Theraplay® is a technique that enhances attachment, engagement, self-esteem and trust in others. It is based on natural patterns of healthy interaction between parent and child and uses emotional, attuned, interactive and structured play and activities.

Theraplay® promotes developing secure attachment and sensory and emotional regulation. It involves emotionally attuned, interactive, and physical play and nurturing touch is an integral part of the interactions

**What will I gain from this workshop?**

* An opportunity to explore the origins of Theraplay
* To learn about the 4 key functions of Theraplay
* To try some Theraplay activities as a group
* To consider some benefits and wonderings you may have about Theraplay.

**When and Where is this course taking place?**

Tuesday 9th November 2021 – 9.30-12.30pm

**The course will be virtual and undertaken via Microsoft Teams**