

Introduction to the Person-centered Play Therapy with Children
(Trainer: Winnie NG)

(A) About Person-centered Play Therapy

According to Garry L. Landreth, “Play” is a developmental perspective and provides a conceptual-expressive world to children. It is also good for children to express their individuality of their personalities, relive frustrations and having a pause in the busy world. The process of play is enjoyed and the end product is less important. Even play involves the child’s physical, mental, and emotional self in creative expression and can involve social interaction.

(B) About the Workshop

1. Objectives:

- To have a concept on the person-centered approach through the Play Therapy
- To have positive wordings to clients through the understanding of Play Therapy
- To assist clients to ventilate their emotions through the Play Therapy
- To take a break in your busy working life by having a “Play” in the workshop

2. Contents

- Basic understanding of Play Therapy
- Experiential Experience of playing “toys”
- Strength based and positive wordings to the clients
- Promotes the emotional ventilation of the clients

3. Duration of the workshop:

August 7th 2014:

Morning: Introduction to the Person Centered Play Therapy and experiential learning of “Play” (3 hours)

Afternoon: Application of Play Therapy into the living (3 hours)

Trainer: NG Wing-yan, Winnie

Once setting up the playroom in the company for supervising all play cases of colleagues. She has completed the course of Play Therapy in 2005 and started to work with children since 2005 till the present. In the introduction to counseling psychology at the “Master of Applied Psychology”, she will teach and demonstrate to students about the application of Person centered Therapy with Play Therapy.