interventions with traumatised teenagers, as well as the complete programmes that can be applied with children and adolescents**

Attending 24 hours of online training – presented on two Thursdays and two Fridays 8h00-16h00 – taking part in experiential creative interventions included in the programmes

**24-hours online training presented on two Thursdays and two Fridays from 8h00-16h30**

**Dates: 11-12 July, 18-19 July 2024 (first intake)**

**13-14 February, 20-21 February 2025 (second intake)**

These workshops are aimed at providing participants with an wealth of creative techniques, as well as a four step therapeutic process that can be applied during creative interventions with traumatised primary school children and adolescents. The following aspects will be addressed:

- Four step therapeutic process to be applied during creative interventions with traumatised primary school children/adolescents
- Step 1: Understanding the traumatised child/adolescent's world (assessment tools and questionnaires)
- Step 2: Building ego-strength and coping skills through creative activities (activities for setting boundaries, understanding safety and tricky trauma behaviour – learning self-acceptance and self-love)
- Step 3: Processing the trauma through expressive creative interventions (telling the story through creative activities)
- Step 4: Repair, reframe and moving from victim to thriver (creative interventions for creating a life beyond the trauma)

**Clinical work – to be started as soon as both workshops has been attended**

Creative interventions - 12-sessions with one adolescent and one primary school child each

- Two group supervision sessions online
- Two online individual supervision sessions

**The complete programme will provide you with the opportunity the complete hours of individual play intervention sessions with children and/or adolescents and parents. You will be responsible to identify your own child and adolescent clients for clinical work. You will also receive a total of 24 hours of individual/group supervision. A letter confirming your enrolment in the certificate programme will be provided, as well as all other forms that need to be completed before starting with clinical work**

## **FREQUENTLY ASKED QUESTIONS**

### **WHO IS RESPONSIBLE FOR THE TRAINING**

Dr Rinda Blom has 30 years of play therapy experience with children, has completed a PhD in play therapy, as well as a wealth of international training in play therapy. She wrote the Handbook of Gestalt Play Therapy, which was endorsed by Dr Violet Oaklander in the USA – (founder of Gestalt Play Therapy). This book is translated in Hebrew and Korean. She has also lectured a master’s degree in play therapy for many years. Dr Blom has trained numerous professionals over 23 years in applying play interventions during counselling children. As she is maintaining a private practice, she has a wealth of experience in therapeutic work with children in a play room. Dr Blom has published several international articles and was chosen in 2021 to represent South-Africa with a uniquely developed play interventions activity during an online playborhood presentation, attended by thousands of therapists around the globe.

### **Does this training provide certification as “registered play therapist”?**

No, this training does not provide certification as play therapist. The term “registered play therapist” is a trademark of the Association for Play Therapy in the United States of America and can only be acquired when attending their training and adhering to this association’s rules for clinical work etc. However, numerous professionals that have attended training presented by Dr Rinda Blom, director of Red Shoe Training over the past 25 years, are assisting wounded children in South-Africa and other countries around the globe therapeutically. The Red Shoe Play Intervention certificate training provide a well-grounded theoretical base, followed by integrated practical examples, clinical experience and supervision by Dr Blom. Some attendees refer to themselves as play couches, play counsellors, play practitioners or as a e.g. social worker making use of play interventions during counselling.

### **What does this training provide?**

The different CPD accredited training workshops are developed as continuous professional development workshops in the area of child counselling and play interventions when counselling children. It offers a wealth of different counselling activities that can be applied through play interventions, when you do counselling with

children. It will also enhance your knowledge and skills in terms of child development, child and adolescent psychopathology and specialised play interventions, such as sand tray work and creative activities that can be applied during counselling children. Your practical skills in terms of applying this knowledge in practice will be developed through practical work under supervision.

### **Will I be able to register at the BHF and receive a practice number after this training?**

Play intervention training/workshops in South-Africa would not provide you with the option to register at the BHF in South-Africa, in order to receive a practice number for claims at the medical aid, as play interventions is a mode of intervention and not legalised as a separate profession in South-Africa.

### **What can I do after completing the 24-month Red Shoe Play Interventions Certificate programme**

You will receive a certificate stating your level of knowledge in terms of the modules that you have completed and play intervention skills in terms of the practical work you have completed. This can be used as part of your CV to apply for a counselling position at e.g. school and also to work in your own practice as a counsellor applying play interventions skills when working with children and adolescents. You will have specialised knowledge and skills in applying play interventions during therapeutic work with children, as well as to assist parents as part of the treatment programme. You will have knowledge about the ethical limits of your training and when to refer children to other professionals. These skills can be maintained and enhanced by attending further Red Shoe CPD accredited play intervention focus group discussions presented online.

### **What is the difference between a certificate programme and licensure?**

A certificate programme grants you with a certificate as a credential that you have earned (e.g. in the use of play interventions with children) to show that you have specific knowledge and skills. Certification are normally offered by a company that specializes in a specific field. Licensure is the granting of a license to practice a profession, such as psychologist, social worker or occupational therapist

### **How do I register for this training?**

Only a limited amount of people can be admitted per intake. Please request the application form via email at [rindablom@gmail.com](mailto:rindablom@gmail.com) - you can also download the application form directly from the website at [www.playtherapytraining.net](http://www.playtherapytraining.net)

Closing date for admissions for the first intake is 10 January 2022 and the second intake 31 May 2022

**CONTACT DETAILS**

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