



Appalachian Play Therapy Center
LINDSEY WILSON COLLEGE

hosts

**Terry Kottman, PhD,
NCC, LMHC, RPT-S**

as she presents

***Partners in Play:
Adlerian Play Therapy***

Wednesday, June 8 and

***Preventing Play Therapy Burnout:
Techniques for Self-Understanding
and Self-Nurturing***

Thursday, June 9, 2011

Robert D. Cranmer Dining & Conference Center
at Lindsey Wilson College
210 Lindsey Wilson St.
Columbia, Kentucky 42728

www.lindsey.edu/play
play@lindsey.edu
270-384-8155
270-384-7388 fax

Conference Location

Go to www.lindsey.edu and near the bottom left, click on Campus Map for map and directions or click [here](#). On the map, the Robert D. Cranmer Dining & Conference Center is building #16 on Helen Flatt Dr. Parking is available around the Dining Center and on the lower level below it.

About the Presenter

Terry Kottman, founded The Encouragement Zone, a center where she provides play therapy training and supervision, life coaching, counseling, and "playsshops" for women. She regularly presents workshops on play therapy, activity-based counseling, counseling children, school counseling, and life coaching. Prior to founding The Encouragement Zone, Terry held a number of different jobs—a day care provider, an associate in an elementary school, a graduate teaching assistant, a special education teacher, a school counselor, the director of the Child & Family Resource Clinic and professor of counselor education at the Univ. of N. Texas, and a professor of counselor education at the Univ. of Northern Iowa. Terry went to Grinnell College as an undergraduate, majoring in American Studies & English. She has a master's degree in Elementary Teaching from Colorado College and a master's degree in Special Education from the Univ. of Texas at Dallas. Terry's doctorate in Counselor Education is from the Univ. of N. Texas, where she specialized in working with children and families. During her internship there, Terry developed Adlerian play therapy, an approach to counseling children that combines the ideas and techniques of Individual Psychology and play therapy. Terry is the author of *Partners in Play: An Adlerian Approach to Play Therapy* and *Play Therapy: Basics and Beyond*; she is the co-author (with Dr. Jim Muro) of *Guidance and Counseling in the Elementary and Middle Schools*; co-author (with Drs. Jeff Ashby and Don DeGraaf) of *Active Interventions for Kids and Teens: Adding Adventure and Fun to Counseling* and *Adventures in Guidance*; and co-editor (with Dr. Ann Vernon) of *Counseling Theories: Practical Applications with Children and Adolescents in School Settings* and (with Dr. Charles Schaefer) of *Play Therapy in Action: A Casebook for Practitioners*. She has written many journal articles and book chapters on play therapy, metaphors, school counseling, counseling with children and families, Adlerian therapy, and perfectionism. Terry is also Jacob's mother and Rick's wife, by far the most important and favorite of the many things she does.

Day 1, June 8—Partners in Play: Adlerian Play Therapy

In this fun, interactive, and experiential workshop, Dr. Kottman will introduce you to Adlerian play therapy, a method of integrating the concepts and techniques of Individual Psychology with the practice of play therapy. You will learn techniques for establishing relationships with clients, exploring clients' life-styles, helping clients gain insight into their lifestyles, and reorienting and reeducating clients. You will learn about several unique ways that Adlerians conceptualize children and the significant adults in their lives: goals of misbehavior, the Crucial Cs, and personality priorities. Dress comfortably and be prepared to PLAY!!

Learning Objectives

Participants will increase their knowledge of (1) the basic concepts of Individual Psychology, (2) Adlerian techniques used in establishing a relationship with clients in play therapy, (3) Adlerian techniques used in exploring lifestyle with clients in play therapy, (4) Adlerian techniques used in helping clients gain insight in play therapy, and (5) Adlerian techniques used in reorienting and reeducating clients in play therapy.

Day 2, June 9—Preventing Play Therapy Burnout:

Techniques for Self-Understanding and Self-Nurturing

In this experiential workshop, you will learn strategies for preventing yourself from becoming burned out by the stresses involved in the play therapy profession. You will explore workplace factors that might be having a negative impact on your professional well-being. You will examine your own interactional patterns, ideas about relationships and counseling, Adlerian personality factors, and values to discover how you might be contributing to your emotional exhaustion, depersonalization, and a reduced sense of personal accomplishment. You will learn playful techniques for self-care and strategies for countering workplace factors and your personal patterns--tools for avoiding professional and personal burnout .

Learning Objectives

Participants will be able to (1) describe the three factors in burnout--emotional exhaustion, depersonalization, and reduced sense of personal accomplishment; (2) describe their ideal workplace and the difference between their ideal workplace and their current workplace; (3) describe at

least one factor in their current workplace that might be contributing to burnout; (4) describe three of their own interpersonal patterns, ideas about relationships and counseling, personality factors, and values that might be contributing to burnout; and (5) describe at least one strategy for countering each of these factors that might be contributing to burnout.

Intended Audience / Skills Level: This workshop is appropriate for mental health and allied professionals and students who work with children, adolescents, and their families. Day 1 is intended for beginning and intermediate levels; day 2 is intermediate and advanced.

Conference Schedule

All times are Central Daylight Time.

<u>June 8</u>		<u>June 9</u>	
8:00-9:00am	Registration	8:00-8:30am	Registration
9:00	Workshop begins	8:30	Workshop begins
12:05-1:20pm	Lunch provided	11:35-12:50pm	Lunch provided
1:20-4:25	Workshop	12:50-3:55	Workshop

Accommodations

Several hotels are available in the area along Highway 27 including

Best Western (Columbia)	270-384-9744
Best Western (Campbellsville)	270-465-7001
Cumberland Lodge (Russell Springs)	270-866-4208
Holiday Inn Express (Campbellsville)	270-465-2727
Super 8 (Campbellsville)	270-789-0808

APTC reserves the right to cancel the conference for any unforeseen circumstances. In all cases, APTC is limited to refund of the fees paid for registration.

Refunds made through June 1, minus \$20.00 fee.

Dress in layers for your own personal comfort.

ADA/Section 504: If you require special accommodations, please contact Jodi Crane at 270-384-8155 or jodi.crane@lindsey.edu.

Continuing Education

This event is co-sponsored by the Appalachian Play Therapy Center and The Institute for Continuing Education. 6.00 contact hours are offered each day, with full daily attendance required. **The CE processing fee is \$20.00 per person and is to be paid via check or money order directly to The Institute for Continuing Education.** Application forms and other required CE forms will be available on site. Certificates will be mailed following the training event.

Psychology: The Institute for Continuing Education is an organization approved by the American Psychological Association to sponsor continuing education for psychologists. The Institute maintains responsibility for this program and its content.

Counseling: The Institute for Continuing Education is an NBCC approved provider and co-sponsor of this event. The Institute may award NBCC approved clock/contact hours for programs that meet NBCC requirements. NBCC Provider No. 5643.

Social Work: The Institute is approved as a provider of social work continuing education by the Association of Social Work Boards (ASWB), through the Approved Continuing Education Program (ACE). The Institute maintains responsibility for the program. ASWB Provider 1007.

Marriage/Family Therapy: This program will be submitted to the Kentucky MFT Board for review for CE credit for KY MFTs. Call for disposition.

Play Therapy: The Institute for Continuing Education is approved by the Association for Play Therapy to sponsor continuing education specific to play therapy. The Institute maintains responsibility for the program. APT Provider No. 98-040.

Payment in the form of check or money order payable to Lindsey Wilson College MUST accompany registration. Sorry we cannot accept credit cards or purchase orders.

Be sure to include an email address to receive confirmation of your registration and conference announcements.

To qualify for student rate send a letter or email from a school official or faculty member stating your status.



Appalachian Play Therapy Center

LINDSEY WILSON COLLEGE

3rd ANNUAL PLAY THERAPY CONFERENCE REGISTRATION FORM

Name _____
Address _____
City _____ State _____ Zip _____
Phone W _____ C _____
Email _____
Credentials _____

CONFERENCE FEES

(Includes workshop, handouts, snacks and lunch each day, and continental breakfast on first day. CEUs are \$20 extra payable to Institute for Continuing Education —see brochure for details.)

Postmarked by 5/18/11

Professionals	Students
___ \$110 for 1 day (June 8)	___ \$55 for 1 day (June 8)
___ \$110 for 1 day (June 9)	___ \$55 for 1 day (June 9)
___ \$180 for 2 days	___ \$90 for 2 days

Postmarked after 5/18/11

Professionals	Students
___ \$130 for 1 day (June 8)	___ \$65 for 1 day (June 8)
___ \$130 for 1 day (June 9)	___ \$65 for 1 day (June 9)
___ \$220 for 2 days	___ \$100 for 2 days

Mail to: Dr. Jodi Crane, Director
Appalachian Play Therapy Center
210 Lindsey Wilson St.
Columbia KY 42728

