



INFANT PLAY THERAPY MODEL



About the Certification Training

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. Other foundations include Filial Therapy, Ericksonian Play Therapy; Attachment Theory; Infant Massage, 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® Infant Story Play Therapy is for ages birth to toddler. 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 as you guide attuned attachment.

FirstPlay® integrates methods of mindfulness and is an adjunctive model that can be integrated along with other forms of infant play therapy methods. It can also be applied in groups, parent reunification & Parent-child residential settings; with adoptive & foster parents; early intervention programs, teenage parents, and other areas.

*Note, for clarification, there is a separate Certification training for older children (3 years & up) called, *FirstPlay Kinesthetic (Somatic) Storytelling®* as FirstPlay® Therapy is offered for two different developmental stages.

FIRSTPLAY® INFANT
STORY-MASSAGE

(BIRTH-36 MONTHS)

FirstPlay® Intensive LIVE Online

Dates & Times

May 16, 17, 19-23, 2026

Schedule (all U.S. EASTERN)

May 16 & 17 (Sat & Sun): 12:00-4:15

May 19 (Tues): 12:00-4:15

May 20 (Wed): 9:30-4:15

May 21-23 (Thurs-Sat): 8:30-5:30

Live Lab: Parent-Infant Volunteers
on Friday, May, 22th: (2:00-4:00)

*Note, May 16, 17 & 19 can be recorded if you are not able to attend live. They must be watched prior to Wednesday, May, 20 2026.



Continuing Education

Earn 42 Play Therapy & Florida State CE hrs 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 & DPAT is an APT Approved Provider 10-287.

*Note: This course meets APT's definition of "Live Webinar." Your camera must be left on for the entirety of the webinar. Dr. Janet Courtney maintains responsibility for the training content.



Highlights of the Training

Day 1-2: Foundations of FirstPlay® Therapy: Developmental Play Therapy, Ericksonian Play therapy, Filial/Family PT; Attachment Theory, Infant Massage; Touch &

Infant Mental Health Research

Day 3-4: Ethics of Touch /cultural considerations; Experiential Exercises; Connection/”Calm & Relax; Intro Infant Massage.

Day 5: FirstPlay® Infant Play Therapy Storytelling; Parent Manual review; parent/practitioner task check-list; pediatrician permission; benefits, limitations & contraindications; Partner Role-Play demonstrations via Doll.

Day 6: Group demonstration live lab practice; FirstPlay® in action (VIRTUALLY) with live parent/infant volunteers to facilitate the techniques of the Baby Tree Hug. Processing experiences.

Day 7: Group processing, other FirstPlay® activities-techniques & how to facilitate a parent-child session, video recording, documentation. Q & A; “Open” Quiz review; Marketing your FirstPlay® practice.

42 Hour Intensive training includes:

*FirstPlay® Therapy Training Manual: Twelve Modules

*FirstPlay® Parent Handbook

*Certification as a **Certified FirstPlay® Infant Practitioner**

**6 hours Reflective Supervision of four Cases beyond training (*See page 7 for more info.)

*Website listing w/link to you



See FirstPlay website for all Certification Benefits to you: www.firstplaytherapy.com
(See training page)

This workshop will teach you how to facilitate parents in: FirstPlay® Infant Storytelling

Massage (Ages birth-36 months)

If you are interested in the FirstPlay Somatic Storytelling course, (ages 3 years and up) learn more here:

<https://courses.jentaylorplaytherapy.com/bundles/firstplay-kinesthetic-storytelling-an-attachment-based-play-therapy-model-bundle>

Training Objectives

- State the foundational underpinnings of FirstPlay® Therapy: Developmental Play Therapy; Family Play Therapy (Filial); Ericksonian Play Therapy; Attachment Theory; IMH, Ethics & research 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 with infants.
- State the benefits, limitations, and contraindications of FirstPlay® Storytelling.
- Describe and demonstrate the techniques of FirstPlay® Infant Story-Massage & FirstPlay activities via Doll.
- Demonstrate how to instruct, guide, & supervise a parent in FirstPlay® Storytelling
- List six therapeutic benefits of FirstPlay®.
- Describe how to instruct the parent to “ask permission” from the baby & to read the cues of “readiness” & “not ready”.
- Demonstrate how to guide the parent to “calm & relax” and connect with the infant.
- State the seven steps of the process of implementation.
- Describe the developmental differences between the FirstPlay infant model and FirstPlay Kinesthetic Storytelling®
- Demonstrate how to adapt FirstPlay to an online parent-infant virtual session.

FirstPlay®

INFANT PLAY THERAPY MODEL



Live Lab: Parent and infant volunteers join the training on Friday, Jan. 30th. Parents are invited online and placed in Zoom breakout rooms with an assigned practitioner from the training ~ a very special heart-centered and exciting time!

Visit the training website: www.FirstPlayTherapy.com

Visit the Parent Website:
www.FirstPlayinfantmassage.com

Watch Janet's TEDx Talk, *The Curative Touch of a Magic Rainbow Hug*:
<https://www.youtube.com/watch?v=kYZqyjzuaOw&vl=en>

FIRSTPLAY® INFANT
STORY-MASSAGE

(BIRTH-36 MONTHS)



Janet A. Courtney, PhD, RPT-S is Founder of FirstPlay® Therapy & Director of Developmental Play & Attachment Therapies, Inc. in Boynton Beach, FL.

FirstPlay® is an Infant Play Therapy model that is a culmination of her clinical practice and research in Developmental Play Therapy, in Ericksonian Play Therapy; and her training in Infant Mental Health, Touch, & Infant Massage. Dr. Courtney is past Chair of the Association for Play Therapy Ethics & Practice committee & editor & author of the groundbreaking books: "Touch in Child Counseling and Play Therapy: An Ethical and Clinical Guide." "Infant Play Therapy: Foundations, Models, Programs & Practice" & *Healing Child and Family Trauma through Expressive & Play Therapies*. She is a past Adjunct Professor at Barry University, Miami, FL, & former President of the Florida Association for Play Therapy.

Her career has focused on attachment and bonding between infants their parents; and believes in the power of "first-play" caring touch activities as the best start for infant mental health. 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*. Janet's children's story, *The Magic Rainbow Hug* (also in Spanish) represents her new process of FirstPlay Somatic (Kinesthetic) Storytelling®; and her TEDx Talk, *The Curative Touch of a Magic Rainbow Hug*, elaborates on this technique.

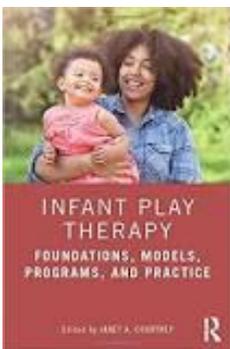
Training Location

This will be an online training to be held on Zoom. New links are sent out daily during the training.



BYOB: Bring Your Own Baby-doll

Recommended: **Lots of Cuddles** is a good-sized doll—about the size of a 2-month old. But good to take your time to find the one you really connect with.



The course curriculum is supported by Dr. Courtney's following books, "*Touch in Child Counseling and Play Therapy: An Ethical and Clinical Guide.*"

The following Chapters are recommended to be read prior to attending the training: Chapters: 1, 2, 3, 4, 8, 12, & 16 & the foreword by Dr. Eliana Gil

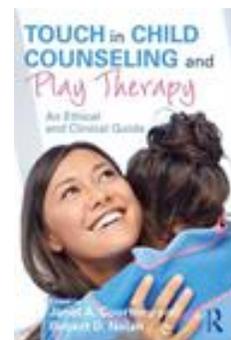
"*Infant Play Therapy: Foundations, Models, Programs & Practice*" is due out Spring, 2020.

"*Infant Play Therapy: Foundations, Models,*

Programs & Practice" Read: Preface, Chap 1, 2, 3, 6 & 17

"*Healing Child and Family Trauma through Expressive & Play Therapies: Art, Nature, Storytelling, Body & Mindfulness.*" Read: Preface, Intro, Chap 2, 9 & 10

Amazon: <https://www.amazon.com/Touch-Child-Counseling-Play-Therapy/dp/1138638536>



***Ask how you can receive 18 APT credits for reading the above books.**

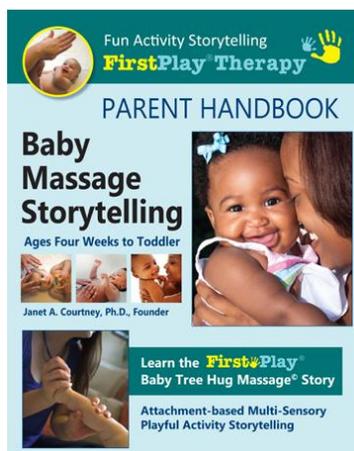
<https://courses.jentaylorplaytherapy.com/bundles/three-book-bundle-for-dr-courtney>

Please know that this is a *manualized* intervention & prevention model. What this means is that you will be trained in how to implement the *FirstPlay Parent Manual*© with your parents/caregivers and infants. Parents follow along in the *FirstPlay Parent Manual*© as you guide, facilitate, and supervise them in the FirstPlay® techniques.

After the instructional session is complete, parents will need to have a copy of the manual so they can refer back to what was taught to them. The manual also contains important information that protects you from any liability concerns, so for many reasons *they need their own book or a copy of the interior pages to keep.*

You have two options to obtain the FirstPlay Parent Handbook:

1. I grant you permission to copy the book to give to client families. However, you are not able to store the book within any electronic system, such as a computer.
2. You can purchase the books at \$14.95 per book and you can pass the charge on to your client families.



CERTIFICATION BENEFITS TO YOU

Benefits During the Training:

1. One FirstPlay® Practitioner Manual (this is supplemental to the powerpoints).
2. FOUR FREE *FirstPlay Parent Manuals*
3. ONE FREE FirstPlay Practitioner Parent Manual
4. Live lab experience with volunteer parents and infants so you can immediately put your new skills into practice
5. Live lab observation supervision that can be credited toward your RPT application, if needed.
6. Guidance for how to market your FirstPlay® Practice and take your play therapy work to infants.



Once you complete the Reflective Supervision requirements, you will:

(See requirements next page)

- You will be able to advertise your credential as a **Certified FirstPlay® Infant Practitioner**
- Be added to the FirstPlay® Practitioner Website
- Access to the FirstPlay® Logos.
- Access to personalize your own marketing materials
- Access to FirstPlay Rack cards to immediately begin to market your practice *

FIRSTPLAY® CERTIFICATION REQUIREMENTS

This is a competency-based certification that is awarded through Developmental Play & Attachment Therapies, Inc. and is established to signify to professionals, referral sources, agencies, clients, and consumers that a practitioner has met a level of mastery and competency in the foundations and techniques of FirstPlay® Infant Story-Massage Therapy. (There is a separate certification training for FirstPlay® Somatic Storytelling® for older children ages 3 years and up.)

***You will receive a certificate of completion at the end of the training to indicate that you have completed the majority of course requirements. The Certification will be given to you after you complete the post-training Reflective Supervision requirements as listed below.**

This Credential is given to Professionals who have:

Prior to training and during training:

1. **Course required text** and readings: *Touch in Child Counseling and Play Therapy: An Ethical and Clinical Guide*. Assigned Readings: Book foreword by Dr. Eliana Gil, the preface, and Chapters one, two, three, four, eight, 12 & 16. [If possible, this is best read prior to attending the training.]
2. Demonstrate proficiency in the live lab experiential with a parent-infant volunteer an understanding of the curriculum and how to implement the **FirstPlay Parent Manual**© in real-time.
3. "Pass" an open Quiz that is reviewed together at the end of the training. Even though this is an "open" quiz, it still must be turned in at the end of class.

Requirements After training—(This needs to be completed within nine months after the training):

4. You will be paired with a FirstPlay® Supervisor to be assigned at the end of the training. This person will help support you through the certification process as indicated below. **There is a one-time fee of \$250.00 paid directly to the assigned FirstPlay® Supervisor to be arranged at the end of the training. All other supervision hours as indicated below are included in your initial fee paid. We ask that you complete your certification within one year post-training. If you need to continue, you will need to pay an additional \$125.00 to your supervisor.**
5. Complete **Four** post-training parent-infant demonstrations and complete three post-training Reflection forms. These can be with your clients and/or with family or friend volunteers. (Note, one of the 4 sessions will need to be recorded and you do not need to complete a reflection form for this session—See #8).
6. **Complete THREE (3) FirstPlay® Reflection forms to be reviewed by your assigned FirstPlay® Supervisor who will then review your reflections and provide written feedback directly back to you on each form.**
7. Participate in FOUR group and TWO individual case **Reflective Supervision** sessions: One with Dr. Courtney and one individual session will be **with your assigned FirstPlay® Supervisor to review the live video tape** (refer to #7). Assistant Supervisors in training may also attend these calls. If you are working toward your RPT and need additional group supervision hours beyond the 4 group free hours offered, there will be an additional \$40.00 per hour fee (or \$60.00 for the usual 1½ group supervision.)
8. Complete one live video tape of the "story" portion of a session. **You will review this video with your assigned FirstPlay® Supervisor during your individual Reflective Supervision session and also during one group session. This does not need to be a client and can be an instruction with a friend or family.**
9. Sign and return the FirstPlay® Therapy Practitioner Agreement.

FIRSTPLAY® TRAINING REGISTRATION

Please print *clearly*, detach and mail to (or email to: janetcourtnephd@gmail.com):

Developmental Play & Attachment Therapies, Inc.

174 Spring Valley Ave., Sebastian, FL 32958



Program fee: \$1895.00 (The fees can be paid via credit card online—go to the training page: www.firstplaytherapy.com)

Early Bird: \$1829.00 by 3 weeks prior to training (by May 3, 2026)

***Payment plans available—please inquire with Dr. Courtney about this option.**

Name: _____

Credentials: _____

Address: _____

City: _____ State: _____ Zip _____

Phone # _____

Email: _____

\$_____ Total Amount Enclosed



***Make Checks payable to:** Developmental Play & Attachment Therapies *or* DPAT

By submitting your check payment for this event, you agree to my Privacy Policy found at

***Paypal & Credit cards** accepted go the Training page at: www.firstplaytherapy.com

Questions: Contact Dr. Courtney at 561-267-0625 Or **Email:** JanetCourtneyPhD@gmail.com

Cancellation Policy: \$250.00 processing fee if cancelled 3 weeks prior to workshop & \$350.00 fee if less than 3 weeks' notice. *You will have the option to attend the next training with no processing fee.

For more information about the training: www.firstplaytherapy.com

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 & DPAT is an APT Approved Provider 10-287.



“Play Therapy credit is only awarded to licensed Mental Health practitioners or full-time graduate students in a graduate mental health program.”

Continuing Ed Info:

FLORIDA: Developmental Play & Attachment Therapies, Inc. (DPAT) is an Approved Provider for Clinical Social Work, Marriage & Family Therapy and Mental Health Counseling in the state of Florida. **BAP #1035 Exp. 3/2027**

Florida Approved Provider through the **Board of Massage Therapy BAP #1035 Exp. 8/2027**

DPAT is an Approved Provider through the **Association for Play Therapy: APT Approved Provider 10-287 (Exp, 2/2028]** This course meets APT's definition of "Live Webinar." Your camera must be left on for the entirety of the webinar.

Training Includes:

- 42 Hours of FirstPlay Therapy CE Training
- *FirstPlay® Therapy Training Manual*© consisting of ten Chapters/Modules
- One FirstPlay Practitioner Parent Handbook©
- *Six FirstPlay® Parent Handbooks*©
- Certification as a *Certified FirstPlay® Therapy Infant Practitioner*
- Break Refreshments/Snacks (during in-person training)
- Name and contact information added to the FirstPlay® Therapy Practitioner website ~

This training counts toward the following in the APT Play Therapy Primary Areas [This is also relevant to what “phase” you are in gathering your APT CE hours toward your RPT.]:

- Play Therapy Seminal or Historically Significant Theories: **15 hours (Developmental foundations—Viola Brody)**
- Play Therapy Skills and Methods: **20 hours (Developmental —Viola Brody)**
- Play Therapy Special Topics: **7 hours**

Dr. Courtney has a FirstPlay Somatic Storytelling training available for age three years and up that is a self-paced online training. For more information visit:

<https://courses.jentaylorplaytherapy.com/bundles/firstplay-kinesthetic-storytelling-an-attachment-based-play-therapy-model-bundle>



kids
love
back
stories

FirstPlay Kinesthetic Storytelling®

Self-Paced 35 Play Therapy
Hours Online, Plus 15 LIVE
Individual & Group Hrs (50 total)
with Dr. Courtney

FIRSTPLAYTHERAPY.COM &
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APT APPROVED PROVIDER 10-287

