Intro to Theraplay

Organised by:

Counselling and Care Centre

8 January 2027
Friday, 9AM–5PM
$450 / pax (Before GST)

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Course Synopsis

Theraplay is a dynamic, effective, and short-term approach for treating children's emotional, social, and behavioral problems.

Based on the intimacy and physical interplay that characterize normal parent-child relationships, Theraplay utilises structured play to enhance healthy attachment, self-regulation, and to promote the child's self-esteem, competence, and trust in others.

Theraplay is applicable to children of all ages, from infants to adolescents. The workshop will review methods for guiding parents to observe their children more empathetically and to participate directly in treatment sessions aimed at fostering stronger parent-child relationships.

Who Should Attend

The workshop is suitable for mental health professionals, child development professionals, play therapists, and practitioners who focus on children, parents, and family relationships.

Our Trainer

Hannah Sun-Reid, MA, MDE, RP

Hannah Sun-Reid is a psychotherapist with over 35 years of experience working with children and families. She is a certified practitioner, supervisor, and trainer in Play Therapy, Theraplay, and DDP.

Hannah provides clinical supervision and training both nationally and internationally.

Additionally, she is the author of therapeutic books and games for children. Hannah lives and works in southern Ontario, Canada.

Learning Objectives

- Identify the theory and research underlying Theraplay.
- Understand how Theraplay, as a play therapy model, can strengthen attachments.
- Understand how Theraplay can be used to treat relational difficulties.
- Understand how to use Theraplay to identify strengths and weaknesses in a parent-child relationship.
- Identify the dimensions of Theraplay.
- Understand how to apply Theraplay techniques.