

## Level One Theraplay and MIM Agenda

### Day 1

|         |         |                                        |                                                                                  |         |
|---------|---------|----------------------------------------|----------------------------------------------------------------------------------|---------|
| 8:30AM  | 45 min  | Course Overview                        | Objectives, Introductions, Announcements, and the History of Theraplay®          | 9:15 AM |
| 9:15AM  | 45 min  | Introduction & Theoretical Foundations | What is Theraplay? Theoretical Review                                            | 10:00AM |
| 10:00AM | 15 min  | Break                                  |                                                                                  | 10:15AM |
| 10:15AM | 105 min | Dimensions                             | The Four Dimensions of Theraplay<br>The Importance of Play                       | 12:00PM |
| 12:00PM | 30 min  | Lunch                                  |                                                                                  | 12:30PM |
| 12:30PM | 90 min  | Treatment Process                      | The Theraplay Protocol<br>MIM Observation<br>Observation and Analysis of the MIM | 2:00PM  |
| 2:00PM  | 15 min  | Break                                  |                                                                                  | 2:15PM  |
| 2:15PM  | 60 min  | MIM Analysis                           | Observation and Analysis of the MIM (Cont)                                       | 3:15PM  |
| 3:15PM  | 45 min  | Role Play                              | Structure Activities, Demonstration, and Practice                                | 4:00PM  |

### Day 2

|         |         |                                               |                                                                                                                                            |         |
|---------|---------|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 8:30AM  | 120 min | MIM Feedback Process                          | Learning to Plan, Prepare, and Conduct Parent Feedback Sessions<br>Treatment Planning<br>Review of Feedback Session with Demo Family       | 10:30AM |
| 10:30AM | 15 min  | Break                                         |                                                                                                                                            | 10:45AM |
| 10:45AM | 45 min  | Role Play                                     | Engagement Activities Demonstration and Practice                                                                                           | 11:30PM |
| 11:30AM | 30 min  | Sequence of a Session                         | Integrating Information From Assessment and Theory<br>Planning Theraplay Sessions<br>What Demonstration Case's First Session May Look Like | 12:00PM |
| 12:00PM | 30 min  | Lunch                                         |                                                                                                                                            | 12:30PM |
| 12:30PM | 45 min  | Demonstration Family: 1 <sup>st</sup> Session | Review Video of First Session with Demonstration Family<br>Process Session Plan and Adjustments Made by Practitioner                       | 1:15PM  |
| 1:15PM  | 45 min  | The Role of Touch                             | Review and Discussion of Importance of Touch<br>Nurture Activities Demonstration/Practice                                                  | 2:15PM  |
| 2:15PM  | 15 min  | Break                                         |                                                                                                                                            | 2:30PM  |
| 2:30PM  | 90 min  | Demonstration Case Wrap-up                    | Review Video, Discuss Roles of Parent and Practitioner, Observations on Treatment Progress                                                 | 4:00PM  |

Day 3

|         |         |                                                          |                                                                                                                                       |         |
|---------|---------|----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------|
| 8:30AM  | 120 min | Principles for Working with Parents                      | Preparing Parents<br>Developing Empathy and Building Competence<br>Contraindications for Including Parents and Addressing their Needs | 10:30AM |
| 10:30AM | 15 min  | Break                                                    |                                                                                                                                       | 10:45AM |
| 10:45AM | 75 min  | Theraplay with Complex Trauma                            | Impact of Trauma<br>Review of Theory<br>Why Theraplay and How It Can Help<br>Adapting Theraplay for Working with Complex Trauma       | 12:00PM |
| 12:00PM | 30 min  | Lunch                                                    |                                                                                                                                       | 12:30PM |
| 12:30PM | 45 min  | Trauma Continued                                         | Contraindications for Using Theraplay<br>Combining Treatment Modalities                                                               | 1:15PM  |
| 1:15PM  | 45 min  | Role Plays                                               | Challenge Activities Demonstration and Practice                                                                                       | 2:00PM  |
| 2:00PM  | 15 min  | Break                                                    |                                                                                                                                       | 2:15PM  |
| 2:15PM  | 105 min | Phases of Treatment and Working with/Managing Resistance | Typical Progression of Treatment<br>Termination<br>Identifying Causes of Resistance<br>Managing Resistance                            | 4:00PM  |

Day 4

|         |        |                                         |                                                                                                                                           |         |
|---------|--------|-----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 8:30AM  | 45 min | Countertransference and Complex Parents | Identifying and Managing Countertransference<br>Identifying and Working with Complex Parents                                              | 9:15AM  |
| 9:15AM  | 45 min | Foster Care                             | Implementing Theraplay with Specific Populations & Adaptations                                                                            | 10:00AM |
| 10:00AM | 15 min | Break                                   |                                                                                                                                           | 10:15AM |
| 10:15AM | 60 min | Adolescents                             | Implementing Theraplay with Specific Populations<br>Adolescent Development<br>Adaptations and Considerations                              | 11:15AM |
| 11:15AM | 45 min | Implementation Discussion               | Theraplay in Your Workplace and Obstacles<br>Psychoeducation for Administrators<br>Logistics of Incorporation<br>Ethical Use of the Model | 12:00PM |
| 12:00PM | 30 min | Lunch                                   |                                                                                                                                           | 12:30PM |
| 12:30PM | 90 min | Application Role Play                   | Enacting Prepared Application Role Play                                                                                                   | 2:00PM  |
| 2:00PM  | 15 min | Break                                   |                                                                                                                                           | 2:15PM  |
| 2:15PM  | 30 min | Certification Process                   | Review and Discussion of Certification Questions<br>Service Mark and Evaluations                                                          | 2:45PM  |
| 2:45PM  | 15 min | Questions/Wrap-up                       | Group Games                                                                                                                               | 3:00PM  |