

Family Enhancement & Play Therapy Center



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~ In-Person CE Workshops ~

Intensive Filial Therapy Training Program: Building Strong Families with Play

Learn Filial Therapy as it was brilliantly conceived, developed, and researched by the Guerneys with

Risë VanFleet, PhD, RPT-S

who studied directly with both of the co-creators of this approach
Author of *Filial Therapy: Strengthening Parent-Child Relationships Through Play* (3rd ed);
A Parent's Handbook of Filial Therapy; and coeditor of the *Casebook of Filial Therapy*

and other Certified Instructors

Please see listings for the current year's workshops in the Shop at
[www.risevanfleet.com!](http://www.risevanfleet.com)

Limited to 6 participants per instructor!
Social distancing procedures will be in effect if needed at that time.



**MANY past
participants say...**
**“Absolutely the
best training
I’ve ever had!”**

Who Should Attend

This training program is designed for play therapists, psychologists, social workers, counselors, psychiatrists, family therapists, school counselors, and other experienced professionals who work with children and families, and who meet the PREREQUISITES! This is an intermediate level workshop on the knowledge and skill needed to conduct of Filial Therapy effectively, including with complex family situations.

Description

Learn this remarkable family intervention and prevention approach from Dr. VanFleet, who studied extensively with its founders, Drs. Bernard and Louise Guerney, has practiced it with a wide range of client challenges, has written numerous books, chapters, and articles on it, and is acknowledged as one of the leading authorities in the world on Filial Therapy.

Filial Therapy is a highly effective, empirically-supported intervention integrating family therapy and play therapy to address child and family problems. Therapists learn how to train and supervise parents as they conduct special child-centered play sessions with their own children (ages 3-12+), an approach designed to resolve a wide range of presenting problems while strengthening family relationships.

Filial Therapy has been used successfully with many child and family problems: oppositional behaviors, anxiety, depression, abuse/neglect, single parenting, traumatic events, attachment/adoption/foster care, relationship problems, divorce, family substance abuse, family reunification, chronic illness, families of children with ASD, and many others. A research history spanning 60 years has consistently shown Filial Therapy to be cost-effective in facilitating positive and long-lasting child and family change. The use of this relatively short-term, evidence-based approach has increased dramatically worldwide in recent years due to its effective, empowering approach to strengthening families.

Filial Therapy has been used in many different settings. Furthermore, it has been embraced by many cultural and ethnic groups throughout the world because of its respectful involvement of parents as partners in the process of family change. It is unique in its ability to meet the needs of all family members while addressing the reasons the families came for therapy in the first place.

This workshop gives participants all the skills they need to immediately conduct the full family therapy form of Filial Therapy developed by the Guerneys, along with a number of other formats that are available.

Learning Objectives

Participants in the Intensive Filial Therapy Training Program will be able to...

1. describe at least 3 advantages of Filial Therapy (parent-child play therapy) over individual play therapy.
2. demonstrate the use of empathic listening (a 6 or higher on the Guerney Acceptance of Other Scale) to at least 75% of comments that parents make during the intake and training sessions of Filial Therapy.
3. explain at least 3 reasons that can be given to parents as to why Filial Therapy can benefit their particular situation/problem area.
4. list all 5 components of the Filial Therapy parent-training approach.
5. describe the "mock play session teaching method" used to teach parents the 4 Child-Centered Play Therapy skills (structuring, empathic listening, child-centered imaginary play, and limit-setting). (These can be measured using the Guerney Filial protocol and tools.)
6. describe at least 2 reasons play therapy is useful for children from a developmental psychology position, and that can be used for educating parents.
7. describe at least 2 reasons it is important for parents to be involved in Filial Therapy and with their children's treatment from an attachment perspective, and that can be used for educating parents.
8. describe all phases of the Guerney/VanFleet observation and feedback process used to help parents develop their play session skills in Filial Therapy sessions.
9. list 2 elements of effective skill feedback from therapist to parents.
10. explain at least 10 themes of parent-child play sessions and which powers of play (Schaefer) each represents.
11. describe 1 way that Filial Therapy helps children improve their self-regulation.
12. describe 2 ways that Filial Therapy helps parents improve their self-regulation.
13. state the two primary findings of the 2011 Topham et al. controlled study re. which children and which parents show the greatest gains in Filial Therapy.
14. list at least 2 aspects of empathic listening skills therapists observe during live or recorded parent-child play sessions in order to give subsequent feedback to parents.
15. list at least 2 aspects of children's play themes therapist observe during live or recorded parent-child play sessions in order to discuss with parents afterward.
16. describe the Filial Therapy process by which the therapist guides parents to think about play theme relevance to daily life.
17. identify the point in the Filial Therapy process when the therapist helps parents generalize all that they have learned.
18. state at least 4 common findings in the Filial Therapy outcome research.
19. explain the usual process used in Filial Therapy to help parents discuss and process their own reactions to the sessions, and list 2 prompting questions that therapists can ask parents to start this process.
20. describe briefly at least 7 of the 14 reasons given that Filial Therapy is potentially applicable to cases involving complex trauma and attachment disruption in childhood.

Prerequisite Training/Reading

Participants must have prior in-depth training and supervised experience specifically in Child-Centered Play Therapy/Nondirective Play Therapy, including a working knowledge of the form of CCPT/NDPT used by the Guerneys as the basis for FT. They must also have read the books, (1) ***Child-Centered Play Therapy*** (VanFleet et al, Guilford 2010) and (2) ***Filial Therapy*** (3rd ed.; VanFleet, Professional Resource Press, 2014). These books, authored by the course instructor, represent the specific methods used in FT, and are the only such books that do. The additional cost of these two books, if participants have not already read them is \$52 USD if purchased from the author/instructor, and slightly more if purchased elsewhere (the author's discount is shared here). Participants are also encouraged to take the optional online course, ***Intro to FT***, which can be purchased from the author/instructor for \$50 (and available for 10 additional CE credits as an online course at no additional charge) to be fully prepared for the workshop.

Both books and the online course are available at reduced cost (\$52 for both books; \$50 for the optional online course) at www.risevanfleet.com/shop. *Please attach a brief description of your background & how you meet the prerequisites when you register via a separate email to Dr. VanFleet.* If you do not have the CCPT/NDPT background, please contact the Instructor for your location so they can suggest ways for you to meet that requirement. If you have questions about any aspect of your background, please contact your instructor or Dr. VanFleet at rise@risevanfleet.com.



Past participants say: “I love that the training process was the same as that used with parents during FT! The focus on strengths was so helpful!”

The Training Process

The workshop is very hands-on, with many videos, live demonstrations, and skill practice segments in which participants can develop their competence and confidence in conducting Filial Therapy. The participant-to-instructor ratio is kept very low (6:1) so that individualized feedback can be provided in a safe, friendly, encouraging environment.

The workshop is conducted in a parallel manner to Filial Therapy itself. It is conducted with the participants using the same principles and methods as they eventually use with parents and families. Past participants have given high praise to this approach.

Special Needs

We are committed to making workshops accessible to everyone. Please contact us if you have special needs as early in the process as possible. We can make arrangements in advance to ensure your comfort!! Social distancing procedures (pandemic-related) in accordance with CDC recommendations at the time will be in effect.



This workshop and its presenters have no conflict of interest in presenting this workshop, nor is there any commercial support. Please note in the Prerequisite Reading/Training section the additional cost of the required books to be read prior to the training if you have not acquired and read them previously.

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continued...



Drs. Louise and Bernard Guerney, Co-creators of Filial Therapy

Schedule

The training runs daily from **9:00 am to 5:45 pm**, with an earlier dismissal on the last day. There are 27 actual training hours. Participants need to plan to attend the *entire* workshop. Early departures on the last day forfeit all of the CE credits!

Continuing Education

The Family Enhancement & Play Therapy Center is approved by the American Psychological Association to sponsor continuing education for psychologists. The FEAPT Center maintains responsibility for this program and its contents. The Family Enhancement & Play Therapy Center is an NBCC-Approved Continuing Education Provider (5732) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The FEAPT Center solely is responsible for all aspects of the program. It is also an Association for Play Therapy (APT) Approved Provider 95-014. This program has been approved by a number of state social work boards (please contact us for this info). 27 continuing education credits/clock/contact hours will be awarded to participants who attend the entire training. Partial credit cannot be given. No exceptions can be made to this policy. CE credits/clock hours for any online courses are awarded separately.

Dress

Please dress comfortably! We will be spending considerable time on the playroom floor!

Fees & Cancellation

Fees are in USD (\$) (credit card will convert from other currencies)

Early Bird Fee (registered and fully paid 4 months prior)	\$ 985
Regular Fee (paid within 4 mos. of wkshp start)	\$1150

Please note the prerequisite books to be read, which can be purchased for \$52 USD if you do not have them already.

We regret that we are unable to offer payment plans.

\$285 of the registration fee is nonrefundable. Registrations are accepted on a first-come-first-served basis. Fees include 27 hours of training, handout book, light refreshments. Lunches and dinners are on your own.

\$285 is nonrefundable. Written cancellations received 4 months prior to the start of the workshop will receive a full refund of the balance of the fees. Cancellations received after the 4-month point will forfeit a total of \$395, with the remainder being refunded. We regret that **no** refunds can be given in the final month preceding the workshop. (When someone from the waiting list can substitute, partial credit toward future trainings may be given.) *We urge you to consider purchasing travel or other insurance to protect against unforeseen circumstances!*

In cases where workshops must be rescheduled for health or safety reasons, efforts will be made to accommodate the schedules of those registered, and the usual cancellation policy above will apply.

In the unlikely event that the workshop must be entirely cancelled by the organizers (hosts), the Family Enhancement & Play Therapy Center, Inc. or its assigns (hosts) will provide a full refund of the registration fees. Participants will be responsible for their own travel fees, another reason to consider purchasing travel insurance.

To register, go to www.risevanfleet.com/shop



Workshop Creator: Risë VanFleet, PhD, RPT-S, CDBC, CAEBI



Dr. VanFleet is a Licensed Psychologist, Registered Play Therapist-Supervisor, Certified Filial Therapist/Supervisor/Instructor, Certified Dog Behavior Consultant, Certified Animal Assisted Play Therapist/Supervisor/Instructor, and Certified Animal Ethology and Behavior Instructor with over 48 years of clinical, teaching, and leadership experience in a variety of settings. She is the president of the Family Enhancement & Play Therapy Center, Inc. in Boiling Springs, PA, director and founder of the International Institute for Animal Assisted Play Therapy® (iiaapt.org). She is a Past President/Board Chair of the Association for Play Therapy. She has authored dozens of books and chapters on play therapy, Filial Therapy, Animal-Assisted Play Therapy™, and human-animal interactions, and is featured on DVDs and video-based online courses. Dr. VanFleet specializes in strengthening family relationships through play, and has subspecialties in chronic medical illness, interpersonal relationships, disaster mental health, child/family trauma and attachment interventions using play therapy, and Animal Assisted Play Therapy™. (continued)

Risë has trained thousands worldwide, and her books and materials have been translated into multiple languages and used in over 75 countries. She has received 18 prestigious awards for her training, writing, and leadership, seminars and skill-building workshops in this field. She is highly regarded as a teacher and clinician, and many people rate her workshops as the best they have ever experienced.

She is the author of ***Filial Therapy-Strengthening Parent-Child Relationships Through Play*** (3rd ed), ***A Parent's Handbook of Filial Therapy*** (3rd ed), ***Play Therapy with Kids & Canines***, and ***The Human Half of Dog Training***, coeditor of the ***Casebook of Filial Therapy***, and coauthor of ***Child-Centered Play Therapy*** and the award-winning ***Animal Assisted Play Therapy***. She is featured on several best-selling online courses on play therapy topics, Filial Therapy, and Animal Assisted Play Therapy®, as well as the American Psychological Association's DVD, ***Filial Play Therapy***.

Dr. VanFleet has been honored with the *Distinguished Contributions to the Science and Practice of Psychology* (Pennsylvania Psychological Association), *Bernard G. and Louise F. Guerney Award for Outstanding Contributions to Practice and Training in Filial Therapy* (AFREM), the *Play Therapy Professional Education & Training Award* (APT), and others. She is also a cofounder of the field of Animal Assisted Play Therapy®. She is a popular featured speaker at national and international conferences, and considered a foremost authority on Filial Therapy and Animal Assisted Play Therapy®. Risë is also an accomplished pianist and an award-winning nature photographer specializing in Alaskan wildlife.



Risë & Daire Gilmartin (both in green) lead an Intensive FT Workshop in Dublin, Ireland

Registration: Intensive Filial Therapy Training Program

Register early as this workshop is limited to 6 people per instructor!

Questions? Please contact Dr. VanFleet at rise@risevanfleet.com.

Registration may be completed securely online as noted below.

To register securely online:

The direct link to the store for registration is risevanfleet.com/shop/



*Photos from Intensive Filial
Therapy Training Workshops*

