

CERTIFICATE IN LANDPLAY THERAPY

An additional element to play therapy and child counselling provision

This two-day training will provide you with the tools you need to extend your therapeutic practice to include indoor and outdoor sessions. Landplay training ensures the practitioner is confident in providing safe and bounded therapeutic play space in a natural outdoor environment. It encourages practitioners to incorporate a simplified tool kit with a focus on more natural materials.

Being outdoors and connecting to landscape as a kinaesthetic experience has been an essential aspect of my own well being. Taking children out into a natural environment was a focus of my art teaching and I have continued to develop my interest over the years as Therapist, working with Circle of Life Rediscovery training Forest School practitioners in relevant neuroscience and child development and also contributing to COLR Outdoor Learning programme as well as working on residential camps for 'at risk' teenagers

Why take play therapy outdoors?

As a play therapist you will be more than aware of how our children are becoming increasingly urbanised indoor creatures who are unfamiliar with playing in a natural space ... they are becoming more and more disconnected from the benefits of just being outdoors and enjoying free play.

- Playing outdoors provides SENSORY experiences which are far more varied than those we can provide indoors.

- Sensory play is the crucial building block of infant development. We build our perception of the world our relationship to the world and to others through our senses.
- Some of the physical benefits of being outside are obvious eg more oxygen, more physical movement, more vitamin D. Just by being in an open outdoor space we become more aware of our body sensations.
- A strong connection between the parasympathetic and sympathetic nervous system and the brain is vital for health and well being.

Landplay Therapy means you and your client have increased sensory activity priming the brain to make new connections and grow. Landplay Therapy encourages physical activity which strengthens mind-body connection, develops confidence and self-esteem.

Landplay Therapy encourages the client to 'make friends' with a localised area of nature and develop sense of belonging. Feelings of security deepen as we become familiar with a special space and become aware of how subtle changes occur naturally over time. To understand the natural flow of change helps us to accept change in our own lives.

What will the training days offer?

The 2 days of training will:

- Give you an opportunity to explore how it feels to work outside and establish safe practice
- THEORY: we will look at the Jungian concept of the Great Mother archetype and how this theory relates to current understanding of brain development. We will discuss the ideas of Richard Louv (Engaging Children in Nature) Alistair Seaman (Grounds for Learning). We will look at psychophysiology and deepen understanding of the sympathetic and parasympathetic nervous systems
- Landplay is predominantly a non-directed therapy allowing the child to make own decisions and seek her own solutions. However, you will be shown activities which can be used as the gentle 'nudge' to encourage

clients to creatively explore the natural materials and space.

- The training will provide you with practical solutions to ensure safe practice and will cover the ethical position and health and safety concerns
- The training makes use of experiential exercises so that participants have felt the power of working outside for themselves.

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Creative play therapy
Creative training and workshops
Creative supervision