

FirstPlay® Infant Play Therapy

PORTUGAL HYBRID CERTIFICATION TRAINING

Presented by Janet A. Courtney, PhD

Online Training	April 3, 4 & 5, 2027
In-Person Portugal Training	April 14–18, 2027
Continuing Education	43 CE Hours Total 28 CE Hours In Person
Experiential Component	Live Parent–Infant Lab conducted in person at Alto Paraíso

APT Approved Provider #10-287 • NBCC ACEP No. 7951

Please note: This schedule may be adjusted as needed to best support the training experience.

In-Person Training Itinerary

DAY 1 — Wednesday, April 14

Arrival, Welcome & FirstPlay® Training

12:30 PM — Group pickup at the Lisbon Airport

Please plan to have lunch before pickup. Our first meal together will be dinner at 5:30 PM.

1:30 PM — Arrival at Alto Paraíso

Room assignments, unpacking, and time to rest, shower, explore, or enjoy the grounds before we formally begin.

3:30–5:30 PM — Welcome & FirstPlay® Workshop Agenda

5:30 PM — Dinner

7:00–9:00 PM — FirstPlay® Workshop Agenda

DAY 2 — Thursday, April 15

Learning & Practicing the FirstPlay® Parent Manual

8:15 AM — Breakfast

9:15 AM–12:15 PM — Workshop: Learning the FirstPlay® Parent Manual

12:30 PM — Lunch

2:00–5:30 PM — Workshop: FirstPlay® Parent Manual Role-Play & Practice

5:30–6:30 PM — Dinner

7:00–9:00 PM — Role-Play Review & Attunement Practice

DAY 3 — Friday, April 16

FirstPlay® Live Parent–Infant Lab

8:15 AM — Breakfast

9:15 AM–12:30 PM — Morning Round-Robin: Parent Manual Review & Practice

12:30 PM — Lunch

2:00–4:00 PM — FirstPlay® Live Parent–Infant Lab

5:30 PM — Dinner

7:00–9:00 PM — Live Lab Review, Reflection & Integration

DAY 4 — Saturday, April 17

FirstPlay® Training & Cultural Excursion

8:00 AM — Breakfast

8:45 AM–12:00 PM — FirstPlay® Workshop

12:00–1:00 PM — Lunch

1:15–5:30 PM — Half-Day Excursion: Medieval Artisan Village of Óbidos & Baleal – A Charming Portuguese Surf Town & Beach

6:00 PM — Dinner

7:15–9:00 PM — FirstPlay® Workshop

DAY 5 — Sunday, April 18

Integration, Closing & Departure

8:30 AM — Breakfast

9:30–11:00 AM — FirstPlay® Workshop: Integration & Closing

11:00 AM–12:00 PM — Packing & Departure Preparations

12:00 PM — Departure

Please note: Breakfast will be the only meal provided on the final day. Participants should plan to have lunch on their own after returning to Lisbon.

A Note About Our Time Together

This immersive FirstPlay® experience combines learning, experiential practice, reflection, live parent–infant work, connection, and time to enjoy the beauty and culture of Portugal. The schedule may be slightly adjusted to meet the learning needs of the group and to accommodate the best timing for meals.

Arrival & Group Transfer

We will have an organized group pickup in Lisbon on Wednesday, April 14, 2027, at approximately 12:30 PM. Please provide us with your flight details and plan to be ready for pickup by 12:30 PM that day at the Lisbon airport. We will then travel together to Alto Paraíso, approximately 45 minutes from Lisbon.

Participant Alto Paraíso Pricing

€850 per participant — *Please note that the accommodations fee is charged in euros and paid directly to Alto Paraíso.* The fee covers accommodations, meals as outlined in the itinerary, group transportation, the excursion, training space, and practicum coordination.

Please use the payment link provided to pay Alto Paraíso directly: <https://www.thealtoparaíso.com/services-7>

Shared-room accommodations: Pricing is based on shared-room accommodations, and participants will be paired with another workshop participant of the same gender. Private rooms may be available for an additional supplemental fee. Please contact Lisa Johnson for private room availability and pricing.

What the Alto Paraíso Fee Includes

- Accommodation for 4 nights and 5 days
- Three meals per day, except on the first and final days; see the itinerary for the meals provided on those days
- Group transportation to and from Lisbon at the designated arrival and departure times
- Half-day organized excursion to Óbidos and Baleal
- Training space
- Coordination of the practicum experience with local parents, infants, and toddlers in a safe, ethical, and well-supported manner

About the Alto Paraíso Venue

Nestled in the charming village of Reguengo Grande, in Portugal's western mountains near the beautiful Silver Coast, Alto Paraíso is a lovingly restored traditional Portuguese vineyard surrounded by peaceful gardens, orchards, and rolling countryside. The venue is approximately 45 minutes from Lisbon and only 10–20 minutes from stunning beaches, vineyards, and picturesque medieval villages.

Hosted by the welcoming Johnson family, Alto Paraíso offers a peaceful residential setting for learning, connection, reflection, and the FirstPlay® training experience.

Questions About Accommodations or Private Rooms

Lisa Johnson

Email: ljohnsonsempre@gmail.com

WhatsApp: +1 785-787-4787

Saturday Half-Day Excursion: Óbidos & Baleal

Óbidos. As part of our FirstPlay® Portugal experience, participants will enjoy a special excursion to one of Portugal's most picturesque and beautifully preserved medieval towns. Surrounded by ancient walls, Óbidos invites you to wander its charming cobblestone streets, whitewashed houses, colorful flowers, quaint shops, and historic castle. The town is also recognized as a UNESCO Creative City of Literature.

Baleal. From Óbidos, we'll continue to Baleal, a beautiful Atlantic coastal destination near Peniche known for its expansive sandy beaches, striking peninsula, and vibrant surf culture. It is a wonderful place to breathe in the ocean air, walk along the shore, and enjoy the natural beauty of Portugal's Silver Coast.

A delightful combination of Portuguese history, culture, nature, and seaside beauty!

FirstPlay® Training Contact

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