

A One Day Seminar
***(6 Continuing Education Credits)**

Saturday, February 19, 2005
9-12 am & 1-5 pm

University of Alaska Anchorage
****SSB (formerly CAS) 118**

Filial Therapy: Strengthening Children and Families through Play

Presented by
Risë VanFleet, Ph.D.

Co-Sponsored by:
University of Alaska-Psychology Department
& Alaska Psychological Association (AK-PA)

AK-PA is approved by the American Psychological Association to offer continuing education programs for psychologists. AK-PA maintains responsibility for the program.

***Six (7) continuing education credits will be available to participants who attend the entire day workshop.**

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Workshop Summary

Strong relationships within the family contribute to the overall adjustment of children and parents alike. Many common child and family difficulties, including severe ones, can be overcome by building satisfying interactions among family members. Increasingly, clinicians and researchers are recognizing the power of play in fostering healthy individual and family development.

Filial Therapy is a highly effective, evidence-based intervention that integrates family therapy and play therapy to address child and family problems. Therapists learn how to train and supervise parents as they conduct special child-centered play sessions with their own children (ages ~3-12), an approach designed to resolve presenting problems while strengthening family relationships. Eventually, the therapist helps parents shift the play sessions to the home setting and to generalize the skills they have learned. This psycho-educational intervention employs the parents as the primary change agents for their own children in the context of a collaborative therapeutic relationship.

Filial Therapy, developed in the early sixties by Drs. Bernard and Louise Guerney at Rutgers University and Penn State University, has been used successfully with many child and family challenges: oppositional behaviors, anxiety, depression, abuse/neglect, single parenting, traumatic events, attachment disruptions, foster care and adoption, relationship problems, divorce, family substance abuse, family reunification, chronic medical illness, and others. A research history spanning over 40 years has consistently shown Filial Therapy to be cost-effective in facilitating positive and long-lasting child and family change. The use of this relatively short-term, empirically-based approach has increased dramatically worldwide in recent years due to its effective, empowering approach to strengthening families.

Filial Therapy has been used in many different settings. Furthermore, it has been embraced by many cultural and ethnic groups throughout the world because of its respectful involvement of parents as partners in the process of family change.

This presentation covers the theoretical and research foundations of Filial Therapy, emphasizing its practical use with a variety of problems. Participants will learn the sequence of the Filial Therapy process, and the methods by which parents are trained, supervised, and assisted with their difficulties. Lecture material will be illustrated with live and video demonstrations of Filial Therapy, case studies, and possible small group practice opportunities.

Filial Therapy is one of the methods featured in a forthcoming APA book, *Empirically-Based Play Therapy Interventions for Children*, due out in early 2005.

Workshop Objectives

- 1 Learn the theoretical and research history and foundations of Filial Therapy.
- 2 Learn the many applications of Filial Therapy, including a variety of child/family problems, and multicultural usefulness.
- 3 Learn the basic skills involved in the Filial Therapy process.
- 4 Learn the skills for training parents to conduct special nondirective play sessions with their own children.
- 5 Learn the importance of feedback and debriefing processes for maximizing child and parent change.

Workshop Outline

8:30 – 9:00	Registration
9:00 – 10:30	Theoretical & research foundations Indications & contraindications Multicultural and multi-problem applications Sequence of therapy Play session skills taught to parents
10:30 – 10:45	Break
10:45 – 12:00	Training process for parents
12:00 – 1:00	Lunch (– on your own)
1:00 – 2:30	Feedback processes; continuing skill development Early parent-child play sessions Play themes
2:30 – 2:45	Break
2:45 – 4:45	Later parent-child play sessions Handling family dynamics issues Transition to home; skill generalization
4:45 – 5:00	Evaluation and End

About the Speaker

Risë VanFleet, Ph.D., is the Founder and President of the Family Enhancement & Play Therapy Center, Inc. in Boiling Springs, Pennsylvania, an organization specializing in the training and supervision of child, family, and play therapy professionals as well as the provision of mental health services for children and families. She holds degrees from the University of Pennsylvania, Indiana University of Pennsylvania, and The Pennsylvania State University. A licensed psychologist in Pennsylvania, Dr. VanFleet is also a certified Filial Therapy therapist, supervisor, and instructor, and a Registered Play Therapist-Supervisor. She specializes in strengthening family relationships through play, and has subspecialties in chronic medical illness, disaster mental health, and child/family trauma and attachment interventions using play therapy.

Dr. VanFleet brings over 30 years of clinical, supervisory, and leadership experience in community mental health, health care, education, and independent practice settings to her workshops. She has trained and supervised thousands of clinicians internationally. She is a popular conference speaker and always receives outstanding reviews by participants.

She is the author of *Filial Therapy: Strengthening Parent-Child Relationships Through Play*, *A Parent's Handbook of Filial Play Therapy*, coeditor of the *Casebook of Filial Therapy*, and coauthor of *Play Therapy for Traumatic Events*. Her materials have been used by professionals and families in over 40 countries, and her writings have been translated into Chinese, Japanese, Korean, Romanian, and Spanish. She is featured on three best-selling play therapy video workshops: *Child-Centered Play Therapy*, *Overcoming Resistance: Engaging Parents in Play Therapy*, and *Introduction to Filial Play Therapy*.

Dr. VanFleet is a Past President/Board Chair of the Association for Play Therapy. She served for many years on the editorial board of the *International Journal of Play Therapy*. In addition to her work in the play/family therapy field, Dr. VanFleet is President of VanFleet Associates, an organizational development and training firm, an accomplished pianist, and an award-winning nature photographer specializing in Alaskan wildlife. She loves Alaska and visits family, friends, and colleagues here often. She also provides more advanced training programs in Alaska on filial therapy.

Cancellation Policy

Cancellation requests, IN WRITING, must be postmarked seven (7) days prior to the start of this event in order to receive a refund. All cancellations are subject to a \$25. processing fee. Authorized refunds will be mailed following the completion of the seminar. AK-PA regrets that no refunds can be issued for ANY reason after the deadline.

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Fees and Registration Form

***Please print out this form, fill it in and mail in with your payment to:

AK-PA
P.O. Box 241292
Anchorage, AK 99524-1292
Or fax it with credit card information to **(907) 344-8878**

Fees:

AK-PA Members - \$100.

Non AK-PA Members - \$125.

Students (No CEs) - \$25 registration plus \$5 for handout packet

Registration Information:

Name: _____

Mailing Address (including city, state, and zip code): _____

Contact phone & e-mail: _____

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Fee: __ \$ _____

Payment Amount: __ \$ _____ Check (made out to "AK-PA") VISA Mastercard

Card Number: _____

Expiration Date: _____

Signature: _____