RED SHOE TRAINING PROGRAMME 2022

Red Shoe Training offers exciting workshops in 2022. These workshops can be attended by professionals in the field of child therapy and counseling in South-Africa, such as social workers, psychologists, psychiatrists, occupational therapists, counselors, art therapists and psychiatric nurses, as well as students in these fields. An outline of the contents of each workshop follows. All workshops are presented by Dr Rinda Blom.

You are personally invited to embark on a journey of personal and professional growth by attending one or more of the Red Shoe Centre's workshops during 2022.

RED SHOE PLAY THERAPY TRAINING CENTRE
P.O Box 17139, Bainsvlei, 9338, South-Africa
Telephone 0824414783
Web: www.playtherapytraining.net
E-mail: rindablom@gmail.com

INTRODUCTION TO PLAY INTERVENTIONS WORKSHOP (ONLINE VIA ZOOM) AFTER HOURS

Dates:

24-29 January 2022

28 March – 2 April 2022

16-21 May 2022

4-9 July 2022

28 November – 3 December 2022

WORKSHOP TIMES: 18H00-21H00 MONDAY – FRIDAY AND 8H00-16H00 SATURDAY

The introduction to play interventions workshop is aimed at providing participants with an introduction to play interventions that can be applied during service-rendering to clients with moderate emotional problems. The following aspects will be addressed:

- **Unique characteristics of the child client**
- **Theoretical concepts of child-centred play interventions and directive play interventions**
- **A multi-dimensional play interventions model for assessing children**
- **How to prepare for the first session**

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- **Setting up a playroom**
- **Goals and administrative forms for the first parent consultation (participants will receive several handouts that can be used)**
- **Assessment play techniques for pre-school children with emotional problems**
- **Assessment play techniques for children 5 years and older**
- **Skills for structuring a non-directive play intervention session**
- **Skills for setting boundaries during play interventions**
- **Skills for building a relationships with children in the play room**
- **Understanding children's unique temperament and how to take this into account when planning a play session**
- **Activities and techniques for enhancing children's contact-making skills**
- **Activities and techniques for enhancing children's self-esteem**
- **Projective techniques that can be applied during play interventions. The focus will be on drawing and painting, clay play, sand tray therapy, dream work and making use of puppets and puppet theatre**
- **Self-nurturing work with children**
- **Termination**

During the workshop the focus will be on experiential learning and course participants will get the opportunity to use creative media and practice in breakout rooms. DVD clips will be shown to further illustrate certain concepts. Study material will be sent via email.

To register, please visit www.playtherapytraining and book online

CPD POINTS

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Applied for at HPCSA and SACSSP

Course fee: In person workshops: R6000-00

Bank details for direct deposits:

Account name: Red Shoe Training (PTY) LTD
Bank: Standard Bank
Account number: 422216305
Branch code: 055534
Branch: Brandwag

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ADVANCED TRAINING: PLAY INTERVENTIONS WORKSHOP

PLAY INTERVENTIONS WORKSHOP WITH TRAUMATISED CHILDREN AND CHILDREN WITH ATTACHMENT PROBLEMS (Online via zoom)

Presented after hours – workshop times 18h00-21h00 Monday – Friday and 8h00-16h00 Saturday

Dates:

14-19 March 2022

6-11 June 2022

11-16 July 2022

5-10 December 2022

The advanced play interventions workshop (play interventions with traumatised children and children with attachment problems) is aimed at providing participants with an advanced level of knowledge and skills to integrate different play intervention

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activities and techniques with specific child client populations with more serious emotional problems/trauma. The following aspects will be addressed:

- Effect of trauma on children
- Symptoms in traumatized children
- Post-traumatic stress disorder in children
- The psycho-physiology of trauma (effects on the brain stem, limbic system and neocortex)
- Difference between grief and trauma and how to explain this to parents
- Assessment of traumatised children – a multi-dimensional model and specific assessment techniques
- Therapeutic treatment of traumatized children
- Characteristics of post traumatic play in children (how to distinguish between dynamic and stagnant play during play interventions)
- How and when to intervene in repetitive post-traumatic play
- Play intervention techniques for assessing and treating traumatized children (non-directive play interventions and directive play interventions)
- Steps for trauma focused play in children
- Dealing with resistance, transference and counter-transference in play
- Four assessment techniques for assessing families (through drawings, sand play and puppet shows)
- Attachment problems and treating these children
- Play techniques for assessment of parent/child interaction and attachment (how to determine which aspects need to be addressed during developing re-parenting programmes)
- Play techniques for treating attachment disorders in children (how tio implement re-parenting strategies, focusing on challenge, nurture, structure and engagement)

- Parent/child relationship therapy – improving parent/child attachment through play interventions

CPD POINTS:

Applied for at HPCSA and SACSSP

Course material is send via email

Course fee: R6500-00

Bank details for direct deposits:
Account name: Red Shoe Training (PTY) LTD
Bank: Standard Bank
Account number: 422216305
Branch code: 055534
Branch: Brandwag

To register, please visit www.playtherapytraining.net and register online

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INTENSIVE SAND TRAY AND APPLIED SAND TRAY INTERVENTION WITH CHILDREN, ADOLESCENTS, FAMILIES AND COUPLES

14-18 February 2022 online via zoom after hours

28 February – 5 March 2022 in-person in Johannesburg

23-27 May 2022 online via zoom after hours

7-11 November 2022 online via zoom after hours

Online workshop times: 18h00-21h00
In-person workshop times 8h30-15h30 daily

This workshop focuses on expanding your professional knowledge and skills of sand tray therapy, as well as applied sand tray therapy. An extensive and integrated workshop in the field of sand tray therapy and applying these skills with children and adults during counselling. The following aspects will be covered:

- **The structure of the psyche (the unconscious, the conscious, the ego, the persona, the shadow) according to the structure developed by Carl Jung**
- **Examples of how the aspects of the psyche manifest in the sand**
- **Waking up to the unconscious through sand play**
- **Symbolism in sand play -**
- **Significance of the first sand tray**
- **Assessment according to the first tray**

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- **A framework for assessment of themes of wouding and themes of transformation in the sand tray**
- **Guidelines for understanding sand tray interventions (in adult and child sand tray work)**
- **How to determine a persona tray**
- **The difference between a wounded tray and a individuation tray**
- **Child development and stages in sand tray therapy – understand during which age wounding took place, as well as what is needed in terms of healing**
- **How self-healing takes place through the sand play process**
- **Archetypes in the sand – miniatures, meanings and how it manifest**
- **Sand tray therapy for bereaved families**
- **Applying sand tray therapy with families where there is a scapegoated child**
- **Individuation sand trays (where family members are enmeshed/ in a symbiotic relationship)**
- **Communication sand trays for families**
- **Amplification in sand work**
- **Trauma trays**
- **Individuation trays for adolescents**
- **Resolving power struggles through sand tray work**
- **Personal sand trays for the therapist (dealing with transference and countertransference issues through sand work)**
- **Using of sand trays for couples therapy (applying the theory of Bowen)**
    - **Stages in sand tray work with couples**
    - **Individuation trays with couples (when to use it, what is consist of, how to conduct it)**
    - **Communication trays (when to use it, what it is, how to conduct it)**
    - **Sand tray to redesign a client's life situation**

- **Sand tray techniques for ego-strengthening and skills building**
- **Sand trays to negotiate opposites**
- **Family of origin trays**

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Johannesburg in-person workshop - course hours are from 8:30-15:30 daily, with tea/coffee breaks, as well as lunch breaks. Tea and coffee are included in the course, but lunches are excluded. Please bring your own picnic basket for lunch. Participants will have the opportunity to take part in several experiential sand tray sessions with the personal support and supervision of the presenter, as will as several art interventions

Cost: Online sand tray workshops R4500-00

In-person workshop Johannesburg R7000-00

Bank details:

Account name: Red Shoe Training (PTY) LTD
Bank: Standard Bank
Account number: 422216305
Branch code: 055534
Branch: Brandwag
Venues:

Venue: Johannesburg: Oaklands Inn and conference centre, 336 Oak avenue, Ferndale, Randburg

To register, please visit www.playtherapytraining.net and register online

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CREATIVE THERAPY WITH TRAUMATISED ADOLESCENTS

2 DAYS INTENSIVE TRAINING

Dates:

12-13 May 2022 (online via zoom 8h00-16h00 daily)

29-30 September 2022 (online via zoom 8h00-16h00) daily

This workshop is aimed at providing participants with an wealth of creative techniques, as well as a four step therapeutic process that can be applied during therapy with traumatised adolescents. The following aspects will be addressed:

- Four step therapeutic process during therapeutic work with traumatised adolescents
- Step 1: Understanding the traumatised adolescent's world (assessment tools and questionnaires)
- Step 2: Building ego-strengh and coping skills through creative activities (activities for setting boundaries, understanding safety and tricky trauma behaviour – learning self-acceptance and self-love)
- Step 3: Processing the trauma through expressive creative interventions (telling the story through creative activities)
- Step 4: Repair, reframe and moving from victim to thriver (creative interventions for creating a life beyond the trauma)

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The workshop will consist of theory and experiential exercises that can be applied to address abovementioned themes. These techniques will be integrated within the theoretical framework of the specific developmental challenges of the adolescent years, as well as special needs in these children as a result of trauma, attachment issues, loss, the quest for identity and increasing the coping strategies of teenagers in difficult circumstances.

To register, please visit www.playtherapytraining.net and register online

Course fee R3500-00 per person

CPD points applied for

Bank details for direct deposits:

Account name: Red Shoe Training (PTY) LTD
Bank: Standard Bank
Account number: 422216305
Branch code: 055534
Branch: Brandwag

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CREATIVE THERAPY WITH TRAUMATISED PRIMARY SCHOOL CHILDREN

2 DAYS INTENSIVE TRAINING

Dates:

10-11 March 2022 (online via zoom 8h00-16H00)

15-16 September 2022 (online via zoom 8h00-16h00)

This workshop is aimed at providing participants with an wealth of creative techniques, as well as a four step therapeutic process that can be applied during interventions with traumatised primary school children. The following aspects will be addressed:

- Four step therapeutic process during therapeutic work with traumatised primary school children
- Step 1: Understanding the traumatised primary school child's world (assessment tools and questionnaires)
- Step 2: Building ego-strengh and coping skills through creative activities (activities for setting boundaries, understanding safety and tricky trauma behaviour – learning self-acceptance and self-love)
- Step 3: Processing the trauma through expressive creative interventions (telling the story through creative activities)

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- Step 4: Repair, reframe and moving from victim to thriver (creative interventions for creating a life beyond the trauma)

The workshop will consist of theory and experiential exercises that can be applied to address abovementioned themes. These techniques will be integrated within the theoretical framework of the specific developmental challenges of the primary school years, as well as special needs in these children as a result of trauma, attachment issues, loss, the quest for identity and increasing the coping strategies of primary school children in difficult circumstances.

To register, please visit www.playtherapytraining.net and register online

Course fee R3500-00 per person

CPD points applied for

Bank details for direct deposits:

Account name: Red Shoe Training (PTY) LTD
Bank: Standard Bank
Account number: 422216305
Branch code: 055534
Branch: Brandwag

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THERAPEUTIC STRATEGIES AND GUIDELINES FOR PARENTAL INVOLVEMENT AND EMPOWERMENT AS PART OF CHILD AND ADOLESCENT THERAPY

2 DAYS INTENSIVE TRAINING

Dates:

Online via zoom 2-3 February 2022

Online via zoom 21-22 July 2022

Workshop times 8h00-16h00 daily

This workshop is aimed at providing participants with therapeutic strategies and guidelines for parental involvement and empowerment as part of child and adolescent therapy. The following aspects will be addressed:

- How to design individual therapeutic programmes with high parental involvement
- Educating parents through information sheets (handouts that can be used during intervention with parents)

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- Assisting parents to understand children's behaviour and have realistic expectations
- Identifying parent's struggles
    - unfulfilled dependency needs
    - a longed to be parented by the child
    - longing to be loved, lack of ability to mentalise
    - need for nurturing
    - marital discord and triangles
    - flight from stress
    - feelings of incompetence
    - self hate/child hate
    - punishing rather than prohibiting
    - bonding failure
    - disturbed identity formation
    - cognitive immaturity
- Teaching parents how to take care of themselves in difficult situations or with children with special needs
- Empowering parents to be confident and caring and being able to put children's needs first
- Teaching parents fun and relationship building activites with children of different ages
- Dealing with parents with special challeges:
    - Dependent parents
    - Aggressive parents
    - Uncooperative parents
    - Parents who are never satisfied
    - Parents with mental health problems
    - Parents of children with chronic illness
    - Parents under constant stress

The workshop will consist of theory and practical exercises, as well as DVD clips that can be used to address abovementioned aspects. Course participants will receive several handouts that can be copies and used during intervention with parents.

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E-mail: rindablom@gmail.com

Course hours 8h00-16h00 daily

To register, please visit www.playtherapytraining.net and register online

Course fee: R3500-00

CPD points applied for

Bank details for direct deposits:

Account name: B Blom
Bank: Absa
Account number: 4050777253
Branch code: 334-334
Branch: Brandwag

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ASSESSING STRUCTURE AND PROCESS IN PLAY AND ASSESSMENT THROUGH CHILDREN'S DRAWINGS (the what and how)

Dates:

Online via zoom 4 February 2022

Online via zoom 20 July 2022

Online via zoom 21 October 2022

Workshop times: 8h00-16h30

In this one day refresher workshop, the following will be addressed:

- **Observing and assessing play activity in children during play therapy**
  - **Adaptive play**
  - **Conflicted strategies during play therapy (e.g. isolation, doing and undoing, negation, respression, introjection, somatisation, turning aggression towards the self)**
  - **Rigid play during play therapy (denial, splitting, projective identification, omnipotent control, identification with the aggressor)**
  - **Anxious/isolated play during play therapy (constriction, de-animation, dismantling, fusion, hypochondriasis)**
  - **The psyche and the art of drawing**

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- Development of children's drawings
- Self-drawings and looking at the drawing of human figures
- Drawings of houses and trees
- Learning to look at the drawing of a tree
- Drawings with a story
- Spontaneous drawings
- Aggression in drawings
- Depression in drawings
- Assessment through children's drawings (the what and how)
- Analising symbols from drawings from the Jungian perspective
- The symbolic significance of colours
- The symbolic significance of animals
- The significance of fantasy figures
- Looking systematically at drawings
- Handicapped children's drawings
- Family drawings and relationships
- Children's drawings as projective technique

To register, please visit www.playtherapytraining.net and register online

Course fee R2200-00

CPD points: Applied for at HPCSA and SACSSP

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PRACTICAL SKILLS TO SUPPORT CHILDREN WITH TRAUMA SYMPTOMS

THIS WORKSHOP IS FOR EDUCATORS, CARETAKERS IN INSTITUTIONS AND PROFESSIONALS THAT NEED TO ASSIST EDUCATORS AND CARETAKERS IN INSTITUTIONS IN HOW TO ASSIST ABUSED CHILDREN WITH SYMPTOMS OF POST-TRAUMATIC STRESS DISORDER

Online via zoom

24-25 February 2022

18-19 August 2022

Workshop times: 8h00-16h00 daily

In this two-day online training, the focus will be on the following:

- **Explanation of what happens in the body of the traumatised child**
- **Explanation of what happens in the brain of the traumatised child**
- **Explanation of what happens in the psyche (soul) of the traumatised child**

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- **Typical trauma reactions of children from different ages**
- **How to recognise and handle defense mechanisms and stress responses of traumatised children**
- **Skills for handling traumatised children with different symptomatic behaviours in the classroom, children institution and at home**
- **How to balance a highly structured environment with high nurture**
- **Techniques for lowering physical and psychological agitation and reactivity**
- **Responding to a highly stressed child**
- **Assisting the child to feel safe again when triggered**
- **Teaching children how to apply stress reducing techniques on their own, as well as how to self-comfort**
- **How to approach and work through stress incidents**
- **The child and adult stress profile and how to use this as part of multi-professional treatment**
- **When to refer a child for professional help**
- **Pracitcal techniques to apply in the classroom/institution/foster home when the abused child get triggered/get a stress response**

To register, visit www.playtherapytraining.net and register online

Workshop notes will be sent via email

Workshop cost: R3500

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ETHICAL CONSIDERATION WHEN TREATING TRAUMATISED CHILDREN

HALF-DAY WORKSHOP COVERING IMPORTANT ETHICAL ASPECS – PRESENTED ONLINE VIA ZOOM

DATES: 24 JUNE 2022

5 AUGUST 2022

Workshop times 8h00-14h00

THE FOLLOWING WILL BE COVERED:

- **Ethical aspects to consider when assisting traumatised children (suicidality, revelation of abuse, self-mutilation, the family preservation bias, low ego-strength and ways that the therapist can address this with educators, caregivers and other members of the multi-professional team)**

- **Ethical aspects to consider when collecting stress behaviour data of traumatised children (the child and adolescent stress scale)**

- **Self-care as ethical responsibility for the professional when assisting traumatised children (the what and how)**

COST: R500-00
ETHICAL CPD POINTS: APPLIED FOR

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RED SHOE TRAINING CENTRE

Dr Rinda Blom, director of the Red Shoe Centre, will present all workshops. She is a registered social worker and has extensive theoretical and practical experience in the field of play therapy and psychotherapy with adults. She has a doctoral degree, specializing in the field of play therapy and has lectured a master's degree in play therapy for eight years at the University of the Free State, where she has guided several students in their clinical play therapy practice, as well as play therapy research projects. Rinda is author of the book: The Handbook of Gestalt Play Therapy: Practical guidelines for child therapists, which was published in London, England during 2006. Dr Violet Oaklander international recognized play therapist, wrote the following about this book: *"This book is one of the most comprehensive treatments I have ever seen about gestalt play therapy. It is a vital and important contribution to the literature of psychotherapy to children."*

Rinda has 30 year's play therapy experience in working with children with emotional problems. She also received advanced international training in play therapy and has been training professionals in South-Africa, such as social workers, psychologists and occupational therapists in this field for many years. She has academic honorary colours at two South-African universities and is listed as a top achiever at the Department of Social Work, University of the Free State. She has presented on play therapy related topics at conferences in South-Africa and abroad and has published play therapy related articles in academic journals in South-Africa, as well as internationally.

Disclaimer of liability:

These workshops does not provide the participant with a qualification or professional registration (licencure) in any of the child and adolescent mental health fields. It serves as continuous professional development in the field of child and adolescent mental health

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