

The Work Of Play

Developing Self-Regulation in Early Childhood

Presented by

Gilbert Foley, Ed.D., IMH-E (IV-C)



Course Description:

Play is the portal through which young children are afforded access to a vast array of developmental opportunities. Among these is the occasion to practice regulation in spontaneous, self-directed, holistic and responsive ways. In play, children are in a relatively constant flow of selecting and shifting attention, starting and stopping, planning and grading movement, modulating states of arousal, affect and activity level, changing vocal volume, initiating and responding to social bids, and solving problems. Indeed, play is an action arena that promotes the development of self-regulation without the need for an imposed task!

The morning is devoted to the discovery of play in concept, practice and strategy as an invaluable intervention medium for mental health clinicians, educators and therapists from across disciplines. The nature of play and an overview of the typical stages of play in the first five years will be reviewed. The core features of sensorimotor, functional and symbolic play are identified. Vignettes describing how play serves a regulatory function illustrate and punctuate concepts. A framework for the construct of regulation is presented and counterpointed against the primary sources of dysregulation in young children including: excessive psycho-sensory stimulation, states of intense emotional arousal, anxiety and conditions of toxic stress. The factors contributing to the development of self-regulatory capacity including: temperament and constitutional factors, cognitive control in the form of executive function; positive parenting, attachment and internal representation as well the capacity for symbolization are reviewed in the context of the expected progression of the acquisition of self-regulatory capacity.

The afternoon is devoted to the principles and practices of psychodynamic play therapy. Although directly applicable to mental health professionals, it will provide a mental health informed perspective for professionals from across disciplines and enrich cross-disciplinary play-based interventions. The principles of the Developmental, Individual-difference, Relationship-based (DIR) approach will be discussed for working with children who are not yet at the level of symbolic play. This portion of the presentation will translate play concepts into practical strategies for clinicians and educators.

Whether you are looking to coach families to achieve self regulation within the child's daily activities or searching for improved functional outcomes through the ability to self regulate and work productively, this course will provide insights and strategies that will change your therapy sessions.

Date & Location:

Friday, August 23rd 2019
at
**Easterseals DuPage &
Fox Valley**
830 S. Addison Ave.

About the Instructor:

Gilbert M. Foley, Ed.D., IMH-E (IV-C) serves as Consulting Clinical Psychologist at the New York Center for Child Development (NYCCD) in New York City and Clinical Co-Director of the New York City Early Childhood Mental Health Training and Technical Assistance Center (TTAC): a collaboration between NYCCD and McSilver Institute, New York University. He is also Director of the Graduate Personnel Preparation Program in Infant Mental Health and Developmental Practice at the Adelphi University Institute for Parenting, Garden City, NY. He is a Senior Faculty member of the Profectum DIR Academy and is Endorsed as an Infant Mental Health Clinical Mentor. Dr. Foley is a retired tenured faculty member of Ferkauf Graduate School of Psychology where he taught for 20 years in the Department of School-Clinical Child Psychology and coordinated the infancy-early childhood track. As Senior Clinical Supervisor in the Department of Pediatrics at NYU School of Medicine-Bellevue Hospital Center, he was an innovator in the technique of reflective supervision. While serving as the Chief Psychologist in the Pediatric Department of the Medical College of Pennsylvania, Dr. Foley completed a fellowship at the Yale Child Study Center with the late, Sally Provence M. D. Dr. Foley served as the Director and Principle Investigator of the Family Centered Resource Project, providing training to the infant/early childhood intervention community nationally. Dr. Foley's clinical and teaching career has been devoted in large part to working with infants and young children with special needs and their families. He is the author of several books and numerous articles, including "Mental Health in Early Intervention" with Dr. Jane Hochman, published by Brookes. He lectures and consults widely, nationally and internationally, having recently returned from South Africa, China and Israel.

Disclosure Statement: Dr. Foley has the following relevant financial relationships to disclose: he receives consulting fees and has intellectual property rights with the Training and Technical Assistance Center, New York Center for Child Development and receives an honorarium for speaking from Easterseals DuPage & Fox Valley. He has the following nonfinancial relationships to disclose: he is a founding board member, New York State Association of Infant Mental Health (NYS-AIMH) and senior faculty at Profectum (DIR).



Target audience: This course will be of interest to Physical Therapists, Occupational Therapists, Speech-Language Pathologists, Early Childhood Educators, Social Workers and other Mental Health professionals.

Contact Info:

Phone: 630-261-6191

Email: ce@EasterSealsDFVR.org

www.eastersealsdfvr.org/continuingeducation

Learning Objectives:

Upon completion of this course, participants will be able to:

- Describe the nature and function of play and the typical stages of play development birth-5
- Discuss the factors contributing to the development of self-regulation and the sources of dysregulation in children birth -5
- Explain specific play factors that promote the development of self-regulation
- Identify and discuss: the core components and stages of play therapy and specific strategies of psychodynamic play therapy that promote change (mutative factors)
- Identify play therapy strategies and techniques demonstrated in the video session presentation
- Describe the core components and principle of Development-Individual difference, Relationship based (DIR) approach to working with young children on the spectrum
- Discuss the application of play therapy and DIR principles across disciplines

Course Schedule: 7.25 Contact Hours

8:00—8:30	Registration
8:30—9:30	Overview of the typical progression of play development birth to 5
9:30—9:45	Break
9:45—10:45	The construct of self-regulation and factors contributing to its development, sources of dysregulation and the self-regulatory promoting powers of play
10:45—12:00	Video: The Basic Materials Curriculum, Q & A
12:00—1:00	Lunch
1:00—3:00	The principles of Psychodynamic play therapy
3:00—3:15	Break
3:15—4:00	Analysis of a play therapy session with a six-year old
4:00—4:45	Principles of DIR, video case example and application of play constructs and principles across disciplines
4:45—5:15	Audience questions and discussion

**** Participants are expected to attend the course for the entire length of the day (8:30 am to 5:15 pm), in order to receive their Certificate of Attendance and their full CEU credits. Participants will miss crucial information needed to be able to correctly use the Work of Play program if they come late or leave the course early. Please make all travel arrangements to ensure you do not arrive late or need to leave early.**

Continuing Education Credits

Continuing education credits for *O.T./P.T./SW* will be offered through the Illinois Department of Professional Regulation.

Early Intervention credits have been applied for.

All participants will receive a course completion certificate upon successful completion of the conference. No certificates will be awarded until course completion is verified on the final date of the conference.

Speech Therapy:



Easterseals DuPage and the Fox Valley Region is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. **See course information for number of ASHA CEUs, instructional level and content area.** ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for 0.7 ASHA CEUs (Intermediate level, Professional area).

Occupational

Therapy:



APPROVED PROVIDER of CONTINUING EDUCATION
by The American Occupational Therapy Association, Inc.

This Intermediate Level course is offered with AOTA Classification
Codes: Categories 1 Domain of OT & 2 Occupational Therapy Processes.

REGISTRATION FORM

Please complete this form and mail with payment to:

Easterseals DuPage & Fox Valley
Continuing Education Department
830 South Addison Avenue
Villa Park, IL 60181
FAX: 630.620.1148

Registration Fee: \$230

Early Registration Fee: \$215 on or before 7/23/19

****10% discount for groups of 4 or more from the same facility**
(Registrations must be sent in together; please contact the CE department before sending)

Name: _____
(This is how your name will be printed on the course completion certificate.)

Title/Position: _____

Organization: _____

Org. address: _____

City: _____

State: _____ **Zip:** _____

Business phone: _____

Home address: _____

City: _____

State: _____ **Zip:** _____

Home phone: _____

E-mail: _____

For credit card payment, please complete:

Type (please circle): Visa, MasterCard, AmEx, Discover

Credit Card #: _____

Expiration Date: _____ **CVV:** _____

Registration fee includes the conference, continental breakfast, and afternoon refreshments. An opportunity to order lunch during registration is offered, cash is preferred.

Space is limited— early registration is encouraged. Registration deadline: August 9th, 2019.

Register On-line: <http://www.easterseals.com/dfv/our-programs/employment-training/continuing-education.html>

Cancellations must be in writing and will incur a \$50 processing fee. No refunds granted after August 9th 2019. If Easterseals or Speaker should need to cancel, course fees will be refunded or transferred to another course at the discretion of the participant.

Lodging: A special rate at The Hyatt Place Lombard is available if you mention that you are taking a course at Easterseals DuPage.

2340 South Fountain Square Drive in Lombard, IL P:630.932.6501

Special Accommodations: Please notify us of any special accommodations you may have by contacting us at 630.261.6191.

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