



Theraplay Informed Workshops

We are pleased to inform you, that we now have dates available for you to book on to our **free** Theraplay Informed Workshops.

The workshops are for all **Early Years** staff including:

- **Managers**
- **Key workers**
- **Practitioners**
- **Childminders**
- **SENCOs**

Theraplay is a therapeutic intervention based on the pattern of interaction between a parent and a secure infant. First developed in 1967 it is a simple, structured play experience for a child and a key attachment. The goal of Theraplay is to enhance attachment, self-esteem, trust in others through joyful engagement.

This 2 hour workshop is based on Theraplay activities and principles and will provide staff with:

- An overview of the core concepts of Theraplay
- Practical activities based on the 4 dimensions of Theraplay
- How to incorporate Theraplay activities in your setting

Through a mixture of watching and participating in practical activities, staff will gain confidence to use Theraplay Informed activities with children in their setting. Activities can be delivered in both 1:1 and in larger group situations. These activities will help children develop relationships with trusted key adults, build self-esteem and develop skills to be able to interact with peers.

The completion of the course will enable staff to carry out Theraplay informed activities within their setting. *Please be prepared to join in and play!*

You can book on to the workshop via West Sussex Learning and Development website or email emma.hoare@westsussex.gov.uk

Friday 3 rd November 2023	9.30 - 11.30	Field Place Manor House and Barns, The Boulevard, Worthing BN13 1NP	20 participants
Friday 23 rd February 2024	9.30 - 11.30	Crawley – TBC	20 participants
Friday 7 th June 2024	9.30 - 11.30	Field Place Manor House and Barns, The Boulevard, Worthing BN13 1NP	20 participants

If you have any questions then please do not hesitate to ask or contact - emma.hoare@westsussex.gov.uk

