

Introduction to Adlerian Play Therapy

MPTI Virtual Boot Camp

Wednesday, August 4, 2021 1:00 p.m. to 4:15 p.m.

Amy L. Holsinger PhD, LPCC-S, NCC, RPT-S

Training Description:

In Adlerian play therapy (AdPT), therapists use the concepts of Alfred Adler's Individual Psychology to conceptualize children while using toys, art, play material, and metacommunication to connect and communicate with them. The process of co-creating a relationship with the child through play allows therapists to communicate in a way that facilitates exploration of the child's patterns of thinking, feeling, and behaving. This training will explore the 4 phases of AdPT and provide an overview of interventions that can be used during each phase. Using a case study, the presenter will provide an illustration of AdPT in action in the playroom.

Training Objectives:

1. List and describe 4 basic concepts of Adlerian theory.
2. Describe each of the 4 phases of Adlerian play therapy.
3. Explain the Adlerian stance on being directive sometimes and nondirective other times in play therapy.
4. Describe 2 play therapy skills used in Adlerian play therapy for building the relationship with a child client.
5. Explain at least 1 strategy for exploring the child's lifestyle.
6. Define metacommunication and explain at least 1 Adlerian play therapy technique used in helping the child gain insight in play therapy.
7. Describe 2 Adlerian play therapy skills used in the re-education/re-orientation phase for teaching the child new patterns of feeling, thinking, and/or behaving.

Training Agenda:

- 1:00-1:30 Adlerian Play Therapy History and Basic Principles
- 1:30-2:00 Phase 1 Building the Relationship
- 2:00-2:30 Phase 2 Exploring the Lifestyle
- 2:30-2:45 BREAK
- 2:45-3:15 Phase 3 Helping Client Gain Insight into the Client's Lifestyle
- 3:15-3:45 Phase 4 Re-orientation/Re-education
- 3:45-4:15 Case Study Example Illustrating all 4 Phases of Adlerian Play Therapy

*3 CEs will be awarded to those individuals who are present for the entire presentation and complete and return an evaluation form.
APT Approved Provider #15-422*



Amy L. Holsinger, PhD, LPCC-S, NCC, RPT-S is an Assistant Professor at Lindsey Wilson College. Her educational experience includes a Bachelor of Arts in Psychology from Shawnee State University, a Master of Education in Counseling and Human Development with a specialization in Mental Health Counseling from Lindsey Wilson College School of Professional Counseling, and a PhD with a specialization in Educational Psychology and a concentration in Child and Adolescent Development from Capella University. Her research focus was examining parenting practices in Appalachia. She is the owner of ABC Counseling, PLLC in Ashland, KY where she sees clients and supervises graduate students. Dr. Holsinger specializes in Adlerian play therapy, children and families dealing with high conflict custody cases, and children experiencing attentional and disruptive behaviors. She also has presented at the local, state, and national level on these topics.