

Janet A. Courtney, PhD, LCSW, RPT-S
Founder, FirstPlay® Therapy

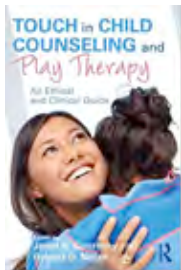
Dr. Courtney is Director of Developmental Play & Attachment Therapies, Inc. in Boynton Beach, FL and is the Founder of FirstPlay® Therapy, a new Play Therapy model that is a culmination of her clinical work and research in Developmental Play Therapy, in Ericksonian Play Therapy & StoryPlay®; and her training in Infant Mental Health & Infant Massage.

Her career has focused on attachment and bonding between infants and young children and their parents; and believes

in the power of (pre-symbolic) “first-play” caring touch activities as the best start for infant mental health. She is an Adjunct Professor at Barry University, Miami, FL, a Registered Play Therapy Supervisor, a StoryPlay® Facilitator, and the former President of the Florida Association for Play Therapy.

Janet’s children’s story, *The Magic Rainbow Hug* (also in Spanish, *El Abrazo Mágico del Arcoíris*) represents her new process of FirstPlay Kinesthetic Storytelling®; and her TEDx Talk, *The Curative Touch of a Magic Rainbow Hug*, elaborates on this technique.

Janet’s research in touch & Developmental Play Therapy is published in the *Journal of the American Art*



Therapy Association and the International Journal of Play Therapy. Look for her groundbreaking book:

Touch in Child Counseling and Play Therapy: An Ethical & Clinical Guide

Dates: May 16-19, 2017

Oct. 24-28, 2017

***Earn 37 Play Therapy Hours**

Daily Schedule

Tuesday-Friday: 8:45 to 5:30

Thursday eve: 6:00 to 8:00

Saturday: 8:30 to 4:30

Objectives: What You Will Learn

- State the foundational underpinnings of FirstPlay® Therapy: Developmental Play Therapy; Family Play Therapy (Filial); Ericksonian Play Therapy; Attachment Theory; Ethics of Touch in Play Therapy.
- Describe how Developmental Play Therapy (DPT) supports the FirstPlay® Therapy model
- Understand Attachment Theory and its theoretical relevance to the FirstPlay® model
- List the research and ethical considerations of touch in play therapy
- State the benefits, limitations, and contraindications of FirstPlay® Storytelling
- Describe and demonstrate the techniques of FirstPlay® & Kinesthetic Storytelling via Doll
- Describe and demonstrate the techniques of FirstPlay Kinesthetic Storytelling®
- Demonstrate how to instruct, guide, & supervise a parent in FirstPlay® Storytelling
- Explain how to instruct a parent in FirstPlay® Kinesthetic Storytelling®

***Learn more about Certification on the Website:**

FirstPlayTherapy.com

BYOB “Bring Your Own Babydoll”

Volunteer Parents and babies join the training on Day Four so you can put your new skills into immediate Practice



Become Certified as a FirstPlay® Therapy Practitioner

A Developmental Play Therapy Model

Based upon the work of Play Therapy

Pioneer Viola Brody, PhD

FirstPlay® Infant Massage (Ages 0-2)
Kinesthetic Storytelling® (Ages 2-6)



Janet A. Courtney, PhD, LCSW

Registered Play Therapy Supervisor

Author: *The Magic Rainbow Hug*

FIVE Day 37 Hour Training

May 16-19, 2017 OR Oct. 24-28, 2017

Learn more: FirstPlayTherapy.com

Boynton Beach, FL (10 minutes to Ocean)

37 FL State & Play Therapy CE Hrs.

Arrange for a FirstPlay® Therapy Training in your Area

Watch Dr. Courtney’s TEDx Talk “The Curative Touch of a Magic Rainbow Hug”



Creating Connected & Empathetic Interpersonal Relationships

About the Workshop

FirstPlay® Therapy is a Play Therapy strength-based model that enhances the parent-child relationship and is based upon the work of Play Therapy pioneer, Viola Brody, founder of Developmental Play Therapy & also Filial Therapy, Ericksonian Play Therapy; Attachment Theory; Infant Massage techniques & research in Touch & Infant Mental Health. FirstPlay® Therapy focuses on the therapeutic aspects of pre-symbolic play, or “first-play” that is, for ex., the vital joyful touch-based activity play that happens between a parent and infant.

FirstPlay® Therapy is offered for two different developmental stages: FirstPlay® Infant Massage storytelling is for ages birth to toddler (first 4 days of training); and FirstPlay Kinesthetic Storytelling® is for children ages 3 to 6 years (Day 5). You will learn how to facilitate respectful, caring & fun touch-based activities between parents and children through demonstrations via baby doll. The parent simultaneously practices the techniques on their infant/child as you guide attuned attachment.

FirstPlay® integrates methods of mindfulness and is an adjunctive model that can be integrated along with other forms of play therapy methods. It can also be applied in groups, parent reunification & parent-child residential settings; with adoptive & foster parents; children with autism, behavioral problems, and attentional problems.

37 Hour Intensive training includes:

- *FirstPlay® Therapy Training Manual: 10 Modules
- *FirstPlay® Parent Handbook
- *Certification as a FirstPlay® Therapy Practitioner
- *Light Breakfast/Snacks & Dinner Thursday Eve
- *Five hours Individual or Group Supervision/ Consultation of two Cases beyond training
- *Website listing w/link to you

This workshop will teach you how to facilitate parents in: FirstPlay® Infant Massage (Ages 0-2) & FirstPlay Kinesthetic Storytelling® (Ages 2-6)

Highlights of the Training:

Day 1: Foundations of FirstPlay® Therapy: Developmental Play Therapy, Ericksonian Play therapy, Filial/Family PT; Attachment Theory, Infant Massage; Touch & Infant Mental Health Research

Day 2: Ethics of Touch /cultural considerations; Experiential Exercises; Body/Mind/Spirit Connection/Relaxation; Intro Infant Massage.

Day 3: FirstPlay® Infant Massage Storytelling; Parent Manual; physically healthy; Educator task check-list; videotaping; pediatrician permission; benefits, limitations & contraindications; Role playing & demonstrating via Doll.

Day 4: FirstPlay® Infant Massage Storytelling in action with live volunteer practicing--& facilitating techniques of the Tree Hug Massage & other activities. Q & A; In class open Quiz; Marketing practice

Day 5: FirstPlay Kinesthetic Storytelling®; Interspersed Metaphorical suggestions; Imbedded relaxation skill building; Autism considerations; practicing & facilitating Kinesthetic Stories.

Note: The FirstPlay® training is limited to 12 participants per leader to permit extensive skill practice and individualized coaching and feedback
DPAT is a Florida Approved Provider for Clinical Social Work, Marriage & Family Therapy and Mental Health Counseling & through the FL board of Massage Therapy, BAP #1035 Exp. 3/2019 & DPAT is an APT Approved Provider 10-287.

Certification in FirstPlay® Therapy

Registration Form

Please print *clearly*, detach and mail to:

Developmental Play & Attachment Therapies

1245 Gondola Lane

Boynton Beach, FL 33426

Name: _____

Degree & license #: _____

Address: _____

City: _____

State: _____ Zip: _____

Work phone: () _____

Cell/Home phone: () _____

Email: _____

Program fee: \$1649.00

Early Bird: \$1595.00 by 3 weeks prior to training; 4/25/17; 10/3/17

Attending Saturday workshop only: \$185.00

Make checks payable to:

Developmental Play & Attachment Therapies or DPAT

Contact Dr. Courtney at 561-267-0625 or Email: JanetCourtneyPhD@gmail.com

Cancellation Policy: \$150.00 if cancelled 3 weeks prior to workshop & \$300.00 fee if less than 3 weeks’ notice. Paypal & Credit cards accepted.