

# PLAY THERAPY (PLTH)

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## Courses

### **PLTH 513. Introduction to Play Therapy. 3 Units.**

Explores the history and theoretical underpinnings of play therapy. Gives attention to the explanatory nature of theories as informing methods and techniques used in assessment and the healing processes. Emphasis on professional ethics and legal guidelines. Introduces child centered play, cognitive-behavioral play, and Gestalt play therapies. Prerequisite: Completion of theory courses required in respective degree area; permission of instructor.

### **PLTH 515. Play Therapy III: Assessment and Diagnosis. 2 Units.**

Foundational play therapy course that provides content on structured and informal assessment processes and techniques. Social and symbolic play provides balance of content and process of differential diagnosis from a neurocognitive basis of development, including variations in the developmental sequence caused by developmental disorders.

### **PLTH 516. Child-Centered Play Therapy. 3 Units.**

A foundation play therapy course that provides a systematic treatment approach to child-generated play. Combines didactic presentations and experiential activities that detail the four major elements of CCPT technique: structuring, reflective listening, fantasy play, and limit setting. Gives attention to history and theory of CCPT, the benefits of the model, assessment, and combining CCPT with other models of child therapy.

### **PLTH 517. Sandplay: A Therapeutic Process. 3 Units.**

Foundational play therapy course providing didactics on the theoretical basis, content, and process of sandplay. Active learning experiences provide students with opportunities to observe and engage in sandplay with children.

### **PLTH 546. Child-Parent Relationship Therapy-CPRT (Filial Therapy). 3 Units.**

Provides students with an understanding of evidence-based play therapy interventions that support filial (parent-child) communication and relationships as children experiencing social, emotional, and behavioral difficulties are treated. Builds upon a previous foundation of play therapy coursework.

### **PLTH 547. Play Therapy Approaches for Treating Developmental and Behavioral Disorders. 2 Units.**

Explores developmental play therapy theory, methods, and techniques that provide children with experiences essential to physical and social-emotional growth and secure attachment in child-parent relationships. Emphasizes sensory integration, self-regulation, and adaptations for children with developmental delays. Explores adjunctive resources. Prerequisite: Completion of foundational play therapy courses.

### **PLTH 548. Child Psychosocial Play Therapy. 2 Units.**

Provides advanced strategies and methods used to help children and families address environmental and life/stress adjustment issues. Includes child and family support that enhances wellness through self-regulation toward improved. Prerequisite: Completion of foundational play therapy courses.

### **PLTH 549. Therapeutic Play for Children Affected by Illness and Injury. 3 Units.**

Teaches the developmental aspects of play therapy, in collaboration with the developmental stages of the child/teen and family in the context of a health-care setting. Provides student with an experiential understanding of play therapy, recreation therapy, education, and practice. Cross-listing: PLTH 549.

### **PLTH 550. Trauma Focused Play Therapy. 3 Units.**

Covers play therapy techniques, therapies, and models which help children prevent or resolve psychosocial challenges following trauma, and achieve optimal growth and development. Introduces principles of intervention and ethical/legal guidelines for the assessment and treatment of traumatized children.

### **PLTH 650. Play Therapy with Adolescents and Adults. 3 Units.**

Emphasizes advanced play therapy with adolescents and adults. Includes transitional objects using a nondirective stance; games of rapport, courtesy, and good habits; metaphorical thinking; grounded play therapy; poetry and drama; cognitive-behavioral interventions for anger, bullies, victims, and bystanders; and filial therapy with adolescents. Prerequisite: Completion of foundational play therapy courses.

### **PLTH 700. Practicum in Play Therapy. 2 Units.**

Provides supervised practice in play therapy assessment, diagnosis, and intervention techniques with children and their parents. Applies toward 45 hours of practicum experience. May be completed in up to five quarters. Prerequisite: Completion of foundational play therapy courses.