



Child Centred Australia

Child Centred Play Therapy Training Program

2024-2025 Perth and Melbourne

Child Centred Australia offers high quality, comprehensive and face-to-face training in Child Centred Play Therapy in Australia. *Child Centred Australia* invites you to join in this community of professionals to learn, practice and become a play therapist trained to be effective in helping children and caregivers through Child Centred Play Therapy.

Child Centred Australia (CCA) has a team of passionate, respected, and highly experienced professionals committed to ensuring the excellence of this program:

Melanie Jansen – Director of CCA, Registered Psychologist, Play Therapist and Supervisor.

William Nordling, Ph. D – International Guest Presenter for CCA, Clinical Psychologist, Professor, Play Therapy Trainer and Supervisor, and co-author of award-winning book *Child Centered Play Therapy*.

Naomi Button – Guest Presenter for CCA, Clinical and Accredited Mental Health Social Worker, Trainer, Registered Play Therapist and Supervisor.

What is Child Centred Play Therapy?

Child Centred Play Therapy (CCPT) is a specific type of play therapy, born of Carl Rogers' humanistic person-centred therapy, and Virginia Axline's application of these principles to children in play therapy. There is a strong evidence base for CCPT as an effective and appropriate intervention for children in relation to a wide variety of presentations including trauma and attachment difficulties, autism spectrum disorder, anxiety disorders and behavioural challenges. CCPT is a non-directive way of working with children, whereby the child leads the way in a specifically set up playroom. The therapist focusses on the whole child (as opposed to the child's problems) and develops a relationship with the child based on genuine acceptance, safety, and a deep respect for the child's innate ability to work through their difficulties, heal, and grow if given the opportunity to do so.



Training Overview

Child Centred Australia's training program offers two systematic levels of training:

- *Foundations in Child Centred Play Therapy*
- *Advanced Clinical Training in Child Centred Play Therapy*

The total 150 hours of training for all 4 workshops, attending both in person (100 hours) and via distance education (50 hours), is designed to allow participants quality and in-depth training to fully comprehend and gain competency in the scope and skills of Child Centred Play Therapy.

The first level, *Foundations in Child Centred Play Therapy*, comprises of 75 hours of comprehensive training delivered in two face-to-face 4-day workshops, and is inclusive of 25 hours distance education. Upon completion of workshops 1 and 2, participants will be required to complete and document 6 hours of supervision with an approved supervisor in relation to Child Centred Play Therapy in their clinical practice (with a minimum of 6 hours client sessions), in order to meet the requirements of certification for *Foundations in Child Centred Play Therapy*.

The second level, *Advanced Clinical Training in Child Centred Play Therapy*, comprises of another 75 hours of comprehensive training delivered in two face-to-face 4-day workshops, and is inclusive of 25 hours distance education. Participants will be required to complete and document 3 hours of supervision with an approved supervisor in relation to Child Centred Play Therapy in their clinical practice (with a minimum 6 hours client sessions), in order to meet the requirements of certification for *Advanced Clinical Training in Child Centred Play Therapy*.

Eligibility for Professional Recognition

Upon completion of *Foundations in Child Centred Play Therapy*, participants will have completed 75 hours of play therapy training. Participants will have sufficient skills to work with children in Child Centred Play Therapy under supervision, and to work towards gaining certification with 6 hours of clinical supervision and a minimum of 6 hours of CCPT client sessions.

Upon completion of *Advanced Clinical Training in Child Centred Play Therapy*, participants will have completed a total of 150 hours of play therapy training, 9 hours of supervision, and a minimum of 12 CCPT client sessions (cumulatively across the complete training program). The 150 training hours meets the training requirements for Play Therapist Registration with the *Australian Play Therapists Association (APTA)*, and supervision and client hours count towards the required quantity for registration.

Please note that *Child Centred Australia* cannot guarantee that completion of this training program will result in trainees meeting all other requirements for registration. The responsibility lies with participants who are wishing to become registered play therapists to ensure they meet all eligibility criteria and requirements set out by their chosen registration body (i.e., APTA, APPTA).

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For full eligibility criteria for registration as a play therapist, please see APTA's website: www.apta.asn.au.

Training Dates and Locations 2024-2025

Foundations in Child Centred Play Therapy

Workshop 1

Foundations in Child Centred Play Therapy 1

November 18th, 2024 Live Online

November 21st-22nd, 2024 Treacy Centre, Parkville, Vic

November 23rd, 2024 CoRe Kids Therapy, Moorabbin, Vic

or

Perth 2025 Dates TBA

Contact Hours: 25 + Distance Learning Hours: 12.5 (\$1590 Incl. GST)

Workshop 2

Foundations in Child Centred Play Therapy 2

February 11th-14th, 2025 Melbourne, Vic (Venue TBA)

or

Perth 2025 Dates TBA

Contact Hours: 25 + Distance Learning Hours: 12.5 (\$1590 Incl. GST)

Advanced Clinical Training in Child Centred Play Therapy

Workshop 3

Advanced CCPT Practice Skills and Considerations

October 21st-24th, 2024 Herdman Lake Disc. Centre, Wembley, WA

Melbourne 2025 Dates TBA

Contact Hours: 25 / Distance Learning Hours: 12.5 (\$1590 Incl. GST)



Workshop 4

Filial Therapy and Advanced CCPT Considerations

February 24th-27th, 2025, Perth

Melbourne 2025 Dates TBA

Contact Hours: 25 / Distance Learning Hours: 12.5 (\$1590 Incl. GST)

Total: 150 hours training (100 contact, 50 distance)

Training Program Content

Foundations in Child Centred Play Therapy

Workshop 1

Child Centred Play Therapy Foundations 1

- Definition, history and broad theoretical perspective of play therapy
- Research and evidence base for play therapy
- Child development as it relates to play therapy
- Theoretical model of Child Centred Play Therapy
- Key therapist qualities in Child Centred Play Therapy
- Playroom set up and toy/material selection
- Core skills: tracking and empathic responding
- Structuring and limit setting

Workshop 2

Child Centred Play Therapy Foundations 2

- Intake assessment including semi-structured interview, use of standardised measures and preparing parents for CCPT process
- Play therapy case conceptualisation and goal setting
- Session notes
- Responding to questions, requests for help, and commands in CCPT
- Role-play in CCPT
- Themes, stages and evaluating progress
- Feedback sessions with parents
- Termination



Advanced Clinical Training in Child Centred Play Therapy

Workshop 3 Advanced CCPT Practice Skills and Considerations

- Advanced clinical therapeutic skills with both children and caregivers
- CCPT across the stages of child development
- Case conceptualization including content analysis, and application of Ecological Systems Theory and Attachment Theory
- Typical play therapist dilemmas
- Ethical and legal considerations

Workshop 4 Filial Therapy and Advanced CCPT Considerations

- Filial Therapy
- Culture and diversity
- Self-care and vicarious trauma

Learning Modalities and Materials

Melanie Jansen is the lead trainer for all workshops, and will utilise a variety of learning modalities to teach program material ranging from a broad perspective to specific case examples. A learning environment will be facilitated to allow participants to safely practice and refine new play therapy skills, and to allow participants to creatively explore and self-reflect upon the modality of play therapy and role of therapist. Guest presenters, Dr William Nordling and Naomi Button, will attend in person or via live Zoom link for specific topics to offer their specialised knowledge and experience.

All participants will need to acquire two integral hardcover Child Centred Play Therapy texts by Landreth, and Cochran, Nordling & Cochran in preparation to commence Workshop 1 and Workshop 2 consecutively. Learning will include viewing of audio-visual material from trainers such as Garry Landreth (International Founder of *Center of Play Therapy* and Author of *Play Therapy: The Art of the Relationship*). Participants will also be provided journal articles on pertinent Child Centred Play Therapy literature including outcomes and specific populations.

Child Centred Australia has partnered with *Play Therapy Online Training Academy*, to provide participants access to selected audio material from the academy, including material from Jewel Janan (Founder and former Director of *Play Therapy Australia*, Director of *Play Therapy Online Training Academy*) and Dr. Jodi Mullen. Distance education tasks will be varied and designed to complement the face-to-face workshop material through both consolidation and extension of learning concepts.



Application Criteria and Process:

Applicants must be able to demonstrate meeting of the following criteria:

- Mental health qualification
 - Psychology (Post Graduate Degree or Masters level)
 - Social Work (Bachelor or Masters level)
 - Occupational Therapy (Bachelor or Masters level)
 - Mental Health Nursing (Graduate Diploma, Post Graduate Diploma or Masters level)
 - Counselling (Bachelor or Masters level)
 - Creative Art Therapy or Art Therapy (Masters level)
- Registration with a professional body related to the mental health qualification (ACA, PACFA, AASW, AHPRA, ACATA, ANZATA, ACMHN).
- Current WWC Check
- Professional Indemnity Insurance
- Access to child clients in their work/volunteer roles (or potential to have access by completion of Workshop 2 to complete the supervision/clinical practice component of the training program).

Applications for the Child Centred Play Therapy Training Program must be submitted via completion of the Application Form and email to info@childcentredaustralia.com. Suitable applicants (where space in a training group allows) will be formally notified with an Offer of a Place along with an invoice for payment to secure the enrolment. Participant numbers will be capped to ensure an optimal learning environment.

Participants whom are accepted into the program may choose to complete one or both systematic levels of the training program (*Foundations in Child Centred Play Therapy* and *Advanced Clinical Training in Child Centred Play Therapy*).

Recognition of Prior Learning

Applicants who have completed prior training in Child Centred Play Therapy (in person or live online) with Play Therapy Australia or other reputable organisation may be eligible to apply for recognition of prior learning for part completion of the training program. All requests can be submitted as part of the Application Form and will be considered to assess prior learning and reasonably assist participants to enrol for relevant learning to gain competency as a Child Centred Play Therapist and/or complete their 150 hours of play therapy training for registration with APTA.



Supervision

Supervision is an integral and valuable component of the training program for participants to become competent and self-reflective play therapists, whilst also ensuring participants feel adequately supported and guided in their initial learning stages with clients and play therapy. Supervision (alongside CCPT client work) is therefore a required component for achieving certification for each of the two levels of training. Participants will have exclusive access to a group of highly experienced local and international supervisors, including Dr William Nordling, Naomi Button and Melanie Jansen. Supervision fees are not included in the training fee and are currently set at \$185-\$198 per hour (Incl. GST).

At the completion of the in-person Workshop 2's learning hours, participants may commence Child Centred Play Therapy work with children, in combination with supervision, to complete their required hours of supervision:

- 6 hours supervision for *Foundations in CCPT* (with a minimum of 6 CCPT client sessions)
- 3 hours supervision for *Advanced Clinical Training in CCPT* (with a minimum of 6 CCPT client sessions).

Participants will have 18 weeks from completion of the *Foundations in Child Centred Play Therapy* face-to-face training to complete their 6 supervision hours and 6 client sessions. Participants will have 18 weeks from commencement of *Advanced Clinical Training in Child Centred Play Therapy* to complete their 3 supervision hours and 6 client sessions. Evidence of completed supervision and practice hours will be provided via signed documents from participants' supervisors on or before the due dates. Following receipt of confirmation of all requirements met, participants will receive certificates of completion for the applicable level of the training program. Requests for extensions regarding due dates will be considered on an individual basis and in extenuating circumstances.

Trainer/Supervisor Bios

Melanie Jansen is the Director and primary trainer of *Child Centred Australia*. She is a Registered Psychologist and Board Approved Supervisor with the Australian Health Practitioner Regulation Agency (AHPRA), and a Registered Play Therapist with the Australian Play Therapists Association (APTA-RPT). Melanie currently works with children and families in private practice, *play heal grow*, in Perth, Western Australia, and given her Advanced Clinical Training in Child Centred Play Therapy (CCPT), specialises in CCPT and Filial Therapy. She supervises intern psychologists for registration, and play therapists within the Australian Play Therapists Association's (APTA) and the Australasian Pacific Play Therapy Association (AAPTA) requirements for supervision towards registration as a Play Therapist. Prior to launching *Child Centred Australia*, Melanie has written and delivered trainings for the Australian Psychological (APS) Institute, Telethon Speech and Hearing, Play Therapy Australia, Australian Play Therapists Association (APTA) and many private workshops

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for mental health professionals learning the world of play therapy. She is passionate about ensuring mental health professionals in Australia have access to quality face-to-face training in Child Centred Play Therapy, and to contribute to maintaining a community for play therapists whilst ensuring children have access to skilled play therapists in Australia well into the future.

Dr William Nordling is an international guest trainer and supervisor for *Child Centred Australia* from the U.S. He is a Clinical Psychologist, Play Therapy Trainer and Supervisor, and co-author of the award-winning book *Child Centered Play Therapy: A Practical Guide to Developing Therapeutic Relationships with Children* (co-authored with Nancy and Jeff Cochran). Dr Nordling is a Professor for the School of Psychology -The Institute for the Psychological Sciences at Divine Mercy University. He is also Faculty and Co-Director of Certification Programs for CCPT and Filial Therapy for The National Institute of Relationship Enhancement (NIRE). Dr. Nordling is an active scholar, and in addition to his many publications, he has conducted over 200 presentations and training workshops nationally and internationally. As a respected leader in the field, he has served on the Board of Directors and as President of the Association for Play Therapy (APT) and also the Catholic Psychotherapy Association.

Naomi Button is a guest trainer and supervisor for *Child Centred Australia*. She is both an Accredited Mental Health Social Worker and member of the College of Social Work (AASW) with over 20 years' experience within child and adolescent mental health services. She is a Registered Play Therapist and clinical member of the Australian Play Therapists Association (APTA-RPT) and is a past President and current Advisory Board Member. Naomi is also a certified Filial and Child Centered Play Therapist through the National Institute of Relationship Enhancement (NIRE; USA). Naomi works as a psychotherapist in private practice in Western Australia in the domain of infant, child and adolescent mental health, informed by Advanced Clinical Training from Play Therapy Australia and the Tavistock Centre (UK). Over the last 10 years, Naomi has regularly conducted training to small and large groups in Australia and overseas on advanced therapeutic practice in CCPT and Filial Therapy. She also provides supervision, mentoring and clinical consultation to a variety of allied health and medical professionals in a number of therapeutic modalities.

Payment Terms and Conditions

Upon Offer of a Place in the training program, participants will be forwarded payment details for workshop fees (\$1590 Incl. GST for each workshop). Payment for the *Foundations in Child Centred Play Therapy* (75 hours) is to be made in two instalments, by the assigned due dates and prior to the commencement of each workshop. Late first payments may result in forfeiting of a participant's place in the training program and late payments will incur an additional 10% late payment fee and must be paid in full prior to the commencement of the training program. Fees can be paid via Electronic Funds Transfer (phone or internet banking to the nominated bank account).



Participants whom have successfully completed the required learning and supervision hours for *Foundations in Child Centred Play Therapy* may automatically continue to the second level of the training program for the *Advanced Clinical Training in Child Centred Play Therapy*.

Cancellation Policy

Child Centred Australia reserves the right to cancel or reschedule a training program or workshop in the case of minimum numbers being unmet, trainer illness, or COVID-19 restrictions detrimentally affecting the participants or trainers to be reasonably able to attend. In this case, notice at the earliest convenience will be given and full payment of affected training fees will be reimbursed in the case of cancellation or carried over as credit to the rescheduled dates for all paid participants.

Should a participant choose to withdraw from a paid level of the training program part way through or less than 4 weeks prior to the commencement, fees are non-refundable. Withdrawal from a paid level of the training program with more than 4 weeks' notice will result in refund of the training fee less a \$100 administration fee.

If you have any questions or need further clarification for your individual circumstances, please don't hesitate to email info@childcentredaustralia.com.

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