

## About the Instructor

### Janet A. Courtney, PhD, RPT-S Founder, FirstPlay™ Therapy

Dr. Courtney is Director of Developmental Play & Attachment Therapies, Inc. in Palm Beach Gardens, 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, her training as an

Advanced Infant Massage educator and in Ericksonian Play Therapy. 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 storytelling, FirstPlay™ Kinesthetic Storytelling®; and her TEDx Talk, *The Curative Touch of a Magic Rainbow Hug*, elaborates on this technique.

Janet is author of the chapter, *Touching Autism through Developmental Play Therapy* in the book, “Play-based Interventions for Children and Adolescents with Autism Spectrum Disorders,” and her research in touch & Developmental Play Therapy is published in the *Journal of the American Art Therapy Association* and the *International Journal of Play Therapy*.

Coming soon, Janet’s new book: *The Magic Love Bug*

## Daily Schedule:

Tuesday:	8:45 to 5:30
Wednesday:	8:45 to 5:30
Thursday:	8:45 to 5:30
Friday:	8:45 to 5:00

## Objectives: What You Will Learn

- Discover the foundational underpinnings of FirstPlay™ Therapy: DPT; Family Play Therapy; Ericksonian PT; Attachment Theory; Research in Touch
- Describe how Developmental Play Therapy (DPT) supports the FirstPlay™ Therapy model
- Understand Attachment Theory and its theoretical relevance to the FirstPlay™ model
- Identify the current research that shows the benefits of touch & Infant Massage
- List the ethical considerations of touch
- State the benefits, limitations, and contraindications of FirstPlay™ Infant Massage
- Describe and demonstrate the techniques of FirstPlay™ Infant Massage Play Therapy & Storytelling via Doll
- Describe and demonstrate the techniques of FirstPlay™ Kinesthetic Storytelling
- Demonstrate how to instruct a parent in FirstPlay™ Infant Massage Storytelling
- Demonstrate how to instruct a parent in FirstPlay™ Kinesthetic Storytelling

**Add a new skill to your toolbox and a new offering to your play therapy practice or Agency clients!**

**FirstPlayTherapy.com**

# First Play THERAPY

**A new Parent-Child Play Therapy model for Ages 4 weeks to 6 years**

Integrating FirstPlay™ Infant Massage & Kinesthetic Storytelling techniques.

**Based upon the work of PT Pioneer, Viola Brody,** creator of Developmental Play Therapy



## Janet A. Courtney

**Ph.D., LCSW, RPT-S**

Author: *The Magic Rainbow Hug*

MagicRainbowHug.com

### Four Day Intensives

Visit **FirstPlayTherapy.com**

Boynton Beach, FL (10 minutes to Ocean)  
**28 FL State & Play Therapy CE Hrs.**

**Arrange for a FirstPlay™ Therapy Training in your Area**  
FirstPlayTherapy.com

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



## 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 (DPT); Infant Massage lit; Ericksonian Play Therapy; Attachment Theory; & research in Touch.

FirstPlay™ Therapy focuses on the therapeutic aspects of pre-symbolic play, or “first-play” that is, for ex., the early 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 4 weeks to two/three years; and FirstPlay™ Kinesthetic Storytelling is for children ages three to six years. Practitioners 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. The therapist does not touch the child, but supports the healing value of touch.

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

## 28 Hour Intensive training includes:

- FirstPlay™ Therapy Training Manual: 10 Chapters/Modules
- FirstPlay™ Parent Instructional Guide
- Certification in FirstPlay™ Therapy
- Continental Breakfast/Snacks (Lunch on your own)

***This workshop will teach you how to facilitate parents in FirstPlay™ Infant Massage (4wks to 2/3 yrs.) & Kinesthetic Storytelling 2/3 to six yrs.)***

### Highlights of the Training:

**Day 1:** Foundations of FirstPlay™ Therapy: DPT, Ericksonian, Family PT; Attachment Theory, Infant Massage literature; nature of storytelling adapted to FirstPlay™ Therapy.

**Day 2:** Touch Research/ethical/cultural considerations; Experiential Exercises; Body/Mind Connection/Relaxation; Intro Infant Massage.

**Day 3:** FirstPlay™ Infant Massage Storytelling; Parent Manual; physically healthy; Educator task check-list; videotaping; pediatrician permission; benefits, limitations (Abuse) & contraindications; practicing (via Doll) & facilitating techniques of the Tree Hug Massage & other activities

**Day 4:** FirstPlay™ Kinesthetic Storytelling; Interspersed Metaphorical suggestions; Imbedded relaxation skill building; Autism considerations; practicing & facilitating the Magic Rainbow Hug, & other Kinesthetic stories; Marketing Practice

**Note:** The FirstPlay™ training is limited to 10 participants per leader to permit extensive skill practice and individualized coaching and feedback  
*Developmental Play & Attachment Therapies is an Approved Provider for Clinical Social Work, Marriage & Family Therapy and Mental Health Counseling in the state of Florida. BAP #1035 Exp. 3/2015 & DPAT is approved by APT to offer CE credit specific to play therapy. APT Provider #10-287.*

## Register for Certification as a FirstPlay™ Therapy Practitioner

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: \_\_\_\_\_

Best Phone #: (    ) \_\_\_\_\_

Email: \_\_\_\_\_

**Program fee:            \$995.00**

**EARLY BIRD Rate: \$925.00**

Early rate due by 3 weeks prior to training.

**Make checks payable to:**

Developmental Play & Attachment Therapies or DPAT  
*or* pay online at: **FirstPlayTherapy.com**

\*\$200.00 cancellation fee if less than 3 weeks.

**Contact Dr. Courtney** at 561-267-0625  
or Email: J \_ Courtney@ bellsouth.net

**Register for StoryPlay® Training at the same time & receive a discount on both.**  
**Visit FirstPlayTherapy.com**