

**Friday, April 30, 2021**

**9:00 a.m. to 3:30 p.m. Eastern Time**

## **Nature Play Therapy: A Double Dose of Healing for Children, Teens and Families**

**Caileigh Flannigan MA, RSW, CPT, CTRP**



Caileigh's place of business is Cobourg, Ontario and she supports children's mental health and development through her role as a Certified Play Therapist and Registered Social Worker. As well, Caileigh is a Certified Trauma and Resiliency Practitioner and Certified AutPlay® Therapist. Outside of her career, Caileigh is a published outdoor play and loose parts researcher. She advocates for play opportunities in early childhood settings, and has helped to develop natural outdoor play spaces, natural playgrounds, and child friendly gardens within city spaces. She facilitates professional workshops across Canada and is an online author for multiple internet blogs and websites.

**Jamie Lynn Langley, LCSW, RPT-S**

*Jamie is a Licensed Clinical Social Worker and Registered Play Therapist-Supervisor in Smyrna, TN, which is right outside of Nashville. With over 30 years experience working with children and families, Jamie worked within community mental health before opening her private practice in late 2016. Her primary specialty is play therapy, in which she often incorporates creativity and expressive arts, including sandtray, games, puppetry and nature. Jamie also enjoys supervising, presenting, and training and teaches as adjunct faculty with Middle Tennessee State University (MTSU). Jamie was one of the co-founders for the Tennessee Association for Play Therapy and currently serves as its President. Drawing upon nature experiences with her family as well as a Cub Scout leader for 15 years, Jamie utilizes a growing number of nature-based approaches to the child and family play therapy she provides and is writing and presenting more on Nature Play Therapy throughout the states and internationally. Jamie is currently working on a collaborative book with several other play therapists titled "Nature-Based Play and Expressive Therapies" and has a chapter "Nature Play Therapy and Telehealth: How Green Time and Screen Time Can Play Well Together" in the upcoming book: Telehealth and Play Therapy:*



*Foundations, Populations, and Interventions by Jessica Stone (ed.) As Jamie likes to say: "Nature Play is my healing way" and she hopes to help others experience this as well.*

## **OUTLINE FOR THE DAY:**

### **ROOTS: Theoretical Foundations:**

Participants will learn nature's many benefits to our mind, body, and emotions. We will explore the research that considers how spending time in nature effects our physiology, chemistry, and health – from childhood into late adulthood. Certified and Aspiring Play Therapists will be provided the opportunity to explore their own theoretical orientations and how Nature Play Therapy can be embedded within these.

### **TRUNK: The Importance Today:**

Participants will have a deeper understanding of why Nature Play is especially important today and will further explore topics such as, Nature Deficit Disorder, Vitamin N, and the 12 Nature C's. We will consider the factors related to the current decline of unstructured Nature Play and how this is influencing mental health, physical health, and social/emotional health. We will provide a review of risk-taking in Nature Play with focus on Hummingbird vs. Helicopter parenting styles. Practical considerations such as clothing and seasonal influences will be discussed. Ethical considerations and liability in Nature Play Therapy will be reviewed, as well as how we maintain our ethical responsibilities and respect towards nature and the environment. We will explore how to adapt Nature Play for all children and families of varying socioeconomic status, culture, race, and those living in rural/city environments.

### **BRANCHES: Interventions/Activities:**

We will explore the variety of Nature Play Therapy interventions that can be used with children, youth, and families in-person or adapted to Tele Health. For example: Non-Directive and Directive approaches, Loose Parts Play, Risky-Play, Sensory Play, Mindfulness, Grounding, Forest Bathing, Art Based approaches, Mandalas and Sandals, Nature Kits, Life Cycles, Journaling, Music, and others. We will discuss how to make natural changes to your Play Therapy room, and we will even be practicing some Nature Play Therapy activities together.