



Facing Crisis through Play and Play Therapy: A Process based Approach

A proposal elaborated for the CAPT's Annual General Meeting and Training by:

Claudio Mochi MA, RP, RPT-S & Isabella Cassina MA, TP-S, PhD Candidate

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Two Day On-line Training Description

Play is not only a powerful tool to prevent and overcome psychosocial problems but also to foster, especially in children, the development of a variety of skills, including the ability to cope with very difficult circumstances.

This presentation, given by experienced international crisis mental health professionals, will focus on the application of the Therapeutic Powers of Play to promote children's well-being and trauma recovery in everyday highly distressing contexts and/or in a post-disaster scenario.

An introduction to different crisis situations will be given, emphasizing the role that Play Therapists and Therapeutic Play Specialists might employ in such circumstances and the importance of self-care.

The presenters, who have provided Play Therapy services and training in international settings, will focus on the critical factors of a good practice including play, safety and relationship in different phases of the intervention describing the process of involvement and capacity building of multiple local resources.

With specific regard to Play Therapy, the use of different approaches and techniques will be discussed. There will be opportunity for questions, comments, experiential and self-care activities.

Learning Objectives

Participants will be able to:

- 1) Understand the elements of a crisis from a psychosocial perspective.
- 2) List the key phases of the crisis intervention process that involves multiple local resources.
- 3) Discuss the elements of a good practice as crucial factors to consider in critical settings.
- 4) Discuss the potential of play based interventions in the different phases of a crisis.
- 5) Explain the main Therapeutic Powers of Play in a highly vulnerable contexts.
- 6) Describe the role of Play Therapist/Therapeutic Play Specialist in different phases of the crisis.
- 7) Identify specific Play Therapy techniques for use with children and families experiencing crisis.
- 8) Articulate the need for self-care from the childhood professionals' point of view and identify different strategies.

Biographies



Claudio Mochi was born in Rome, Italy. He is a Psychologist and Psychotherapist, international expert in Emergency Interventions and Play Therapy. As a Clinical Psychologist he has worked in Italy in several rehabilitation programs and in supporting children hosted in foster homes. Since 2001 he has been working exclusively in post-

disaster scenarios with several organizations including the Italian Red Cross, Croix-Rouge de Belgique, Doctors Without Borders and Terre des Hommes Foundation Switzerland for the creation and development of psychosocial programs especially dedicated to survivors and training of local staff in various countries including Kosovo, Serbia, Iran, Palestine, Pakistan, Lebanon, Sri Lanka and Haiti.

In the field of Play Therapy Claudio Mochi holds a Master of Arts in Creative Psychotherapy with a specialization in Play Therapy (Ireland) and in 2009 he was recognized as Registered Play Therapist Supervisor by the Association for Play Therapy (APT) United States. He received from the Play Therapy Training Institute, Inc. (Monroe Township, NJ) the Certificate of Advanced Knowledge in Play Therapy and the Diploma in Play Therapy from the Children's Therapy Center (Ireland).

He has conducted regularly trainings, conferences and projects internationally for over 20 years. He has presented in the areas of Play Therapy and trauma on 6 continents for a total of over 20 countries. He is a certified instructor in Filial Therapy by the Family Enhancement & Play Therapy Center, Inc. (Boiling Springs, PA) and received the 2015 "Outstanding contributions to the practice and teaching of Filial Therapy" award.

Claudio Mochi founded the Italian Association for Play Therapy (APTI) in 2009. He is Head of the continuing education program and Master in Play Therapy for the International Academy for Play Therapy studies and Psychosocial Projects (Switzerland). He is author of several international publications on the use of Play Therapy in international crisis.



Isabella Cassina was born in Switzerland. She is an Italian native speaker skilled in French, English, Croatian, Serbian, Spanish and German. She is a Social Worker specialized in International Cooperation and Therapeutic Play. She holds a Master of Arts from The Graduate Institute of International and Development Studies in Geneva. Since 2015 she

is recognized Therapeutic Play Specialist by the Italian Association for Play Therapy (APTI). She completed a Certificate of Advanced Graduate Study in Expressive Arts Therapy and is pursuing a PhD in Switzerland in this same field with a focus on crisis interventions.

Since 2006 Isabella Cassina has had relevant professional experiences in the humanitarian field in several countries including Colombia, Serbia, Haiti, India, Nigeria and Venezuela supporting vulnerable children and families in collaboration with local organizations and professionals. She worked for a long time as Head of Social Services for the Swiss Red Cross in the asylum seekers and refugees field. At the same time, she led the five-year project targeting migrant children and families.

She has significant experience as an international speaker, presenting lectures on the topic of Play Therapy in several countries including Canada, USA, UK and Fiji. She is co-founder of the International Academy for Play Therapy studies and Psychosocial Projects based in Switzerland where she works as project manager and trainer. She is consultant for the APTI and general coordinator of its Play Therapy magazine.

Isabella Cassina wrote and illustrated the psychoeducational book for children "The Magic Home. A Displaced Boy Finds a Way to Feel Better" (2020) with international distribution and she is author of the board game dedicated to families "Hugs for Everyone". In 2019, she was invited with Claudio Mochi to present their work in crisis contexts in the UK at the prestigious International Play Therapy Study Group of Prof. Charles E. Schaefer.