

Agenda for Treating Trauma: Integrating Theraplay and Brainspotting for trauma and play therapists

Day 1

- 9:00-10:30 The similarities (theories and methods) between Brainspotting and Theraplay. The differences (theories and methods) between Brainspotting and Theraplay. How Theraplay and Brainspotting complement each other.
- 10:30-10:45 Break
- 10:45-12:30 Benefits of combining Brainspotting and Theraplay in treatment. Co-regulation, attunement and intersubjectivity in Brainspotting and Theraplay. The four dimensions of Theraplay when working with Brainspotting
- 12:30-1:15 Different Brainspotting setups when working with Theraplay and developing two strategies for working with preverbal trauma

Day 2

- 9:00-10:30 Different Brainspotting setups when working with caregivers: mentalizing, attunement, transgenerational trauma when integrating Brainspotting and Theraplay
- 10:30-10:45 Break
- 10:45-12:15 How families can reconnect and reunite with Theraplay after trauma work. Considerations for how to sequence the integration of Brainspotting and Theraplay.
- 12:15-1:15 When and how to integrate Brainspotting with Theraplay. Q&A