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## **“Feeding the Second Chicken”- Using Play Therapy to Heal Anxiety in Family Systems**

A workshop for mental health therapists treating anxiety in both children and caregivers

Objectives: 1) Participants be able to define Lawrence Cohen’s concept of the “second chicken” as a metaphor for the way humans instinctively manage anxiety. 2) Participants will discuss anxiety dynamics within the parent-child relationship and family system. 3) Participants will learn specific family play therapy strategies to promote co-regulation and decrease anxiety. 4) Participants will learn at least three play therapy strategies to address soothing anxiety in the body. 5) Participants will learn at least three Theraplay® activities to address regulating anxiety. 6) Participants will learn at least two CBT play therapy techniques to address anxious thoughts

WHAT: 6-hour workshop for mental health clinicians or students in Masters level mental health programs.

WHEN: October 27, 2018; 9am - 4pm.

WHERE: 2489 Rice St., Roseville, MN 55113; CONFERENCE ROOM (bottom of stairs to your left)

COST: \$150 for Full Day

CEUs: This workshop is approved 6 CEUS by the Association for Play Therapy. APT Approved Provider 07-204

## REGISTRATION FORM

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

Address: \_\_\_\_\_

Current place of employment: \_\_\_\_\_

Job Title: \_\_\_\_\_

Are you an RPT or an RPT-S? \_\_\_\_\_

Would you like more information on how to become a Registered Play Therapist? \_\_\_\_\_

I would like to attend

- "Feeding the Second Chicken" - Using Play Therapy to Heal Anxiety in Family Systems (\$150)

You can pay in cash or check. No credit cards will be accepted. Please make checks payable to:

*Hope and Healing Family Counseling*. Registrations at the door will be subject to availability. Your spot will not be guaranteed until the registration fee has been paid.

Please mail registration to:

Alexis Greeves, Hope and Healing Family Counseling 2499 Rice Street Ste 70 Roseville, MN 55113

Lunch will be on your own. You can bring your lunch (no refrigerator but microwave is available for use). Jimmy Johns and a Taste of Scandinavia are both a short drive away.