

CHILD-CENTRED PLAY THERAPY



THEORY AND TECHNIQUES

FEBRUARY 19, 2026

9 AM - 4 PM

228 HAMEL AVE

\$225 (INCLUDES LUNCH & SNACKS)



CHILD-CENTRED PLAY THERAPY WAS DEVELOPED BY VIRGINIA AXLINE WHO WAS INFLUENCED BY CARL ROGERS AND PERSON-CENTRED APPROACHES IN THERAPY. IT IS BASED ON THE PRINCIPLE THAT CHILDREN OFTEN DON'T HAVE WORDS TO DESCRIBE THEIR DIFFICULT EXPERIENCES, BUT THEY "PLAY OUT" THEIR STORIES THROUGH TOYS, SYMBOLS AND EXPRESSIVE ACTIVITIES.

FOLLOWING THIS MODEL, PARTICIPANTS WILL LEARN HOW TO USE A RANGE OF PLAY MATERIALS TO HELP CHILDREN EXPLORE THEIR TRAUMAS AND LOSSES. TOPICS INCLUDE: COMMON THEMES IN PLAY THERAPY, CHILD-CENTRED REFLECTION TECHNIQUES, HOW TO INTERPRET AND UNDERSTAND THE STRUGGLES OF CHILDREN AND THE POWER OF SYMBOLISM IN HEALING.

THIS EXPERIENTIAL WORKSHOP IS DESIGNED SPECIFICALLY FOR THERAPISTS AND COUNSELLORS. COME READY TO PARTICIPATE IN PLAY THERAPY INTERVENTIONS (ART AND SAND TRAY THERAPY) AND GAIN USEFUL INSIGHTS FOR WORKING WITH CHILDREN!



Presenter: Jean Mackinnon
MA, BA, BSL, CCC-S
Jean has provided play therapy
to kids for over 30+ years!

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