

AutPlay® Therapy Training



Description:

This is an intensive training that focuses on teaching the AutPlay Therapy protocol, an integrative family play therapy approach to working with autistic children and adolescents, neurodivergent children, children with developmental disabilities and their families. AutPlay Therapy emphasizes a neurodiversity affirming an informed approach and harnesses the therapeutic powers of play to help address mental health issues for neurodivergent children and their families. This training presents an overview of autistic and neurodivergent children. How to build relationship and assess for needs (utilizing several AutPlay inventories) for target goal areas is covered along with parent and child co-change agent processes. Goal areas of connection, emotional regulation, and social navigation are described with example play therapy interventions for each area. The three progressive phases are presented (intake and assessment, structured play interventions, and termination).

Parent/family/child involvement is explained with protocol for working with parents and children as partners in the process. The AutPlay Therapy Follow Me Approach is explained which details how to work with children with little to no engagement and attunement ability creating special play times to improve connection and relationship development. Additional components such as theoretical underpinnings, understanding dysregulation, improving regulation ability, research, and case examples are covered. Several play therapy interventions are explained and demonstrated through session video clips. Experiential activities are presented, and case conceptualization and planning are discussed.

Once you have registered for the training, you will be emailed a pre-training form with a few instructions before your two-day in-person training. This includes instructions for purchasing and reading the book *Understanding Autism: A Neurodiversity Affirming Guidebook for Children and Teens* by Robert Jason Grant and watching two recorded webinars prior to your training.

Learning Objectives:

- 1) Explain neurodiversity and implementing a neurodiversity affirming approach.
- 2) Describe the components of AutPlay Therapy including conducting an AutPlay Therapy session, theoretical underpinnings, phases of therapy, assessment and screening instruments, and goal planning.
- 3) Describe common mental health goals addressed in AutPlay Therapy.
- 4) Identify several structured play therapy interventions to use for addressing goals.
- 5) Discuss how to involve parents and other family members as co-change agents (partners).
- 6) Describe the AutPlay model of dysregulation
- 7) Identify play therapy interventions to address dysregulation issues.
- 8) Implement the AutPlay Follow Me Approach, designed for children with higher needs.
- 9) Describe how to work with parents in implementing AutPlay Follow Me play times at home.
- 10) Explain research and evidence-based practices in AutPlay Therapy.
- 11) Outline the theoretical underpinnings of AutPlay, including seminal play therapy theories and other integrated methods.
- 12) Identify at least 6 AutPlay interventions to increase experiential knowledge.