

The background features stylized illustrations of trees and bushes. On the left, a tall tree with a brown trunk and a rounded green canopy filled with small dark green leaves. To its right, a smaller tree with a similar style. At the bottom, there are several rounded bushes in various shades of green, some with white dots. The overall aesthetic is clean and modern.

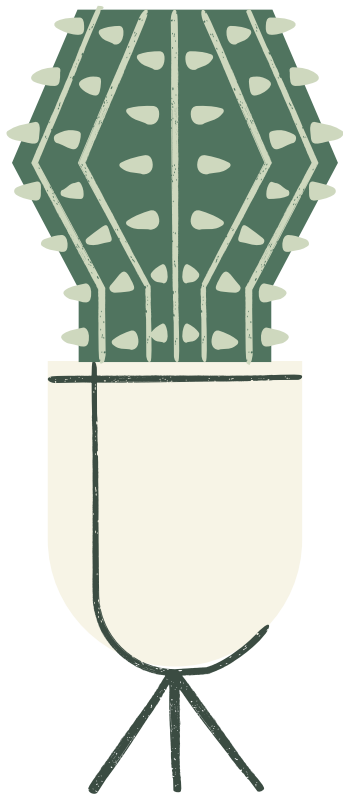
Play Therapy Principles for Peace

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**Welcome.
Thank you for
joining me**



Rules for the Klatsch



Zero Self-judgment

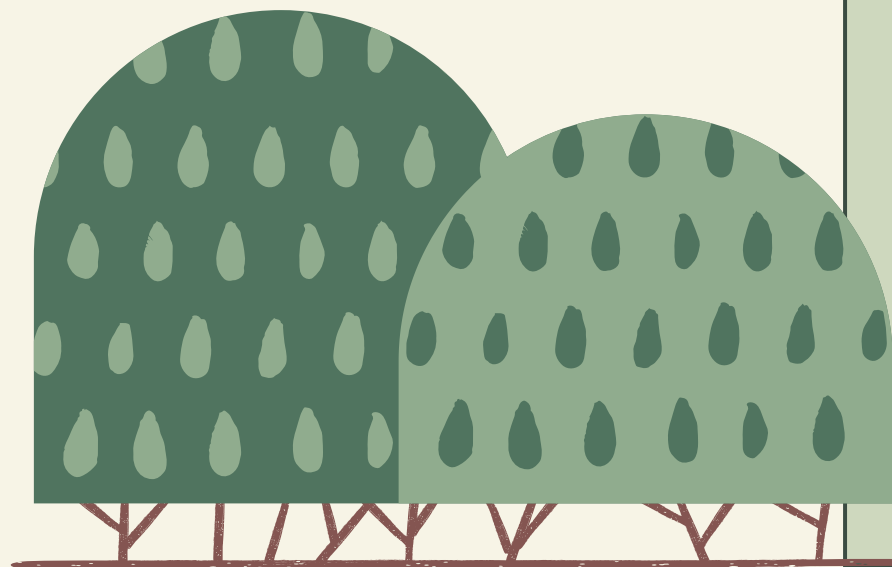
Be gentle with yourself

No blaming yourself

Forward thinking only

Be kind to yourself

Klatsch Objectives



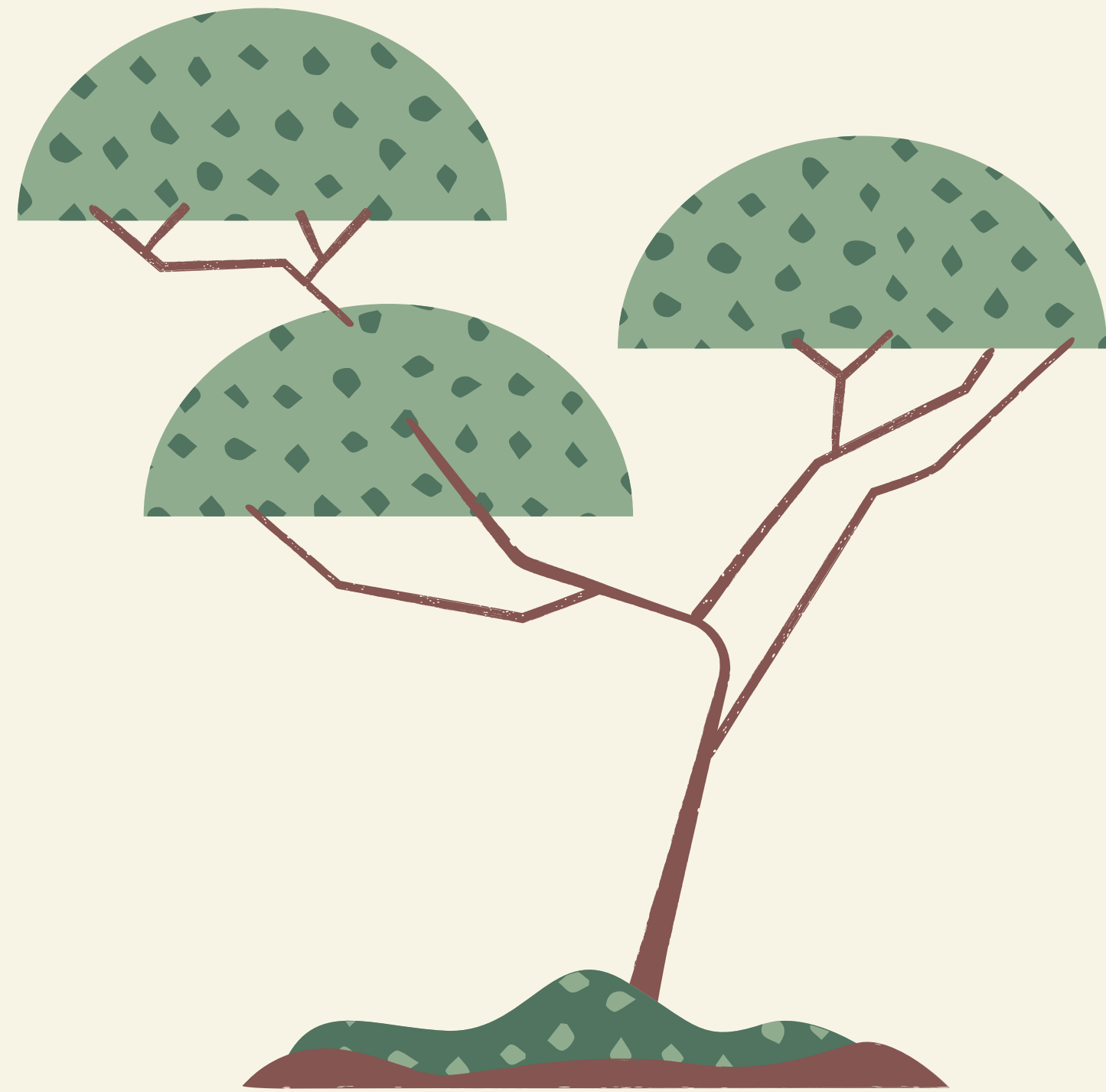
Apply play therapy principles to learn how to **communicate** with yourself, your children and any others from a place of **peace** and **compassion**

Apply play therapy principles to learn how to **view** yourself, your children and any others from a place of **peace** and **compassion**

Inspiration

The inspiration for the klatsch comes from the world of child-centered play therapy, specifically from the work of Dr. Garry Landreth and his CPRT Protocol.





Child Parent Relationship Therapy

A 10-session filial therapy model for training parents

Sue C. Bratton, Garry Landreth, Theresa Kellam & Sandra R. Blackard

- "Give the psychology Away."
- Parents/Caregivers are the most significant influences in a child's life

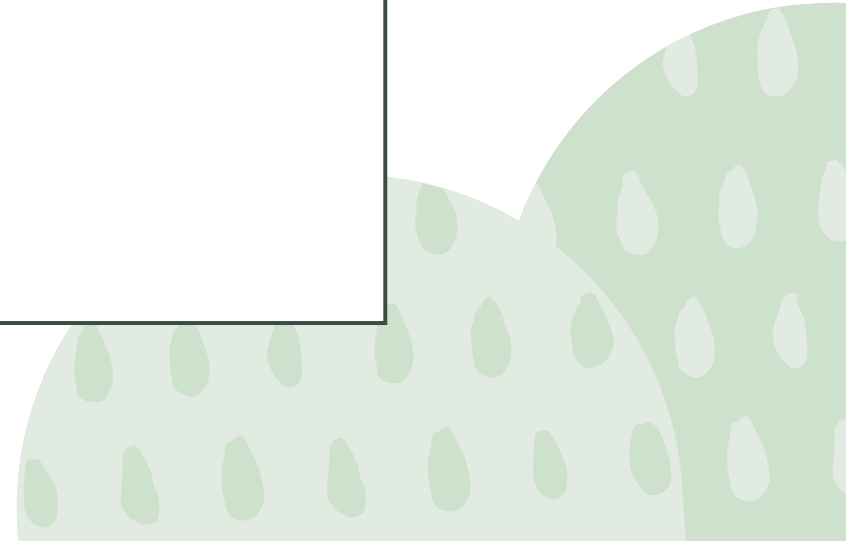



We communicate with children all the time

Our
children/students/nie
ces/nephews/grand-
children/neighbor
children

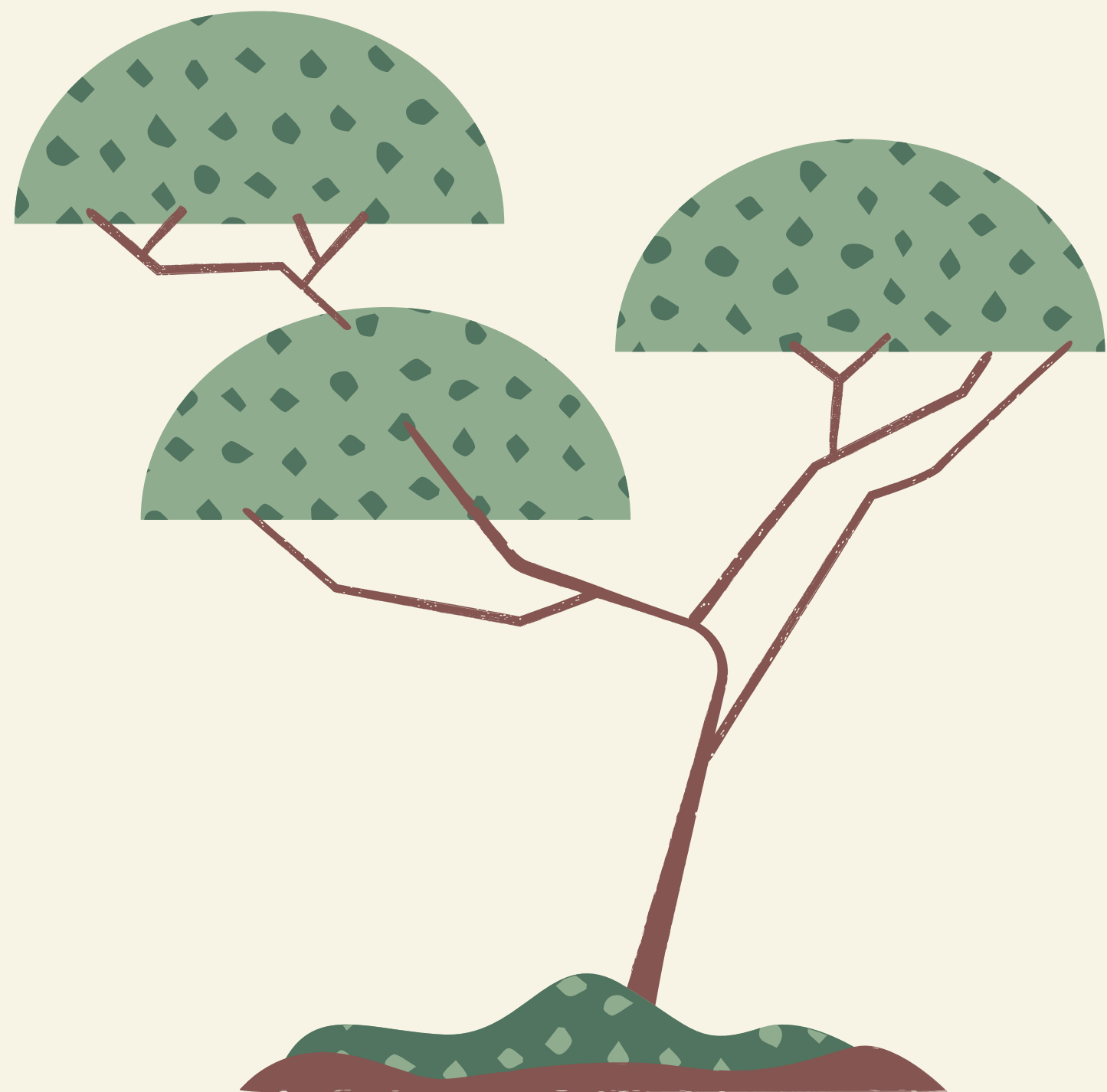
Our own inner child
(our self-talk)

The inner child of
anyone that we
interact with



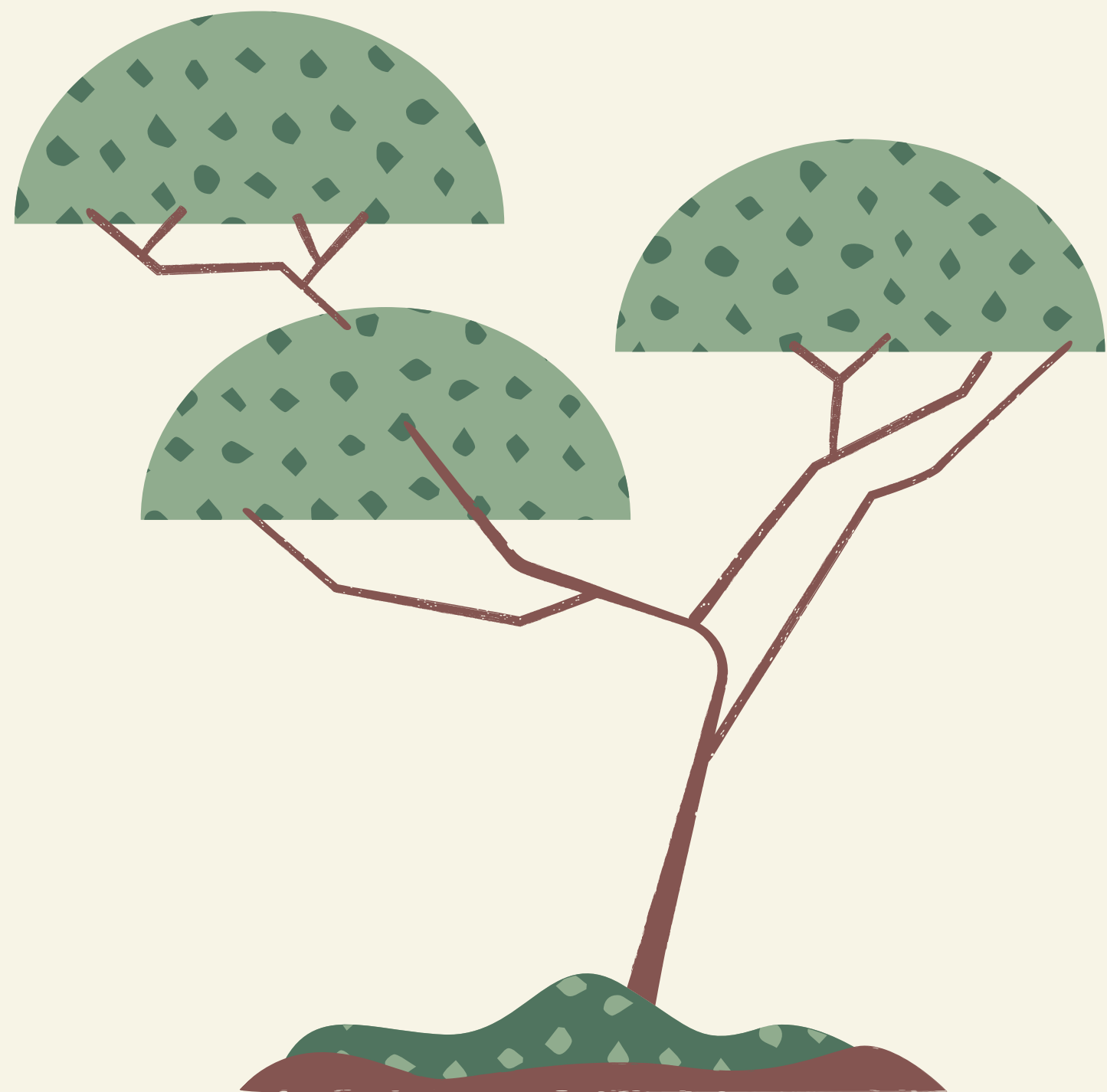
The Principles





Focus on the donut, not the hole

- There are two ways to view a donut.
- What we focus on is what grows.



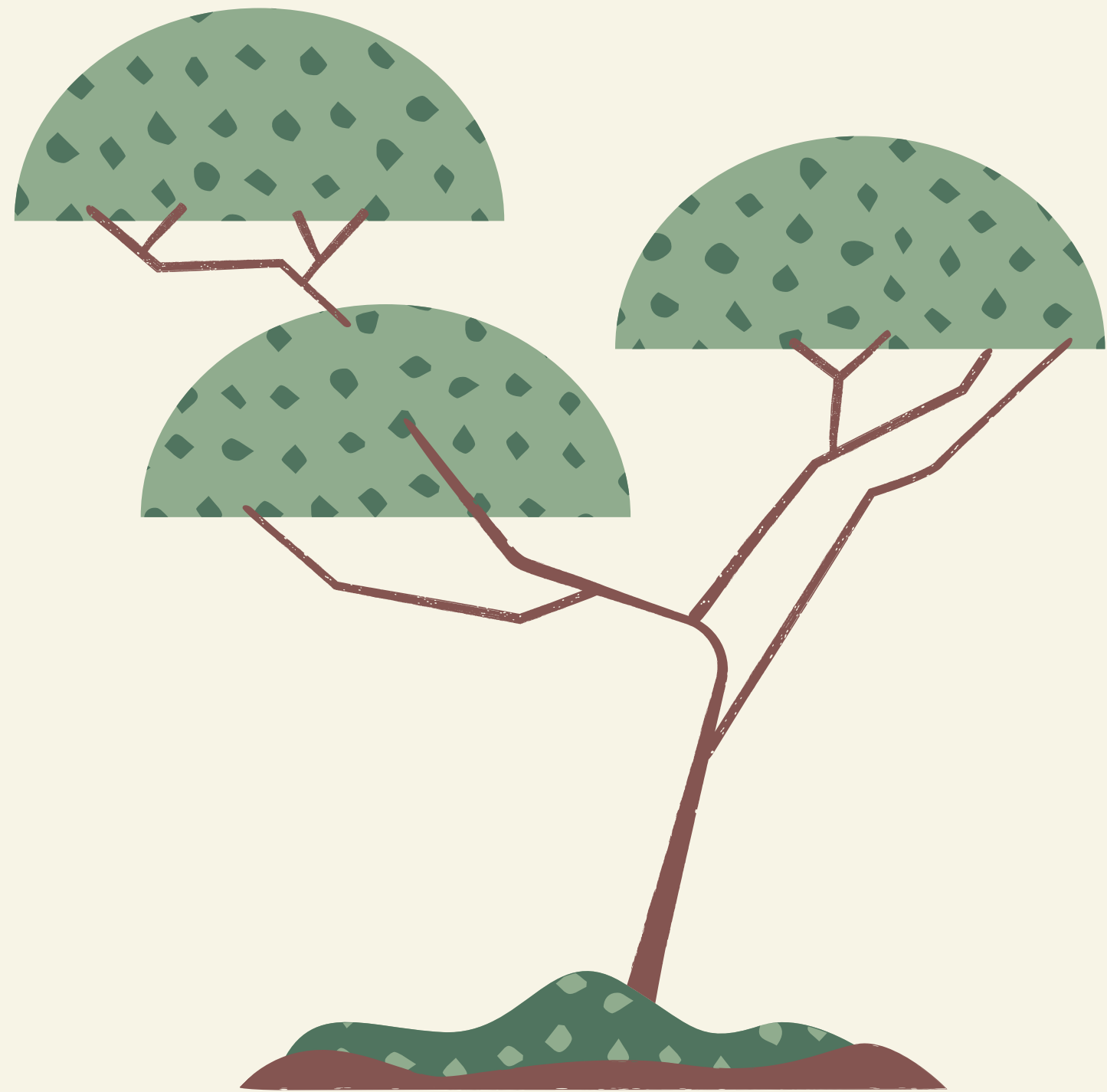
Be a thermostat, not a thermometer

- The child's feelings are not your feelings. Learn to not escalate with him/her.



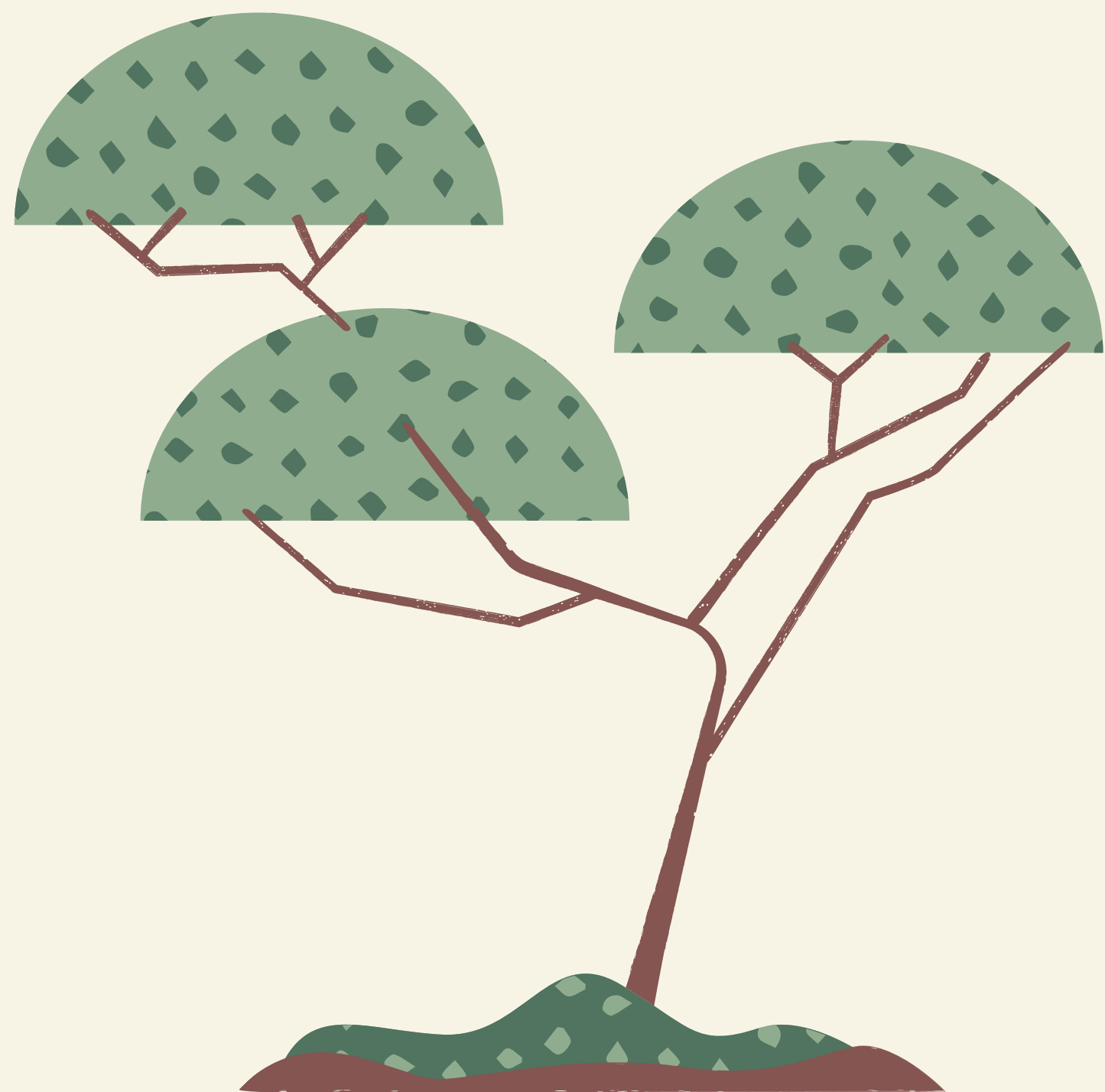
What's important may not be what you do, but what you do after what you did

- We are certain to make mistakes, but we can recover
- It is how we handle our mistakes that is key.



Your toes should follow your nose.

- Active listening involves your whole body.
- Body language conveys interest.



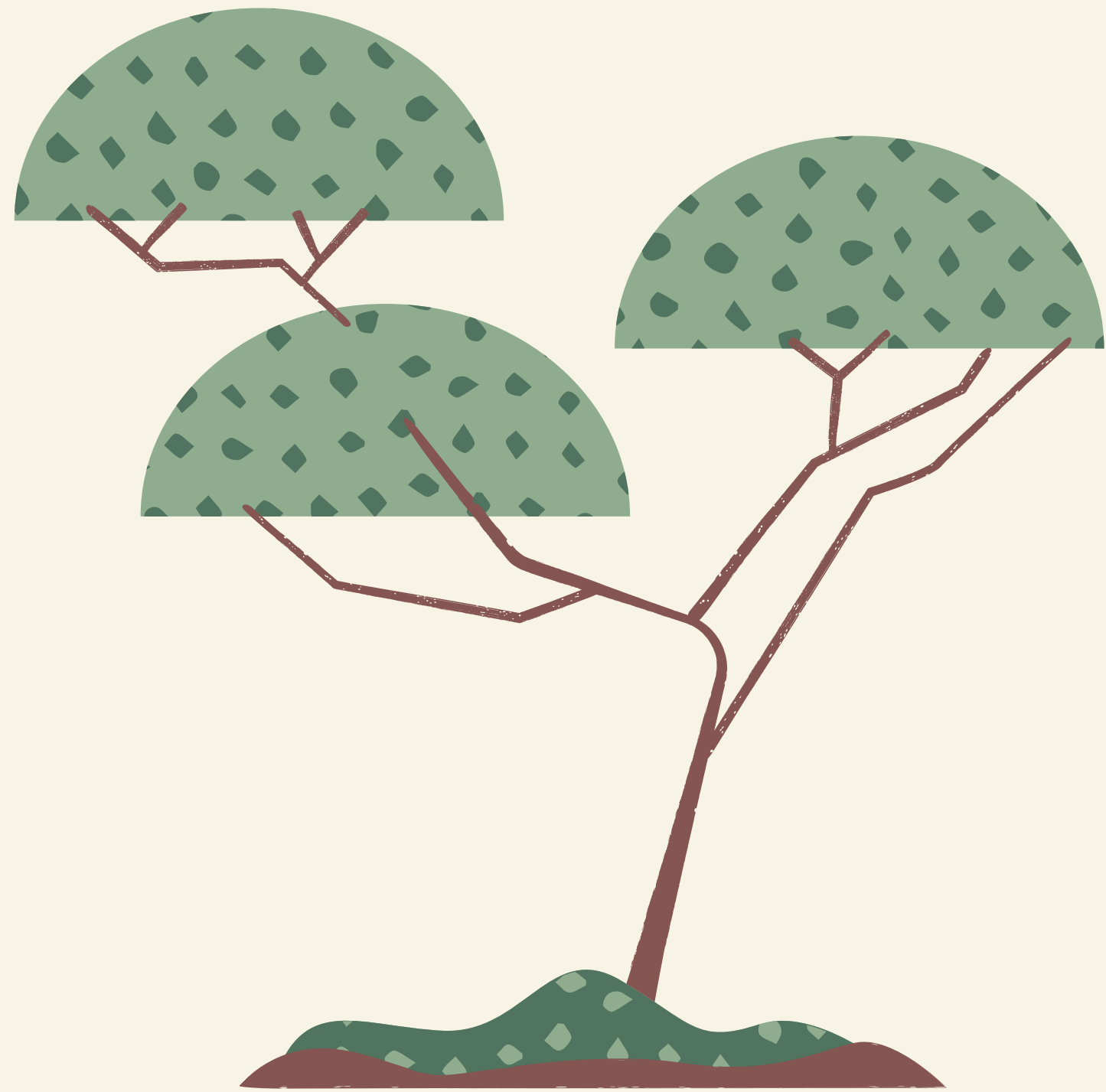
**You can't
give away
that which
you don't
possess.**

- I literally cannot give you 1 million dollars.
- You can't extend patience and acceptance to your child if you can't first offer it to yourself.
- You cannot pull from an empty well.



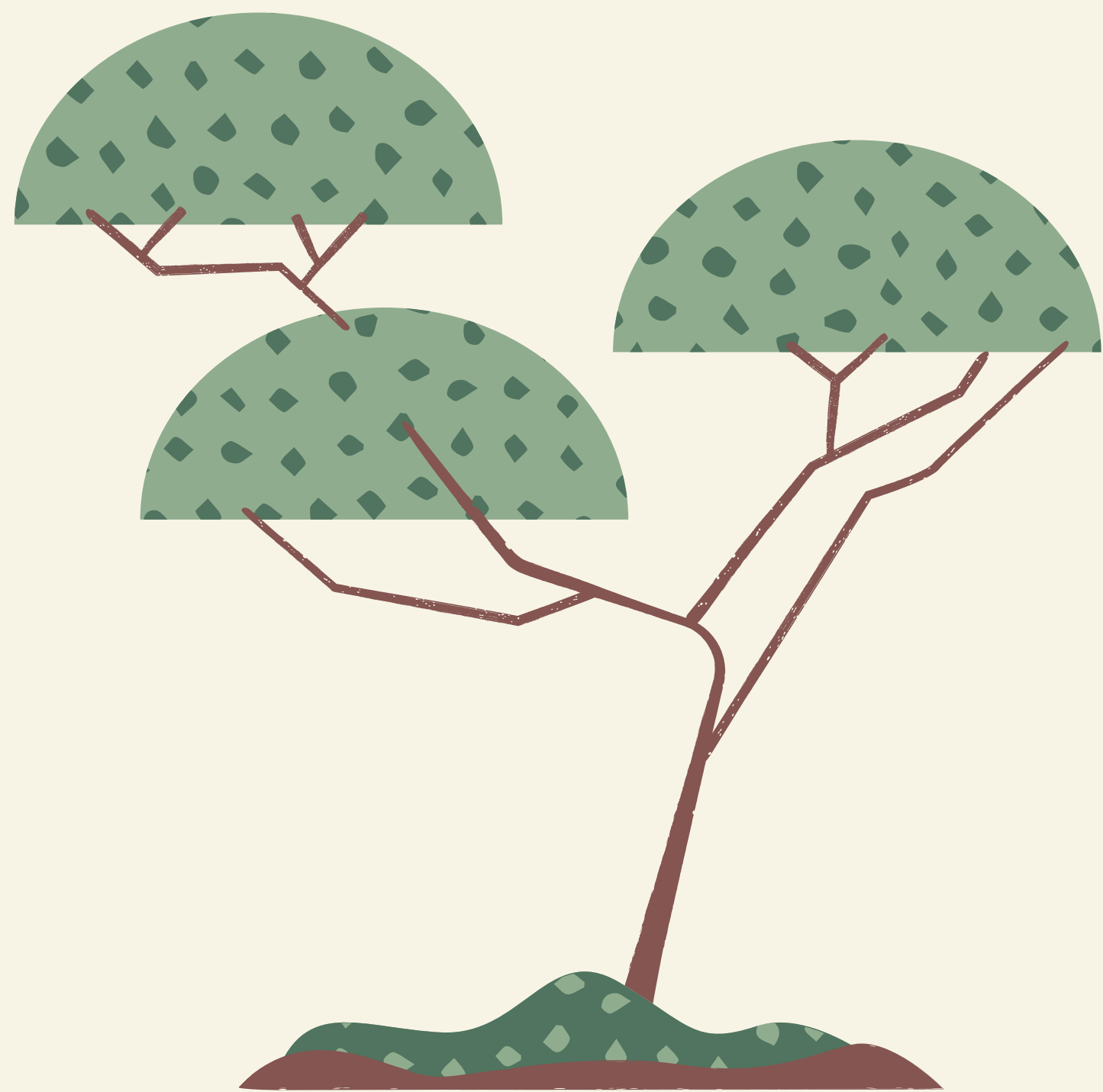
When a child is drowning, don't try to teach her to swim.

- when your child is feeling upset or out of control, that is not the time to teach.
- We are not in our learning brains when we are agitated.
- Soothe -> repair -> teach



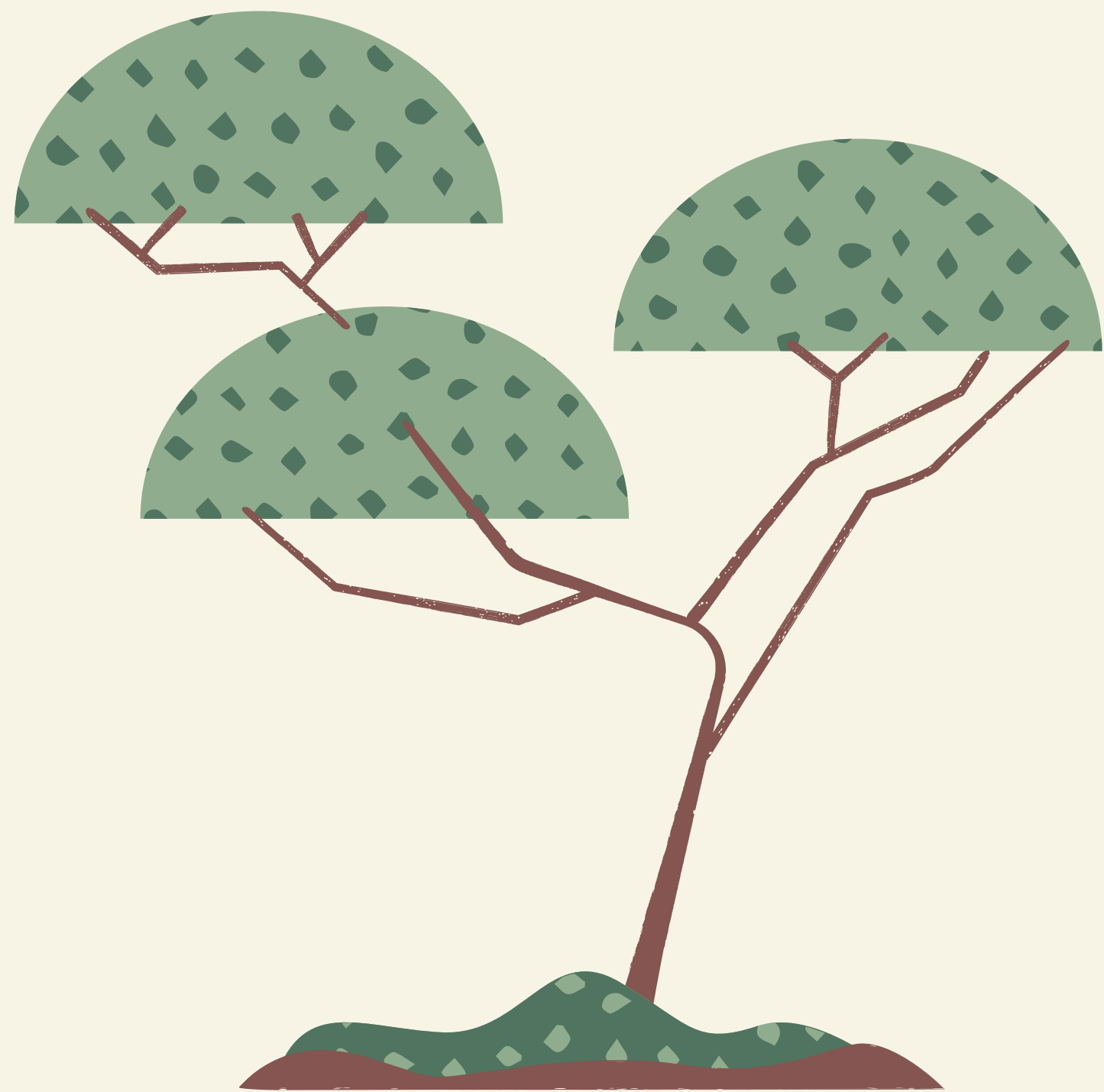
**If you can't
say it in 10
words or less,
don't say it.**

- We tend to overexplain and our messages get lost in the words.
- Think: Charlie Brown's teacher



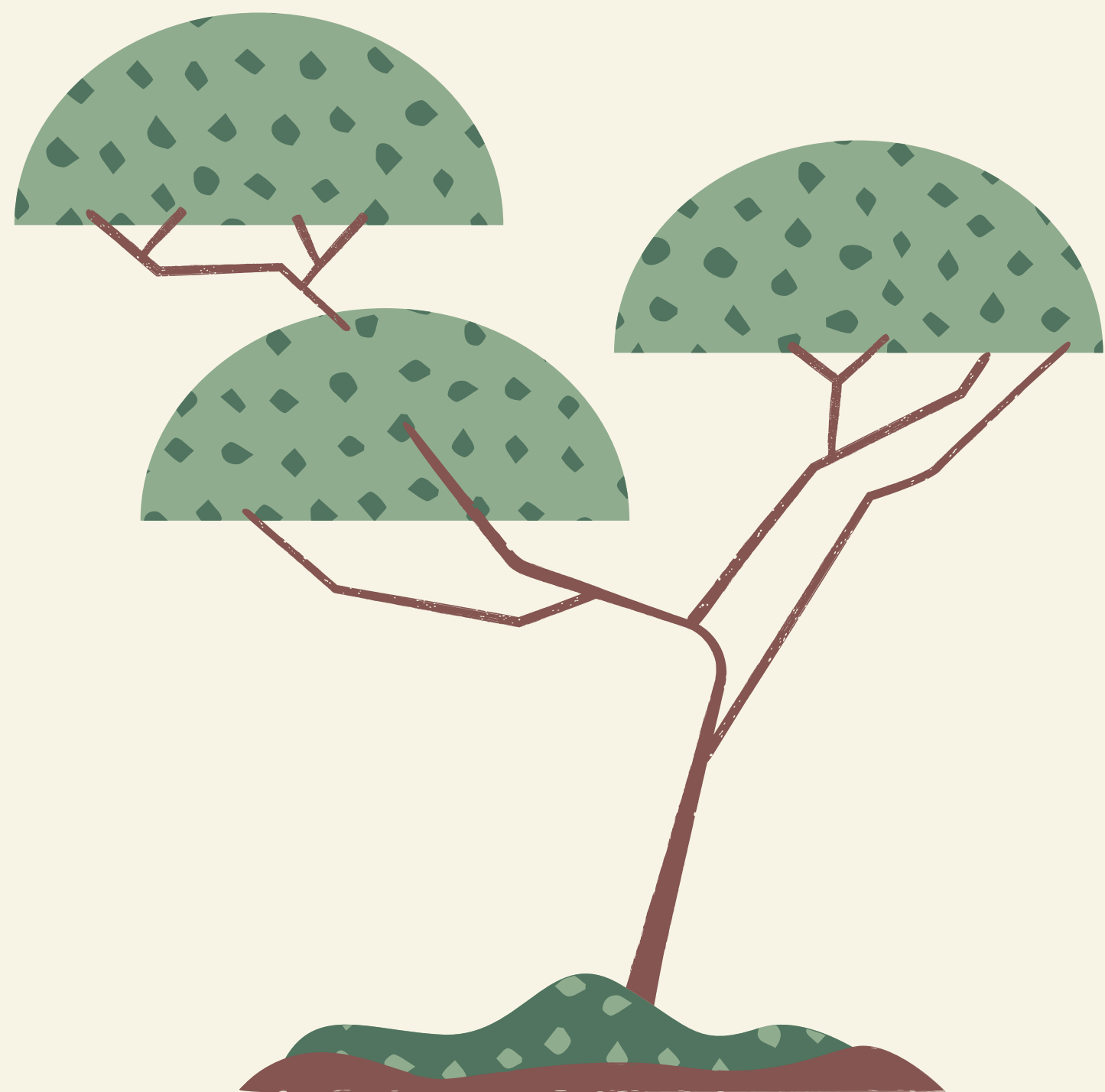
Grant in fantasy that which you cannot in reality.

- I know how much you wish we could have ice cream for dinner. Man, I kinda wish that, too! What if we could have ice cream for every meal?! Wouldn't that be AMAZING?!



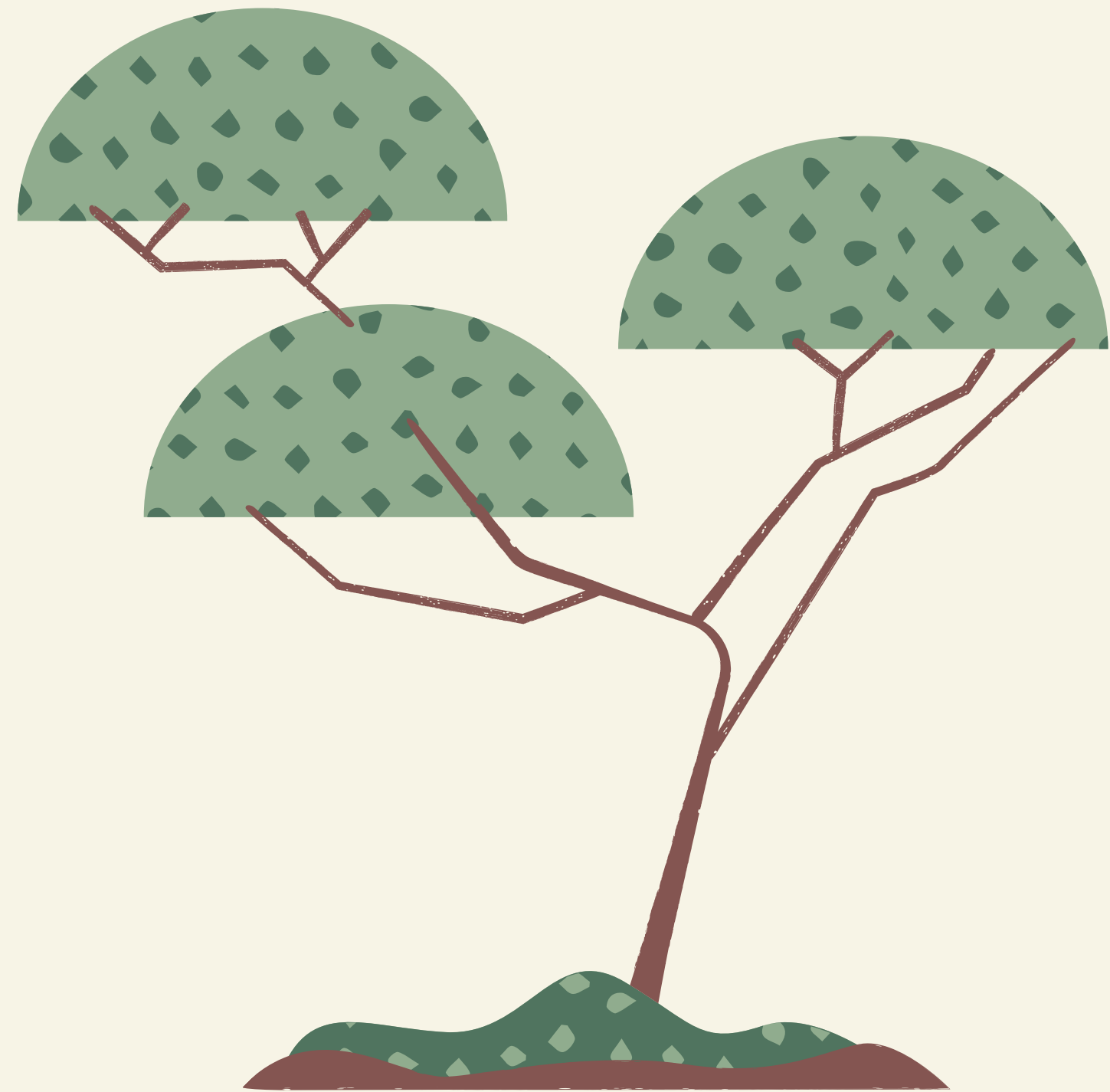
Big choices for big kids, little choices for little kids.

- choices must be commensurate with developmental stages AND roles.
- Adult-sized problems vs. kid-size problems.
- Does this choice or problem actually belong to me?



**Never do for
a child that
which they
can do for
themselves.**

- doing FOR a child communicates a lack of confidence in their abilities.



Encourage effort rather than praising product

- Humans need encouragement like plants need water.
- Process vs. product
- Effort & experience vs. outcome



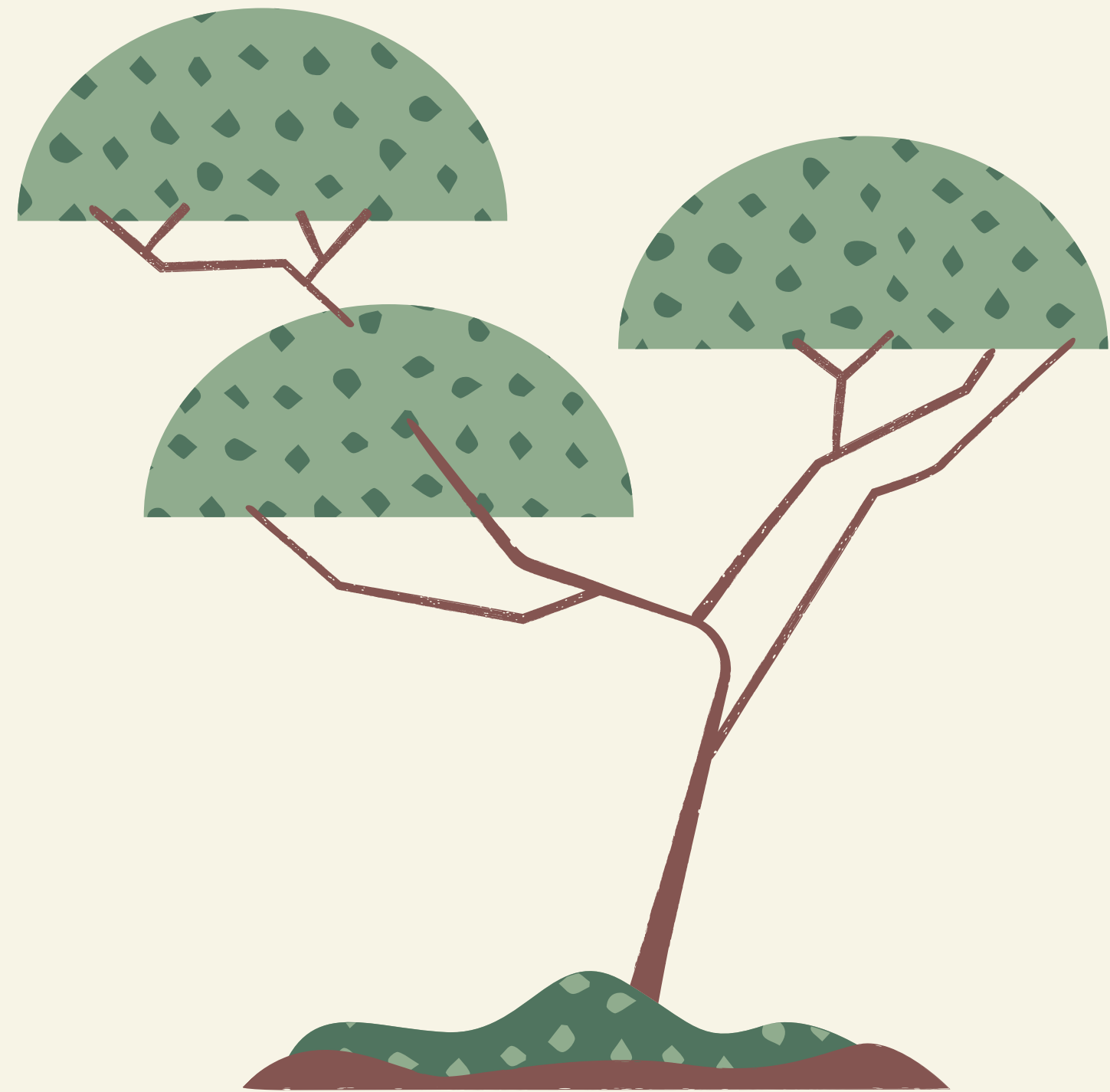
Don't try to change everything at once

- One thing at a time to avoid burn-out and failure
- First things first
- pssst: remember gentle & easy promise?



Where there are no limits, there is no security

- Consistent limits = secure relationship
- Humans need appropriate, fair, consistent limits to feel safe
- When we don't follow through with limits, we lose credibility and harm relationships
- What will always be a YES and what will always be a NO?
 - In this house we use loving words.



Good things come in small packages

- Celebrate tiny wins
- Celebrate the endless efforts
- Don't wait to celebrate the BIG things . . .
celebrate all the little things along the
way



We are not the source of all the answers

- It's OK to not know all the answers
- It's beautiful to wonder TOGETHER
- "Gosh, I don't know. I wonder what you think?"
- That's an awesome question. I don't know the answer but you have inspired me to find out."
- What would be some good ways that we could discover the answer together?

Parting Thought

YOU (yep! you!) do not need to be any different than you are in this moment.



Keep In Touch

(Truly. Talking about this stuff is my favorite)

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Other ways to explore with me as your guide.



CPRT GROUP

Engage in a group experience with other parents to learn how to do special playtimes at home with your child. This is a 10-week experience.

CPRT PRIVATE COACHING

Learn the CPRT 10-week protocol with me privately.

INDIVIDUAL EXPLORATION OF YOUR INNER CHILD

Individual Therapy with me to tap into, acquaint yourself with, and begin to heal your inner child.