



Therapeutic Play in the Classroom

Facilitator(s):	Cierra Chmiliar
Date(s):	<i>This is a multi-day event.</i> <ul style="list-style-type: none">• Day 1: Mar 16, 2020 (1:00 pm to 3:30 pm)• Day 2: Apr 08, 2020 (6:00 pm to 7:00 pm)
Cost:	\$50.00
Locations:	<i>This event has multiple locations.</i> <ul style="list-style-type: none">• Day 1: Sherwood Park (Elk Island Catholic Schools) 310 Broadview Road• Day 2: Virtual
Session Code:	20-MH-163

Target Audience

K-12 teachers

Also Recommended For

Educational assistants and parents

About this Learning Opportunity

Play allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive, and emotional strength. It is through play that children at a very early age engage and interact in the world around them

Play is to the child what talk is to the adult. It is a medium for expressing feelings, exploring relationships, describing experiences, disclosing wishes, and self-fulfillment. Children express themselves and their needs, relive their past, and connect with others through play.

In this workshop, educators will learn to understand play and the benefits to using (and encouraging) "play" to help your child develop resilience. We will also explore how play is related to development of the brain, and how play deprivation can adversely affect children. Strategies on how to engage with a child in their play to help them overcome issues related to anger, sadness, trauma, difficult transitions or behavioural issues will also be explored.

OBJECTIVES:

- Explore how play is related to healthy neurological development
- Learn about various themes in play and how they're connected to struggles or obstacles a child may be

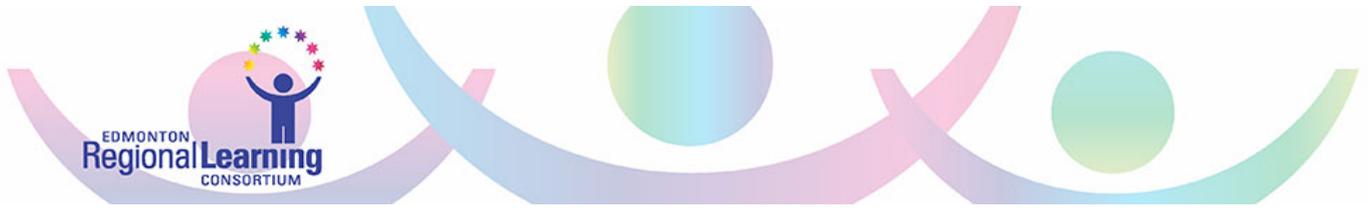
About the Facilitator(s)

Cierra Chmiliar | Registered Provisional Psychologist

Cierra is a Provisional Psychologist who practices out of Family Counselling Centres in Leduc. She primarily works with children, teens, and families, specializing in play therapy and equine-assisted counselling. Cierra works from a client-centered approach, and believes a non-judgmental relationship between the client and therapist is crucial for change. She works collaboratively with her clients to help them gain awareness and insight, so they can build and draw upon their own internal resources. To this effect, she uses a wide range of modalities, including person-centered, play therapy, sandtray, trauma therapy (EMDR), equine-assisted therapy, art, and cognitive behavioral therapy. Cierra also has experience working within the school system, working primarily with children with developmental disorders and their families.

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experiencing

- Identify strategies to facilitate healthy play to enrich children's optimal development
- Describe ways in which play is related to attachment and ways in which educators can use play to facilitate connection with the children they work with

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Follow-up Webinar (April 8, 2020)

Our live sessions are packed with the latest tools and strategies to help the students in your class thrive! We want to help you to create lasting changes...and one of the ways to do that is to follow up and give you a space to have your questions answered! Once you have had time to apply the strategies in a classroom context, we invite you to email info@instituteofchildpsychology.com with your questions and reflections. The instructor will answer your questions, provide further insight and give additional resources. Knowledge is powerful, let's BE the change for our youth.

Participants will be required to email in questions a week before the webinar.

This session addresses the TQS competencies

- #1: *Fostering Effective Relationships*
- #2: *Engaging in Career-Long Learning*
- #3: *Demonstrating a Professional Body of Knowledge*
- #4: *Establishing Inclusive Learning Environments*

This learning opportunity is being subsidized through funding from Alberta Education.