

Sandscapes & Self-Renewal by the Sea

A 2-Day, Play Therapy/Expressive Arts Retreat for Clinical Rejuvenation

Sunset Beach, Hawaii

www.halekimo.com

March 20-21, 2014



Retreat Facilitated by Renowned Play Therapy Expert

Dr. Eric Green

<http://www.drericgreen.com>

Gina Eustoquio & Liz Kong, Co-Hosts

For more information and to register, e-mail Gina at ginakay@me.com

*“When we practice deep looking directed toward the heart of reality, we receive understanding.
We receive the wisdom that makes us free.” (Thich Nhat Hanh)*

2 Day Retreat/Workshop Content Description

Please join **Dr. Eric Green** in this **play-therapy content-specific** 2 day workshop replete with **play therapy applications** aimed at practitioner rejuvenation. This highly experiential training will be conducted in Sunset Beach, Hawaii and is designed for all mental health practitioners, including professional counselors, **social workers**, school psychologists, clinical psychologists, pediatric and/or psychiatric nurses, marriage and family therapists, play therapists, psychotherapists, graduate/doctoral students in mental health disciplines, community counselors/child advocates, psychiatrists, and pastoral counselors.

The premise of this **play therapy workshop** is that when clinicians take time to slow down, breathe, and smile; they become aware and fully present. They see glimpses of bliss in the smiles of children and their families as they begin to understand and develop efficacy surrounding the significant role they place within their own healing in the **play therapy and counseling process**. By slowing down and experiencing clinical renewal, clinicians are reminded of the rapture of being alive. They recapitulate how soulfully interconnected they are to one another. Out of this awareness, their zeal and passion for **play therapy** and child-based psychotherapy becomes sharpened in focus and renewed in passion.

We will practice mindfulness together as a **play therapy & mental health community**—a spiritual family—by learning to develop, as Jung once said, a philosophic stance in the face of sorrow. Within this patient endurance, we excoriate and purge our psychological *toxins*, which at times besiege and contaminate our psyches within the **play therapy** dialectic. Incorporating the art of mindfulness in **play therapy practice** and maintaining it after the workshop concludes is one way we may continue our own journey of personal healing and growth. By focusing on breathing and mantras, each moment is a new moment for our hearts to awaken, to be taken in by the rapture of being alive. **Play therapists** & clinicians will breathe, sit, lie down, and/or walk freely and peacefully without the machinations of mobile phones, laptops, and Internet technology to psychically encumber and socially stifle. There will be a no-cell phone/Facebook/social media/texting embargo from 9am—4pm.

Body and mind balance is an important gift to our world and an essential element to our efforts in effectively cultivating transference so the *“nigredo”* (Alchemists’ term for the metaphorical ‘blackening’ or ‘charring’ of the soul) within **play therapy** becomes activated.

Mindfulness Practice Blended with Play Therapy Interventions

- **Mindfulness Meditation**: **play therapy-based** & progressive muscle relaxation techniques; mantras, deep breathing in silence; outdoor walking meditation as a community
- **An Awakened Heart**: small group discussions/exercises that involve improving communication and relational skills with our clients in mental health/**play therapy**. Some techniques may include active listening, non-judgmentalism ; encouragement; and developing intrapersonal and interpersonal skills to maintain balanced communication and avoid professional burnout in the **play therapy** & mental health consulting room
- **Guided Archetypal Imagery**: the inner journey of symbols in the **play therapy** room
- **A Play Therapist's/Mental Health Clinician's Critical Self-Reflection**: journaling with a focus on the interior
- **Spiritual Soaring**: Opportunity to engage in silent contemplative prayer before/after **play therapy**/psychotherapy sessions
- **Analytical Play Therapy Interventions for Clinical Renewal**: interior dialoguing through **play therapy-based** picture journaling, practicing difficult dialogues through role plays and/or puppet shows; creating individualized art work/and or painting on a canvas; coloring mandalas; music therapy; & creating worlds in **play therapy** via sand play; & engagement with nature through outdoor dance/movement/physical activities.

Workshop Objectives

1. After the session, participants will possess an intermediate to advanced understanding of incorporating mindfulness into **play therapy and mental health practice** to increase resilience and decrease depletion.
2. After the session, participants will articulate the rationale and benefits for utilizing **play therapy-based & expressive art therapy techniques** in clinical renewal.

Fee (all payments are final & registration deadline is Jan 1, 2014)

\$325 (\$100 deposit accepted; \$225 balance due anytime before Jan. 15, 2014)

Event Schedule

Day 1 & Day 2: 9am-12pm (Training 1); 12-1 pm (Lunch); 1-4pm (Training 2)

6 CE available

Breakfast, Snacks, & Lunch Included

Lodging/Airfare/Local Transport Not Included

For more information and to register, email Gina at ginakay@me.com

“In order to observe our own fear, we must accept the fact that we are afraid. We can't examine our own depression without accepting it fully. The same is true for irritation and agitation, frustration and all those other uncomfortable emotional states. You can't examine something fully if you are busy reflecting its existence. Whatever experience we may be having, mindfulness just accepts it. It is simply another of life's occurrences, just another thing to be aware of. No pride, no shame, nothing personal at stake--what is there, is there.” (Green, 2013)



APT Approved Provider #12-308

Starting July 1, 2010, APT confers play therapy credit for graduate-level play therapy education and continuing education programs that are specifically applicable to play therapy practitioners and that improve client care, either directly or indirectly, by demonstrating evidence of... **This specific retreat/workshop in Hawaii fits under the rubric of “content that enhances the specific professional proficiency of mental health practitioners who are engaged in the clinical practice of play therapy, the supervision of play therapists, or the instruction of play therapy.”**

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