



AGENDA

Mindfulness Play: Using play therapy and mindfulness in counseling

Presenter: Ashley Garrett, LPC, RPT-S

Location: Garrett Counseling, Jacksonville Branch

Address: 1215 Jackson's Way SW Jacksonville, AL

Date: Friday, September 16, 2016 830AM-1130AM

Program Content Description / Learning Objectives: Participants will learn about theories related to mindfulness and play therapy and how to integrate theory into practice. Using Mindfulness-Based Play-Family Therapy and Dialectical Behavior Therapy, participants will gain tools to use for clients of all ages. Participants will learn play therapy techniques, practice those new techniques, and receive feedback during training.

3.00 Clock Hours

National Board for Certificate Counselors - Provider No. 6763

Association for Play Therapy - Provider No. 15-430

8:15 AM	Check in / Registration	Coffee
8:30 AM	MBPFT and DBT	
9:30 AM	Mindfulness Practice	Educating Clients and Parents
10:30 AM	Practice Skills and Feedback	Mandala Use - 3 types Theraplay movement Bibliotherapy Sharkfin Technique Mindfulness Walking Mindfulness Cards
10:45 AM	Holding the space concept	Role-playing
11:15 AM	Q & A	Evaluations

*Please note that the evaluation form has been emailed to you. Please complete at end of day. Hard copies are available at front of room. * Certificates of Attendance can be collected as you exit the lobby. *Garrett Counseling has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6763. Programs that do not qualify for NBCC credit are clearly identified. Garrett Counseling is solely responsible for all aspects of the programs. NBCC ACEP Provider No. 6763 *Garrett Counseling is approved by APT to provide continuing education. Garrett Counseling maintains responsibility for this program and its content. APT Provider No. 15-430.