



# COLORADO ASSOCIATION FOR PLAY THERAPY SPRING CONFERENCE 2024

**April 12 & 13, 2024**

7:30-4:00pm each day

Located at: Front Range

Community College

3645 W 112th Ave,

Westminster, CO 80031



APT Approved Provider 99-049

**Friday, April 12:**

## KEYNOTE

### Internal Family Systems in the Playroom

6CE Level Beginner

**Carmen Jimenez-Pride LCSW, RPT-S™**

**Certified EMDR Therapist, Certified IFS Therapist**



**Carmen Jimenez-Pride** is the creative mind behind Focus on Feelings®, an emotional literacy curriculum, she is a Licensed Clinical Social Worker, Registered Play Therapist Supervisor, Certified AutPlay® Therapy Provider, Certified EMDR Therapist, Registered Children's Yoga Teacher and Certified Internal Family Systems Therapist. Carmen is also a Certified LEGO® SERIOUS PLAY® Facilitator.

Carmen is a trauma therapist, experienced in the clinical treatment of children, adolescents, and adults with culturally diverse backgrounds addressing a wide range of concerns. Carmen's career in the mental health field spans more than 15 years.

## Keynote Overview

The combination of the non-phase treatment approach of Internal Family Systems (IFS)- an innovative and a transformative model that emphasizes the natural multiplicity of the mind, looking at the system in parts with the assumption that there are no bad parts and parts are in roles to protect hurt and traumatized parts; and Play Therapy- a creative approach offering a space for the child to have the ability to express their feelings and resolve internal conflicts through creative therapeutic interventions and expressive arts with the foundation of the therapeutic powers of play.

With the powerful use of play and IFS, children will now have the opportunity to learn the various parts that make them who they are, express the feelings and beliefs of their parts, and gain knowledge that others have parts as well.

Carmen will teach the therapeutic powers of play to facilitate communication, foster emotional wellness, enhance social relationships, and increase personal strengths utilizing the steps of Internal Family Systems.

## Learning Objectives

- Describe the core concepts of the Internal Family Systems model
- Discuss the therapeutic benefits of play therapy.
- Analyze the different types of parts within the child's internal system: managers, firefighters and exiles.
- Describe and discuss the therapeutic powers of play therapy to improve client outcomes during therapeutic services.
- Discuss the goals of a child's misbehavior.
- Analyze the role and needs of the provider when facing challenges with children engaging in Internal Family Systems in the play therapy setting.
- Utilize Internal Family Systems and play therapy concepts to increase the knowledge of parts work to improve the child's level of functioning.
- Apply play therapy and expressive arts techniques utilizing the Internal Family System model in a clinical setting.

# SATURDAY APRIL 13, 2024 BREAKOUT SESSIONS

## ALL-DAY SESSION 6 CE

### **[S1] Foundations of Play Therapy**

**Linda S. Klein, LPC, RPT-S**

**Jane Johnson, LCSW, RPT-S**

**Level: Beginner**

#### **Content Focus:**

Participants will explore the basic theoretical and ethical foundations of play therapy, and gain practical skills and strategies to work with children in order to begin integrating this modality into their clinical practice through use of video of play sessions, PowerPoint, lecture role play and activities.

Learning Objectives:

OPTIONAL

### **MEMBERS LUNCH**

**SATURDAY APRIL 13**

Welcome back! We want to spend some time connecting! Join fellow CAPT members for a picnic lunch!

APT / CAPT Members Only  
Lunch Provided

## MORNING WORKSHOPS [S2-S5] 3 CE

### **[S2] Looking Deeply into the Presenting Problem: Practicing Cultural Humility in the Play Therapy Setting**

**Carmen Jimenez-Prade LCSW, RPT-S™, Certified EMDR Therapist, Certified IFS Therapist**

**Level: Beginner**

#### **Content Focus:**

When working with culturally diverse populations the need to look deeper into the presenting problem is more prevalent with those exhibiting symptoms of racial trauma on the rise. Often times clinical professionals are minimizing cultural and racial experiences in their treatment of Black, Indigenous People of Color (BIPOC). This workshop will focus on bringing cultural humility into the play therapy setting and challenging non BIPOC play therapist and mental health professionals with examining their potential biases.

### **[S3] Help! I need a supervision theory: An RPT-S guide to developing a play therapy supervision theory**

**Amy Williams Long, PhD, LPC, RPT-S**

**Level: Advanced**

#### **Content Focus:**

Play therapy supervision requires supervisors to use a theoretical framework to guide their work. Workshop participants will explore established models of clinical supervision and personal beliefs about supervision to begin to identify and develop a play therapy supervision theoretical framework.

### **[S4] Play Therapy- More Than Toys, Conceptualizing the Expressive Therapies Continuum for Applications in Play Therapy**

**Anreah Hulce, LPC Associate**

**Level: Intermediate**

#### **Content Focus:**

Using expressive arts in therapy can be a powerful tool. However, have you ever thought "how does play therapy and art therapy come together?" In this training, the Expressive Therapies continuum is explored in detail to help therapists conceptualize clients and learn how to apply both play therapy and art therapy principals in the play therapy room.

### **[S5] Map Quest: A Play Therapy Approach for Children, Adults and Families**

**Maggie McEachern, LCSW**

**Level: Beginner**

#### **Content Focus:**

Discover how mapmaking in play therapy can be a powerful tool for self-expression, healing, and growth. This training will support clinicians in navigating the use of mapmaking with clients during play therapy sessions. We will explore mapping through case presentation, experiential activities and discussion formats. Map Quest can be used with individual play therapy clients, as well as with families to support assessment, increase parental attunement, identify and navigate challenges, and support clients in identifying and increasing their internal resources. Through mapmaking, clients and clinicians will have both a concrete and symbolic means of finding their way through challenges and making it through their therapeutic quest.



# SATURDAY APRIL 13, 2024 BREAKOUT SESSIONS

## AFTERNOON WORKSHOPS [S6-S9] 3CE

### **[S6] ASL Interpreters in the Playroom**

**Teresa Powers, MS, LPC, RPT, NIC**

**Level: Intermediate**

#### **Content Focus:**

We are currently experiencing a mental health crisis for children and youth which is even more true for those who are Deaf or hard of hearing. This workshop will introduce clinicians to key linguistic and cultural considerations. We will explore various forms of culturally appropriate play as well as experiencing some activities ourselves. We will also discuss the implications and role of the interpreter in the playroom.

### **[S7] Repairing Attachment through Play Therapy in Children Affected by Perinatal Depression**

**Parie Faridnia, PsyD, RPT-S, RYT**

**Level: Intermediate**

#### **Content Focus:**

This workshop will highlight how caregiver/child attachment processes are impacted by Perinatal Depression with a specific focus on treating the 0-5 population. Attendees will acquire targeted family play therapy techniques to strengthen the attachment between the caregiver and child.

### **[S8] Advanced Sand Tray Therapy:**

**Discovering Parts of Self**

**Elizabeth Pennington, LPC, RPT**

**Level: Advanced**

#### **Content Focus:**

This hands-on workshop will build on basic Sandtray skills and introduce ego strength parts work. When trauma has resulted in a fractured self, play therapy is a gentle yet powerful intervention to identify, understand, and integrate parts of self.

### **[S9] Harmonizing Healing: Integrating Movement and Play Therapy with EMDR for Comprehensive Therapeutic Transformation**

**Meredith Hammond, MA, LPC, RPT-S, ACS, EMDRIA Approved Consultant**

**Stephanie Heitkemper, PhD, LPC, RPT-S, FT, EMDRIA Approved Consultant**

**Level: Intermediate**

#### **Content Focus:**

In this interactive presentation, we will explore the fundamental role of sensory experiences and their significant impact on the effectiveness of play therapy and Eye Movement Desensitization and Reprocessing (EMDR) therapy. Attendees will gain valuable practical insights on how to incorporate movement and sensory elements into play-based EMDR techniques, thereby deepening their understanding of these therapeutic processes and enhancing treatment outcomes.

## Schedule

### FRIDAY APRIL 12TH

**7:30AM-8:00AM** REGISTRATION

**8:00AM-11:15AM** KEYNOTE

**11:15-12:45PM** LUNCH ON YOUR OWN/FOOD TRUCKS ON SITE

**12:45-4:00PM** KEYNOTE

### SATURDAY APRIL 13TH

**7:30AM-8:00AM** REGISTRATION

**8:00AM-11:15AM** MORNING SESSIONS

**11:15-12:45PM** MEMBERS LUNCH

**12:45-4:00PM** AFTERNOON SESSIONS

## Training Levels

**Beginner:** Little or no training

**Intermediate:** Solid foundation

**Advanced:** 100+ hours previous training

CAPT is a chartered branch of the Association for Play Therapy. The Colorado Association for Play Therapy is approved by the Association for Play Therapy to offer Continuing Education



For more information  
about registration  
Please scan this QR  
Code



APT Approved Provider 99-049

# CAPT Inclusion Scholarship

Do you identify with a historically marginalized ethnic and/or racial background? We want to save a seat for you at the Spring 2023 conference! This scholarship will cover the registration cost for one day attendance at a CAPT sponsored conference. Applications are due by March 10, 2024

[Link to application](#)

Recipients will be contacted via email by March 14, 2024

This scholarship cycle will be for the Spring 2024 conference - but we'll be opening scholarships back up for each upcoming conference!

## RATES

| ONE DAY             | Early Before 3/15 | Regular |
|---------------------|-------------------|---------|
| Members             | \$185             | \$215   |
| Non-Members         | \$255             | \$285   |
| Student Members     | \$110             | \$140   |
| Student Non-Members | \$150             | \$180   |

| TWO DAY             | Early Before 3/15 | Regular |
|---------------------|-------------------|---------|
| Members             | \$370             | \$430   |
| Non-Members         | \$510             | \$570   |
| Student Members     | \$220             | \$280   |
| Student Non-Members | \$300             | \$360   |

**Group Rate:** Groups of 5 or more receive a 10% discount. Email [admin@coloradoapt.org](mailto:admin@coloradoapt.org) for a group code.

### Preferred Payment Method

Online credit card payment can be completed at [coloradoapt.org](https://coloradoapt.org)





## ALTERNATIVE PAYMENT METHOD

Mail in Payment will only be accepted via Check (make payable to CAPT). Send payment and completed registration for to:

Colorado Association for Play Therapy  
545 3rd Street #83, Monument, CO 80132

- \*Please mail check and registration by April 1st
- \*E-members are not eligible for member rates
- \*There are no refunds or credit given on any registration

## ADDITIONAL INFO

If your agency is paying for your registration, please allow extra time for agency administration to process and mail your registration by the deadline. Please confirm with your office that your registration was sent to us.

No audio or videotaping is permitted. Handicapped parking and access is available.

- \*Must be a member before 3/15/2024 to receive member rate
- \*APT offers an annual membership, renewable every 12 months, and honors a dual membership system, which ensures all individuals living within a chartered branch territory are members of both APT and their respective branches.

Join APT and the Colorado branch (CAPT) by going to  
<http://www.a4pt.org/?page=Membership>

## REGISTRATION

\_\_\_\_\_  
Registrant Name

\_\_\_\_\_  
Degree/License/Student (University/Program)

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip Code

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Email Address

Friday April 12

☐ KEYNOTE (6 CEs)

Saturday April 13

☐ Full day (6CEs) Workshop   

☐ AM (3CEs) Workshop \_\_\_\_\_  
PM (3CEs) Workshop \_\_\_\_\_

☐ I attest that I am joining APT, and thereby joining CAPT before I register for the conference to take advantage of membership prices. I understand that it will take several days for my membership to be processed before I can register for the conference online.

\_\_\_\_\_  
Signature



If you have any questions or need further assistance, please contact us at  
[admin@coloradoapt.org](mailto:admin@coloradoapt.org) or call 719.422.9410