



# IntraQuest

Play Based  
Therapeutic Group Work



NEXT ONE:  
DATES: 13<sup>TH</sup> & 20<sup>TH</sup> JAN 2020  
START: 9AM FOR REFRESHMENTS  
9:30 - 4:30 TRAINING EACH DAY  
VENUE: OLDHAM LINK CENTRE,  
140 UNION STREET  
OLDHAM  
OL1 1DZ



2 DAY TRAINING  
PROGRAMME IN  
RUNNING MESSY PLAY  
GROUPS FOR CHILDREN  
AGED 3 - 12 &  
BEYOND!

# Play Skills

for

## Therapeutic Group Work Training

### WHAT IS IT?

- A two day training programme followed by an assessment & accreditation process that teaches you to run small therapeutic groups with children.
- Run by two accredited Therapists

### WHO IS IT FOR?

- Professionals that primarily work with children aged 3 - 12 years of age - slight adaptations to group structure for young people.
- Ideally at least two professionals from each setting will attend
- The group work is particularly suitable for children that struggle with their confidence, that have witnessed domestic violence, that have been abused and are now in care, that have attention difficulties, English as an additional language, or struggle to manage their behaviour/emotions. A minimum of two staff members are to run a group at anyone time, with a maximum of 6 children. **It is advisable to seek supervision with a fully accredited Play Therapist to help with group analysis after staff have been trained.**

### WHAT TOPICS DOES THE TRAINING PROGRAMME COVER? SEE PROGRAMME OVERVIEW OVERLEAF

- Understanding the power of relationships (Attachment theory—adults & children, self-concept development, trauma, neuroscience)
- Understanding the power of play (Developmental stages, symbolism, theme exploration, skills practice - based on non-directive play therapy)
- How to set up & run the group practically



# Programme Overview

## ASSESSMENT & ACCREDITATION PROCESS

DAY 1

### The Power of Relationships

(TOPICS COVERED: RECOGNISING ATTACHMENT  
STYLES IN CHILDREN AND ADULTS, IMPACT OF  
TRAUMA AND ABUSE)

DAY 2

### The Power of Play

(TOPICS COVERED: PLAY DEVELOPMENT WITH  
CHILDREN, THERAPEUTIC PLAY SKILLS & GROUP  
SET UP & ASSESSMENT)

PLAN & DELIVER 6 MESSY PLAY SESSIONS

VIDEO RECORD EACH SESSION & CHOOSE YOUR  
BEST AND WORST SESSION TO REFLECT UPON

COMPLETE REFLECTIVE ASSIGNMENT &  
POST/EMAIL

PROVIDE REDACTED CASE PAPERWORK

PHONE CALL DISCUSSION ON ASSIGNMENT &  
PROCESS

CERTIFICATE POSTED - PARTY TIME!  
GROUP CELEBRATION 😊

LEARNING

9:30 - 4:30

UNDERPINNED BY

Private WhatsApp or Facebook Group for peer support and discussion

Direct Email and phone access to Kate and Jenny

Additional Group Supervision Option

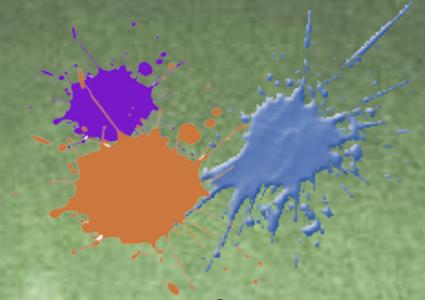


## WHAT DO THE CHILDREN GET OUT OF IT?

We have seen improvements in...

- Emotional Literacy
- Body Awareness
- Emotional Regulation
- Problem Solving Skills

Whilst this group was set up to help develop these skills, we have also seen improvements for some children within their relationships, in the ability to empathise, and in their ability to be congruent. As a by product of attending this programme, staff have noted an increase in confidence, self-esteem and self-attunement. The messy play group is an appropriate intervention for the children needing to work on their fear responses (brain stem development) and their emotions and relationships (Limbic System within the brain). The sessions can also provide you with key observations that may assist with EHCP and employing the right support/services for the child and family.



## HOW DOES THE ASSESSMENT PROCESS WORK?

- You will run a 6 week programme with a small group of children and video each session
- You will provide examples of key skill development, highlight your strengths and struggles, and provide a reflective assignment
- The trainers will support you throughout this process
- Once the trainers have reviewed all the submitted material, and are happy with your reflections, you will be awarded your certificate

## HOW MUCH IS IT?

- 2 Days Training £300 per person plus £200 assessment = £500 per person. Maximum of 16 people per course.
- **Free folder and two comprehensive learning workbooks - worth over £50 included!**

# Here's what other people have said about the programme..

Really enjoyed the balance of theory and experiential learning... a lot of relevant content delivered in a way that made it accessible - never overwhelming - thank you!

*Integrative children's Counsellor*

A fabulous course with great strategies that can be used in our day to day practice. Super delivery of different attachment styles - really useful!

*Relax Kids Practitioner*

A well balanced course and very engaging...Looking forward to using it all in a real session!

*Early Help Professional*

Loved every aspect of the training, so insightful and informative. Excellent knowledge from facilitators, who were warm-hearted and genuine!

*Teaching Assistant*

Fabulous course with two great leaders. Learned so much - mind blown! Excited to put this into practice!

*Teaching Assistant*



# IntraQuest

To book on or to find out more  
please contact us using the below details...

Please note full payment is required at time of booking.



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