

Play Therapy at The Beach

Treating Developmental Trauma and Affect Dysregulation

PRESENTED BY

Heloisa Portela, Ph.D., LPCS, NCC, ACS, RPT-S
&
Karen Wheeler, LCSW, RPT-S, CST-T

Co-sponsored by The Bair Foundation

Saturday, August 01, 2015 - 9AM - 5PM



SATURDAY, AUGUST 1st - 6 CEUS
**Treating Developmental Trauma and Affect
Dysregulation**

This workshop will use videos and experiential activities to demonstrate methods of treating dysregulated and traumatized children. A model

for structuring the play therapy sessions will be presented.

Participants will learn a specific method for operationalizing the research of Bruce Perry and Richard Gaskill to stimulate the child's brain to heal and develop new neural networks.

As suggested by Perry and Gaskill (2014), traditional psychodynamic or cognitive-behavioral play therapies are largely ineffective with this population until the lower regions of the brain have been re-patterned through somatosensory play activities, which tend to decrease affect dysregulation.

Play activities that are designed to stimulate the lower regions of the brain, which control affect regulation, emotional response, and social cueing will be practiced. These activities include somatosensory play, water/mud trays, EMDR, feeding and emotional attunement.

Learning Objectives:

1. Learn a theoretical developmental model for treating early childhood trauma based on current brain development research
2. Learn multiple practical tactile sensory activities available to every play therapist
3. Learn to assess child readiness for directive and non-directive methods of play therapy based on emotional development

ABOUT THE PRESENTERS:

Heloisa Portela, Ph.D., LPCS, NCC, ACS, RPT-S

Heloisa Portela started as a Clinical Psychologist in Brazil and became an LPCS in NC, where she is a private practitioner and professor. She is the past-president for the Association for Play Therapy branch in North Carolina, APT Conference Program Committee member, Leadership Academy graduate, International Journal of Play Therapy and Play Therapy Magazine reviewer. Working with attachment disordered children and their families is one of her specialties. She also teaches graduate play therapy classes at NCCU.

Karen Wheeler, LCSW, RPT-S, CST-T

Karen Wheeler specializes in working with attachment disordered children and their families. She has presented at national and state conferences and developed the use of water and mud trays as a developmental play/sand process. She was NCAPT president, APT committee member and Leadership Academy graduate. She has trained at the Theraplay Institute in Chicago and with Dr. Viola Brody, author of "The Dialogue of Touch". She uses EMDR with play therapy to re-pattern trauma responses and open attachment pathways. She is in private practice in Wilmington, NC and adjunct therapist with The Bair Foundation.

FEES & REGISTRATION

Before July 1: \$125

After July 1: \$138

A \$25 administrative fee will be charged for cancelled registrations. No refunds after July 15th.

REGISTER EARLY. LIMITED TO 30 PARTICIPANTS!

Conference Registration

ONLINE REGISTRATION ONLY.

Go to: www.drportela.com
(workshop registration)

CONTINUING EDUCATION CERTIFICATE

Continuing education certificates are available via the Institute for Continuing Education for a \$25 fee. CEU fee can be paid by check at the conference or online for a fee. The program offers 6.00 contact hours. Application forms will be available on site.

Continuing education credit is offered for: Psychology (APA); Social Work (ASWB); Counseling/MFT (NBCC); Drug-alcohol (NAADAC), and Association for Play Therapy (APT). If you have questions regarding continuing education, please contact The Institute of Continuing Education directly at: 1-800-557-1950; e-mail: instconted@aol.com

Conference will be held at:

The Bair Foundation
3133 Wrightsville Ave
Wilmington NC 28403
For Information, call: 910-232-5615.