Revised **FOUNDATIONAL SELF-DESCRIPTION BY DIMENSION**

736 N. Western Ave, #142, Lake Forest, IL 60045 * 847-256-7334
info@theraplay.org www.theraplay.org

Name_____Date_____

Supervisor_____

In each section following, the primary behavior/skill being evaluated is listed and will require a rating of 1-5 (see rating scale below). In addition, a brief description is listed under each primary skill providing details for consideration as you rate the supervisee in each area. Supervisees should complete this form by indicating their self-rating and supporting comments for their rating. Supervisors should do the same**, adding recommendations for increased competence when appropriate. Please review comments and recommendations for continued training with supervisees.

These ratings are to reflect the student's total body of work.
An average score of 3.0 is required to achieve Foundational Theraplay Practitioner.*

Please note that the TTI rating is only required should the supervisee be referred for additional supervision by their supervisor.

THE RATING SCALE:

5: Exceptional
- Demonstrates ability to implement aspects of treatment effectively (90-100%) with limited to no guidance required. Integrates feedback from supervisor into practice all of the time.

4: Good skills
- Demonstrates ability to implement aspect of treatment effectively (70-90% of the time) with some support from supervisor needed at times. Integrates feedback from supervisor into practice most of the time.

3: Average
- Demonstrates ability to implement aspect of treatment 50-70% of the time. Integrates feedback from supervisor into practice some of the time.

2: Needs improvement and additional supervisory support
- Demonstrates ability to implement aspect of treatment 30-50% of the time. Integrates feedback from supervisor into practice minimally.

1: Significant deficit area—requires supervision beyond the standard practicum ● Practice not in line with Theraplay practice and supervisee has not demonstrated efforts to integrate recommendations of supervisor.

NOTE: The term "caregiver" will refer to anyone in a parenting role with the child, including biological /adoptive/ foster parent, step-parent, grandparent , guardian, etc.

MIM ASSESSMENT	Self-Rating	Supervisor Rating

Description:

Administer MIM appropriately: Advises on appropriate space; Provides clear instruction to family, selecting appropriate activities; Ensures the family has all the appropriate materials; Chooses and asks helpful follow up questions of the family regarding their experience with the MIM.

MIM Analysis: Observations support conclusions and plans; Treatment Plans correspond to MIM Analysis that includes specific goals for treatment within appropriate dimensions; Session Plans reflect understanding of identified goals and are guided by the treatment plan; Demonstrates an understanding of who and what needs to change and is able to guide this process through session planning.

MIM feedback appropriate and sensitive: Is able to highlight family's/dyad's strengths and illustrate them through video clips; Is able to identify areas of concern and empathically explore with caregivers during feedback sessions; Is able to articulate in a positive way (to supervisor and to caregivers) when online Theraplay is contraindicated.

Supporting Comments:

Recommendations for increasing competence:

STRUCTURE	Self-Rating	Supervisor Rating

Description: Able to advise and define space and positioning for maximum comfort and support for child and caregiver**;** Activity choices appropriate for age/gender/developmental level**;** Able to plan social skill/'stepping stone' goals for session**;** Leads adult to interact with child through a variety of organized, co-regulating**,** interactive playful sequences (e.g., moving together with rhythm & synchrony, turn-taking, serve-and-return mutuality)**;** Helps caregiver maintain structure**;** Plans options for distractions; Maintains interactions with caregiver as enticement for reluctant child; Maintains a structuring prosodic verbal connection.
Supporting Comments:
Recommendations for increasing competence:

ENGAGEMENT	**Self-Rating**	**Supervisor Rating**

Description: Demonstrates warm expressive face and voice; Demonstrates creativity in capturing caregiver's and child's attention at beginning of online session; Displays well-modulated animation**;** Draw child's **[adult's]** attention to adult's **[child's]** face/body and facial expressions/gestures; Shares and increases positive affect through the interaction; Models and guides caregiver into "serve and return" communication with child; Develops a repertoire of play interactions.
Supporting Comments:

Recommendations for increasing competence:

NURTURE	**Self-Rating**	**Supervisor Rating**

Description: Plans play activities that include tangential 'nurture'/touch moments; Guides caregiver to notice & acknowledge hurts**/**distresses during session & take care of them; Mode and intensity of nurture is tailored to the specific needs of the child **and** the capacities of the caregiver; Works with caregiver separately to expand understanding and skills for giving nurture**.**
Supporting Comments:

Recommendations for increasing competence:

CHALLENGE	**Self-Rating**	**Supervisor Rating**

Description: Coaches caregiver to acknowledge child's efforts and to help child to experience success; Works with caregiver to help child develop ability to transition between activities; Coaches caregiver to help child develop tolerance [acceptance] of new activities**;** Assists caregiver and child to develop ability to prolong interaction.

Supporting Comments:
Recommendations for increasing competence:

WORKING WITH PARENTS/CAREGIVERS	**Self-Rating**	**Supervisor Rating**

Description: Able to understand caregiver's specific concerns for child's response to caregiver leading play activities; Able to set mutually helpful guidelines with caregiver re: space, seating, materials, dealing with interruptions/distractions, mutual signals for any safety concerns; Demonstrates and practices with caregiver(s) sufficiently for them to understand and feel comfortable before beginning work with child**;** Demonstrates the ability to be attuned to the caregiver's need in a Theraplay session at a beginning level.

Information Gathering: Understands what information is needed regarding caregiver's history; Able to adequately form alliance with caregiver(s) in order to establish collaboration.

Interpreting: Explains **clearly**/**concretely** to caregivers the critical aspects of Theraplay sessions & Theraplay principals; Explains to them how each activity can be helpful for the child**; [***Demonstrates willingness to explain the reasons underneath the activities to the caregivers in a supportive manner.***];** Debriefs regularly with caregiver(s) after session (especially in telehealth) to support caregiver, child, relational positives of the session and to note any caregiver concern from the session.

Guiding in session: Able to provide structure for caregiver to successfully participate in activities with their child with regulated transitions; Able to redirect caregiver as needed to maintain positive interactions with the dyad; Able to maintain a reassuring connection with attuned, prosodic verbalization**.**

Assigning homework: Provides appropriate assignments to caregiver to incorporate into daily/weekly routines with child; Follows up with caregiver re: assignments. Able to help caregivers understand the value of consistency of interaction between sessions

Dealing with resistance: Is developing ability to recognize and manage countertransference at a basic level; Able to provide support and empathy to caregiver when resistance is present; Maintains the safety of the child and the caregiver in the presence of resistance. Does repair so that the child still feels in favor. Debriefs with caregiver to repair and coach**.**

Generalizing: Assists caregivers to take Theraplay skills outside of the session; Demonstrates willingness to explain the reasons underneath the activities to the caregivers in a supportive manner; Follows the protocol of having consistent contact with the caregiver as necessary and applicable.

Appropriate modifications for trauma history: Understands how the effect of the child's and/or adult's trauma is related to making appropriate accommodations; Understands the effect of the child's trauma on the caregiver; Understands the effect of the caregiver's history of trauma on their ability to parent effectively.

Supporting Comments:

Recommendations for increasing competence:

SELF-REFLECTION	**Self-Rating**	**Supervisor Rating**

Description: **Sessions demonstrate practitioner's ability to integrate assessment analysis**: Session plans are related to assessment and identified treatment goals; Progression of sessions reflect progress toward goal achievement

Seeks and utilizes supervision effectively and appropriately: Is eager to learn; Completes required forms and makes specific references to events as they occurred in session; Open to suggestions/ recommendations of supervisor; Demonstrates an ability to reflect on strengths and challenges within a session and learn from them.

Demonstrates growth across sessions: Is able to apply self -reflections to subsequent sessions; Integrates feedback of supervisor in subsequent sessions and as relevant to other families; Makes specific references on the session supervision form pertaining to events that happened in their session.

Supporting Comments:

Recommendations for increasing competence:

OVERALL	Self-Rating	Supervisor Rating

Description: Demonstrates understanding of attachment and regulatory theory that underlies Theraplay treatment; Demonstrates understanding child's underlying physiologic or psychological motives rather than surface behaviors.

Research: Up to date on relevant research in developmental sciences and Theraplay applications; Seeks information related to increasing their understanding of current brain, trauma and attachment research to support their work/practice.

Observes contraindications as appropriate: Demonstrates flexibility in approach to activities in response to sensory issues, trauma, and resistance. Is developing ability to offer suggestions to caregivers regarding helpful resources for increasing the adult's understanding of the child's issues.

Supporting Comments:

Recommendations for increasing competence:

ADDITIONAL COMMENTS:

☐ **This application has been reviewed and approved for Foundational Theraplay Practitioner. Please forward the appropriate certificate.**

☐ **This application has been reviewed. At this time, it is recommended that applicant seek additional support and supervision.**

X _____

Certified Theraplay Supervisor