

## **Module 1 Learning Objectives:**

1. Differentiate three play, attachment-based theories and how they support the work of Theraplay
2. Distinguish how children with various attachment styles present in play therapy sessions
3. Name the three characteristics of healthy attachment
4. Identify the four dimensions of Theraplay, a modality of play therapy
5. Describe how healthy attachment influences self-regulation
6. Demonstrate one play-based activity from each dimension: Structure, Engagement, Nurture and Challenge