

# THE NEUROBIOLOGY OF PLAY THERAPY WITH CHILDREN AND TEENS: A SYNERGETIC APPROACH



Presented by:

**LISA DION**

*Revealing The Authentic You*

**Course Fee for 2-day workshop:**

Standard: S\$ 899

**2-day workshop**  
21st – 22nd March 2019, 9am – 4pm

**Venue: 87 Club Street, #03-01, 069455, Singapore**

To register click [here](#) or email: [Admin@Elephant.com.sg](mailto:Admin@Elephant.com.sg)

## ABOUT THE WORKSHOP:

Therapists will spend two days exploring the basic components of therapy with children and teens from the lense of neurobiology and Synergetic Play Therapy. Through didactic and experiential teachings, therapists will learn cutting-edge research on interpersonal neurobiology, mindfulness, nervous system regulation and brain development as the research is translated into practical ways of working with children, teens and parents. Participants will also learn what it means to attach to one's self as the cornerstone for all healing, the importance of congruent emotional expression in the therapy room, how to identify types of dysregulation in your clients, how to build a child's regulatory capacity, how to talk to and involve parents and ultimately how to re-pattern a child's nervous system through the therapy process.

## PARTICIPANTS WILL LEARN:

- The states of activation of the nervous system and how to work with them during sessions
- How to support the integration of aggressive play in the play therapy process
- How to use principles from Interpersonal Neurobiology and Synergetic Play Therapy to support the therapist's own regulation and prevention of compassion fatigue and burnout
- The most important goal when working with teenage clients
- How to develop a stronger regulatory capacity with their clients
- The importance of authentic expression and mindfulness when facilitating a child's and teen's process
- The concept of "The Set Up" in Synergetic Play Therapy and how to use this information to facilitate the client's process
- The four primary threats of the brain and how to use this information to create a neuroception of safety in the session
- What it means to become the external regulator and why it is necessary to support the client's ability to integrate their challenging thoughts, sensations and emotions

**LISA DION** is a Licensed Professional Counselor, Registered Play Therapy Supervisor and an innovative and inspiring teacher and pioneer in play therapy. She is the founder and President of the Play Therapy Institute of Colorado and creator of "Synergetic Play Therapy," a model of play therapy bridging the gap between neuro-science and psychology.

Lisa teaches and supervises globally, helping transform the lives of thousands of therapists and children. She is also a Master Certified Demartini Method Facilitator®.

Her training and understanding of how the mind and a person's biology drives human behavior allows her to offer her child and adult clients a unique perspective and understanding on how to maximize their potential and develop a greater appreciation for themselves and the people in their lives. Lisa is dedicated to advancing the play therapy field worldwide through her teachings, books and research.

She is the author of *Aggression in Play Therapy: A Neurobiological Approach for Integrating Intensity*. Her bi-weekly podcast "Lessons from the Playroom" is listened to by play therapists around the world. Lisa is the recipient of the Association for Play Therapy's 2015 Professional Education and Training Award. For more information about Lisa, please visit [www.synergeticplaytherapy.com](http://www.synergeticplaytherapy.com) and [www.playtherapycolorado.com](http://www.playtherapycolorado.com).

