



Playful Therapy

A 2-DAY EXPERIENTIAL
PLAY INTENSIVE

MAY 24/25

www.camft.ca/SK-Events

Playful Therapy

MATCHMAKING PLAY & EMOTION

REGISTER NOW!

Join us for a 2-day playful therapy experiential workshop!

Put on by the Saskatchewan Association of Marriage and Family Therapy, a branch of CAMFT



The evidence-based theory within the Neufeld Institute and Developmental Science has long been championing the healing power of the play mode for children, adolescents and adults. However, in the field of therapy, play is often overlooked and undervalued. In this playful therapy intensive, we will explore the purposeful dynamics of emotion and the inherent properties of play. Most importantly, the magical interplay of when they come together.

Details

Date: Friday May 24 12:00pm - 4:30pm

Saturday May 25 9:00am - 4:30pm

Location: 601 2nd Ave N, Saskatoon, SK (map below)

Investment: \$250 before April 30th, \$300 after

Student Rate: \$200

Presented by: Tracy Azevedo, MA RMFT and Tamara Strijack, RCC
(see bios below)

Target Audience: Psychotherapists, Psychologists, Counselors, Social Workers, Marriage & Family Therapists, Students, Helping Professionals, and other Mental Health Professionals looking to expand their toolkit and deepen their understanding of play-based interventions



Learning Objectives:

Fostering a deeper understanding of the purpose of emotion and recognizing the emotional roots underlying behaviour - for children, adolescents and adults.



Recognizing the inherent properties of play, and how play serves emotion.



Facilitating practices which encourage the processing of emotion through the play mode.



Matchmaking those in our care to the emotional playgrounds necessary for their emotional health and healing.



Identifying one's own emotional playgrounds as a therapist or helping professional

Speakers



Tamara Strijack RCC

Tamara Strijack is the academic dean of the Neufeld Institute, where she develops and delivers courses and workshops supporting parents, teachers, and helping professionals around the world make sense of children through developmental science. Tamara works as a registered clinical counsellor, parent consultant, and sessional instructor for several universities, where she lectures for both the faculties of education and counselling. She provides emotional health consulting for schools and advises on the development of new programs that foster the social and emotional growth of all students. She is the co-author of *Reclaiming our Students: Why children are more anxious, aggressive, and shut-down than ever and what we can do about it*.

Tamara has two daughters and lives on the West Coast.



Tracy Azevedo, MA RMFT

A born and raised Saskatchewan girl, Tracy holds a Masters Degree in Marriage and Family Therapy. She is Associate Faculty and a Parent Consultant with the Neufeld Institute which deeply informs both her professional and personal life. In Tracy's professional role, she currently works in Private Practice as a counsellor and parent consultant, facilitates workshops, and teaches 600 level Child and Adolescent Development, and Playful Therapy classes. Twenty five years have held a vast spectrum of education, experience, and work with children and youth, individuals and families. Personally, Tracy loves playing with her grandchildren, playing with play, music, cooking, warm days at the lake, spending time together with family.

Agenda

Friday May 24

12:30 - 2:15 Introducing Emotion

2:15 - 2:30 Break

2:30 - 4:30 Introducing Play

Saturday May 25

9:00 - 10:15 Playing with Frustration

10:15 - 10:30 Break

10:30 - 12:00 Playing with Alarm

12:00 - 1:30 Lunch

1:30 - 3:00 Playing with Pursuit

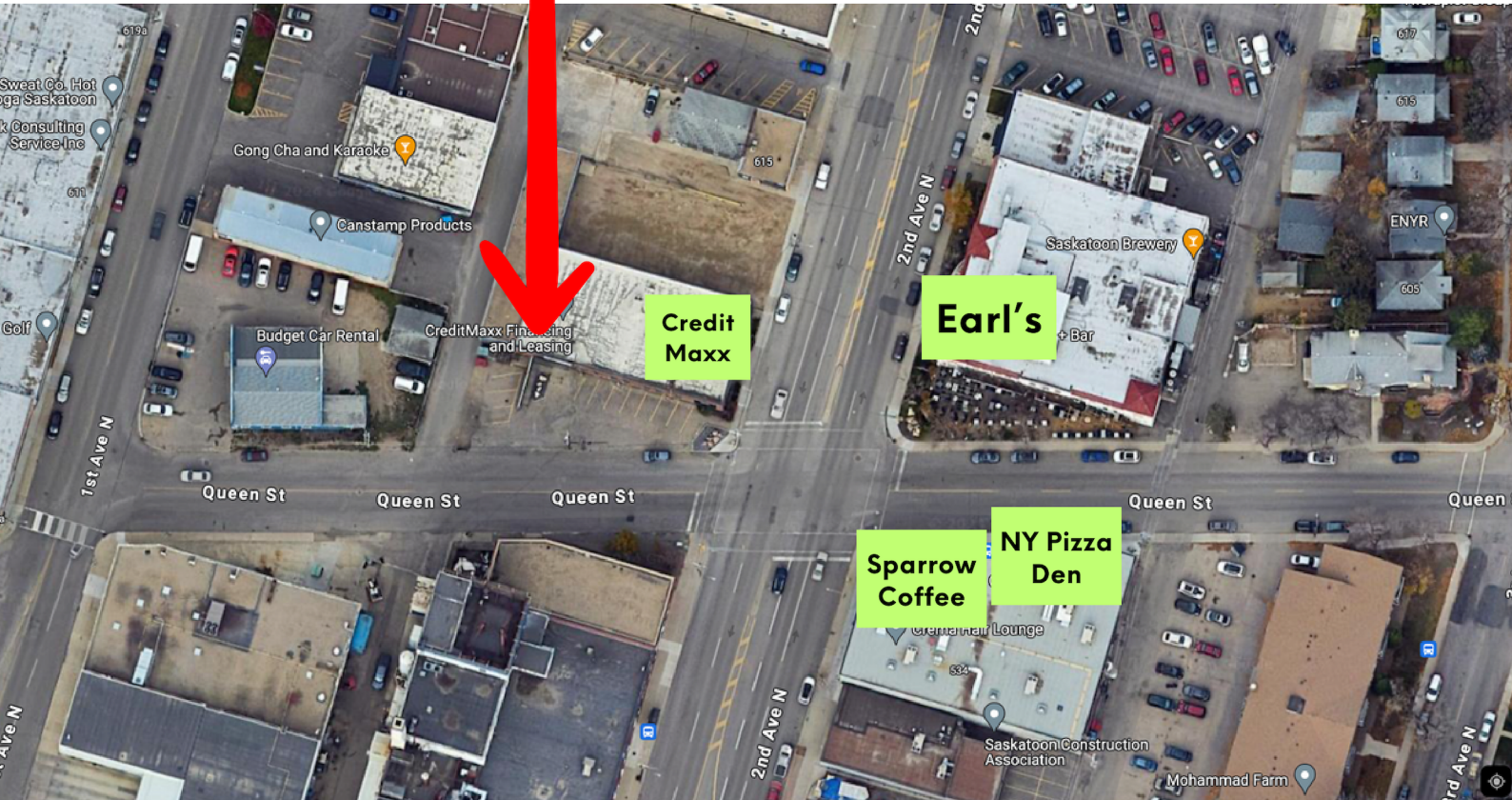
3:00 - 3:15 Break

3:15 - 4:30 Playing with Sadness & Resilience

Location

601 2nd Ave N, Saskatoon, SK

Play Therapy Event



Where to Eat

There will be 1.5hr lunch break on the Saturday. This gives you a chance to rejuvenate, as well as connect with others participating in the event. Here are some great places to eat nearby:

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|---|-------------|
| Earls: 610 2nd Ave. N | 2 min walk |
| Black Pepper: 440 2nd Ave. N (Indian cuisine) | 5 min walk |
| NY Pizza Den: 536 2nd Ave. N (right beside Sparrow) | 2 min walk |
| Sparrow Coffee: 536 2nd Ave. N (great coffee/tea, lunch options too) | 2 min walk |
| High Key Brewery: 102 23rd St. E (great beer, food menu) | 10 min walk |
| Prairie Donair: 402 2nd Ave. N | 5 min walk |
| Starbucks: 402 2nd Ave. N. | 5 min walk |

** There are also a ton of great options downtown, if you want to walk further/drive **