

Two Day Group Theraplay Training Agenda

Day 1					
Start Time	Duration	General Topic	Content	Activity	End Time
8:30 a.m.	50 min	Welcome	<ul style="list-style-type: none"> • Training Objectives • Individual Introductions • Announcements • Brief history of TP 	<ul style="list-style-type: none"> • Group Theraplay Games • Debrief play experience 	9:20
9:20	30 min	Introduction	<ul style="list-style-type: none"> • What are Theraplay groups? • Tiered model • How does Theraplay work 	<ul style="list-style-type: none"> • Video: Sunshine Circles dvd • Discussion 	9:50
9:50	35min	Role Play		<ul style="list-style-type: none"> • Group Theraplay Experience • Reflect on Experience 	10:25
10:25	15 min	Break			10:40
10:40	5 min	Role Play		Group Theraplay Activity	10:45
10:45	75 min	Theoretical Foundations	<ul style="list-style-type: none"> • Healthy attachment • Inner working model • Attachment styles • Adult attachment • Attunement • Co-Regulation • Neuroception of Safety 	<ul style="list-style-type: none"> • Still Face video • Still Face activity with debrief 	12:00
12:00 p.m.	60min	Lunch		Lunch	1:00
1:00	10 min	Role Play		Group Theraplay Activity	1:10
1:10 pm	50 min	Dimensions	Theraplay Dimensions <ul style="list-style-type: none"> • Structure • Engagement • Nurture • Challenge • The importance of play 	<ul style="list-style-type: none"> • Partner practice of an activity from each dimension after the discussion of the dimension 	2:00
2:00	30min	Touch	Importance of Nurturing Touch	TCU Touch Video Discussion of healthy touch policy	2:30
2:30	15 min	Break			2:45
2:45	5 min	Role Play		Group Theraplay Activity	2:50
2:50	90 min	Leading Theraplay Groups	Overview & creating the Theraplay Atmosphere	<ul style="list-style-type: none"> • Group Video • Role play group: Use the group plan from the morning practice and give everyone a change to lead an activity 	4:30 p.m.

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Day 2					
Start Time	Duration	Unit	Content	Activity	End Time
8:30 a.m.	10 min	Welcome	<ul style="list-style-type: none"> Review Day 2 agenda 	Group Theraplay Activity	8:40
8:40	55 min	Trauma	<ul style="list-style-type: none"> Trauma definition ACES Relational Trauma Shame vs. guilt How Theraplay helps 	Science of neglect video	9:35
9:35	45 min	Responding to Resistance	<ul style="list-style-type: none"> Review group rules Leader skills Managing resistance Anticipating issues 	<ul style="list-style-type: none"> Review Resistance hand out and response strategies Video: watch and discuss resistance videos 	10:20
10:20	15 min	Break			10:35
10:35	30 min			Watch Group Theraplay videos, trainer's choice	11:05
11:05	30 min	Planning and Practicing SC Groups	<ul style="list-style-type: none"> Starting your group Decisions Child Progress 	Review of relevant ppt and handout material	11:35
11:35	25 min		<ul style="list-style-type: none"> Return to slides 149-151 plan and practice 	<ul style="list-style-type: none"> Organize groups Explain expectations for activity Review index of games in the manual Participants begin planning their groups 	12:00
12:00 p.m.	60 min	Lunch			1:00
1:00	20 min	Role Play		Participants plan their groups	1:20
1:20	60-85 min	Role Play		Practice groups	2:45
2:45	15 min	Break			3:00
3:00	30 min	Planning for Successful Implementation	<ul style="list-style-type: none"> Issues of implementation Sustaining implementation Phases of acceptance 	Discussion and action planning	3:30
3:30	30 min	Specific Populations	<ul style="list-style-type: none"> BRIEFLY discuss issues for special populations: Autism, Trauma and adolescents (slides 160-166) 	Discussion Can show video of some if time permits	4:00
4:00	20 min	Closing	<ul style="list-style-type: none"> Helpful hints Resources Embedding activities into daily routines Certification information 	Complete evaluations	4:20
4:15	10 min	Role Play		Closing Activity	4:30