

# 2024 ANNUAL CONFERENCE



Helping to make  
meaning out of loss



**Keynote Speaker:**  
Rachel Tegg - Child  
Bereavement UK

**SAT 22 JUNE 2024**  
East Sussex National Hotel, Little Horsted, UK

# MESSAGE FROM OUR CEO

## Monika Jephcott

CEO / Founder of PTUK & PTI



Firstly, I would like to say thank you so much to everyone who made our 2023 Conference so special, as we celebrated 25 years of PTUK! We joined together in music with our Global Play Therapy song as well as all being truly inspired by Paris Goodyear-Brown's keynote.

The PTUK annual conference is one of my favourite dates in our Play Therapy calendar, it is such a joy to bring together our members in one space.

**This year our theme is Grief and Bereavement: Helping to make meaning out of loss.**

We listened to your feedback from last year and this was your most requested topic; due so many the children that you are working with being affected. I am delighted to announce this year that we have Rachel Tegg from Child Bereavement UK as our keynote speaker, Rachel is Child Bereavement UK's Bereavement Service Lead in the South. Rachel is passionate about using creative activities to enable families to express the complex thoughts and feelings that accompany grief and we know that her presentation will provide you valuable insight and inspiration to put into practice with your clients.

The Child Bereavement UK team will also have a stand where they will be offering further advice and support for your clients. As always, we have a wide variety of innovative, stimulating workshops to choose from in the afternoon delivered by PTUK Members. There will also be space and time during the itinerary of the day to network and meet with the wider Play Therapy community.

The Conference is being held not far from our PTUK offices this year and therefore many of PTUK Administrative team will be able to attend. I am looking forward to you putting faces to the names of the staff who are all part of your Play Therapy journey. I really hope you have a valuable, inspiring experience at the Conference and thank you to you all for the wonderful work you are doing to support children all over the world.

Monika



# KEY NOTE SPEAKER

## Rachel Tegg - Child Bereavement UK



Before coming to work for Child Bereavement UK, Rachel worked and volunteered for a number of bereavement organisations which led her to be trained as a Person Centred Counsellor and working as a School Counsellor in a secondary school.

Rachel has worked as a Bereavement Support Practitioner for Child Bereavement UK for 4 and a half years and has been the Regional Lead for the South Team for the last 2 and a half years. This involves providing direct support to the families who come to us following a bereavement, supervising the work of the other practitioners within our team and providing training to schools and professionals to better promote bereavement understanding and awareness.

### Key Note Address: Understanding Bereavement and Offering Creative Support

A huge part of the work we do is using creative activities to enable children to express the complex thoughts and feelings that accompany grief; allowing us to tailor our support to suit them as an individual. We often say there are as many ways to grieve as there are people in the world.



Much like grief itself, our understanding of how and why people grieve the way they do has shifted and changed throughout the years. This talk will look at how a child's understanding of grief evolves through the different ages and stages of development.

We will also explore a number of models of grief, including the different factors that can influence how an individual grieves and the various forms this can take. Finally, we will be getting hands on with a few simple activities to help those you work with to explore their grief and find individual ways of coping.



# Child Bereavement UK

REBUILDING LIVES TOGETHER

Child Bereavement UK helps families to rebuild their lives when a child grieves or when a child dies. We support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.

We provide training to professionals in health and social care, education, the emergency services and the voluntary and corporate sectors, equipping them to provide the best possible care to bereaved families.

For more information or to support the work of the charity, please email:

[www.childbereavementuk.org](http://www.childbereavementuk.org)

[enquiries@childbereavementuk.org](mailto:enquiries@childbereavementuk.org)

National Helpline: 0800 02 888 40

# ITINERARY

## 22ND JUNE 2024

**08.00 – 09.30**

**Arrival & Registration**

**09.45 – 10.00**

**Welcome by Monika Jephcott**

**10.00 – 11.00**

**Part 1 Keynote Address by Rachel Tegg,  
Child Bereavement UK**

**11.00 – 11.20**

**Refreshments**

**11.20 – 12.00**

**Part 2 Keynote Address continues**

**12.00 – 14.00**

**Lunch & Networking**

**14.00 – 16.30**

**Workshops**

**17.00 – 19.00**

**Evening Reception**

PTUK

PTI

Please be aware that conference running order may be subject to change

# CONFERENCE PROGRAMME

Eight CPD points may be claimed for every full day of attendance of the conference

## FRIDAY 21ST JUNE

### PRE-CONFERENCE ONE DAY TRAINING COURSES

- PQ Certificate in Clinical Supervision follow up day
- PQ Certificate in Filial Play Coaching follow up day
- PQ Certificate in Counselling Children and Young People follow up day

NB: Follow up days are for those who have previously completed the corresponding PQ course.

## SATURDAY 22ND JUNE PTUK CONFERENCE

### MORNING: PLENARY SESSION

- Welcome and Introduction
- Key Note Address: Understanding Bereavement and Offering Creative Support

### AFTERNOON: WORKSHOPS

- WS1: Grief & Bereavement
- WS2: Refugee children and the impact of loss
- WS3: Understanding and Influencing the Dynamics of Families and Schools to Support a Child's Grieving Process
- WS4: Beyond the Playroom: Innovation into Therapeutic Practice
- WS5: Let's see What We Mean - Working with Grief & Bereavement Through Clay

## FROM 23RD JUNE POST QUALIFYING COURSES

- PQ Certificate in Clinical Supervision
- PQ Certificate in Filial Play Coaching
- PQ Certificate in Counselling Children and Young People

These PQ Courses enable successful applicants to fulfil their CPD requirements for the whole year. They will significantly enhance your skills and aid your career development and CV.

CPD for PQ Courses can be carried over two years.

# WORKSHOPS



## **WS1: Grief & Bereavement**

SARAH BENTLEY

Sarah Bentley is an experienced and accredited Play Therapist running private practise, The Safe Space, in Wiltshire UK. Sarah has much experience of working with clients experiencing grief and bereavement in the Play Room and also runs coffee mornings for bereaved families & parent sessions on managing the behaviours associated with grief and bereavement. Sarah has also written some therapeutic stories around this important and sensitive subject.

This active workshop will allow you as a therapist to consider what grief & bereavement are and how they can be presented in the Play Room by our clients. We will also investigate our important role in the Team Around the Child too. Grief and bereavement are part of life's rich tapestry, so being prepared is vital in our work.

## **WS2: Refugee children and the impact of loss**

CAMILLA CROWTER

Camilla is a Play and Creative Arts Therapist based in Cardiff. Her business - Sunflower Therapy - works with private clients and in partnership with local authorities, schools, and other professionals. She began her training in 2016 after recognising the unique value of play therapy in supporting children to express themselves creatively. Her vast experience of the education system, working first as a teacher and later as an Assistant Head, means she is passionate about offering training and consultancy to schools and related settings, equipping them to develop policy and practice centred on a strong understanding of trauma and attachment. Camilla loves encountering new cultures and has a special interest in working with refugee children.



Camilla's workshop will take you on a journey, as you connect to the experience of being a refugee child fleeing war and violence. During the session, participants will explore the nature of loss and its specific impact in this context.

The session will also highlight the role group play therapy can have in supporting refugee children by providing a space for them to experience safety, to strengthen identity and to build connection with others. A mix of theory and experiential methods will be used.

# WS3: WHY WON'T THEY TALK ABOUT IT? UNDERSTANDING AND INFLUENCING THE DYNAMICS OF FAMILIES AND SCHOOLS TO SUPPORT A CHILD'S GRIEVING PROCESS

## ANNA SAUNDERS & GEORGIE RAWSON

Beyond the Horizon is a Birmingham based charity that supports children, young people and families who have experienced bereavement and loss, parental separation or divorce, and domestic abuse. The organisation has 20 years experience of providing a range of therapeutic interventions and programmes within schools, community settings and family homes. Our charitable work is delivered via a range of disciplines including Play Therapy, Counselling, Art Therapy, Child Parent Relationship Therapy (CPRT - a Filial approach), Child Teacher Relationship Training (CTRT), Heart-to-Heart (H2H - attachment play programme) and family bereavement programmes.



Workshop leaders Anna Saunders and Georgie Rawson are both Play Therapists.

Anna began her training with PTUK in 2017, continuing to provide Play Therapy in her placement school after qualifying. She began working with Beyond The Horizon in 2021, and trained in CPRT in 2023 with BAPT. For BTH Anna delivers Play Therapy, CPRT, CTRT and family bereavement programmes. Bringing 16 years experience of pastoral work in primary schools to her therapeutic work, Anna is passionate about working systemically, increasing parent and school's understanding of the child's world to support the child's internal changes and bring about lasting change.



Georgie began training with PTUK in 2018 and since then has worked as a self-employed therapist, before joining Beyond the Horizon in 2022. Georgie delivers play therapy for BTH in schools and community settings, as well as family bereavement programmes in the family homes and the H2H programme for parents and children. She became an accredited Play Therapist in 2023. Georgie's previous experience as a community musician gave her wide knowledge of working with diverse communities, engaging with young people with additional support needs and working in unorthodox settings such as care homes and hospitals. Georgie believes that it is critical to build the cooperation of the systems around the child for play therapy to be the most effective it can be.

### **Why won't they talk about it? Understanding and Influencing the Dynamics of Families and Schools to Support a Child's Grieving Process**

This workshop aims to help participants consider the complexities of a bereavement referral and to gain confidence in working with a bereaved child. We will explore the importance of understanding the child's wider context, their relationship with the deceased and the dynamics of their family and school. Participants will learn how different developmental stages affect a child's concept of death and how this may impact on the child's grieving process. Sharing examples from our work, we will consider ways to influence families and schools to help them support children in their ongoing grief journeys. Using creative sand tray activities, participants will take time to reflect on their experience of working with bereaved children or their own experience of grief. We hope this workshop will equip participants with a deeper understanding of working with this vulnerable group and greater confidence in their work.



# WS4: Beyond the Playroom: Innovation into Therapeutic Practice



## EILEEN RUSSELL

Founder of WayMaker Child Therapy CIC, a not-for-profit organisation based in Northern Ireland, WayMaker is dedicated to ensuring that every child has access to essential play therapy support.

With nearly two decades of strategic involvement in children's services, Eileen brings a wealth of experience and a profound commitment to making a difference in the lives of young ones. Her journey has been marked by a passion for innovation and a deep appreciation for the power of play in fostering holistic development and innovating therapeutic techniques beyond the play room.

1. Introduction • Brief overview of the therapeutic story and animation project. • Highlighting the innovative aspects of the project.
2. Exploring Innovative Techniques • Interactive discussion on traditional therapeutic techniques used by play therapists. • Introduction of innovative approaches and how they can enhance existing methods. • Showcasing specific examples from the therapeutic story and animation.
3. Sourcing Support a. Identifying resources and networks for therapists to seek support in integrating innovation. b. Sharing experiences and lessons learned from the project's development.
4. Unleashing Personal Innovation a. Guided activities to stimulate participants' creativity and innovative thinking. b. Encouraging participants to envision and explore their own innovative contributions to the field.
5. Q&A and Discussion a. Open floor for questions, comments, and shared experiences. b. Facilitating a discussion on the potential impact of innovation in addressing grief.

# WS5: Let's See What We Mean - Working with Grief & Bereavement Through Clay



## DR LYNNE SOUTER-ANDERSON

Dr Lynne Souter-Anderson was one of the earliest Course Directors with APAC. She is now a Fellow of the National Counselling Society, an accredited Senior Supervisor with PTUK and registered Consultant Sandplay Therapist with the AST. As founder of the Clay Therapy Community, in 2012 Lynne established a pioneering Clay Therapy training in the UK, followed by the creation of an online Practitioner Award in Clay Conversations in 2021. Her private practice is in Cambridgeshire, UK where she offers psychotherapy to clients of all ages, clinical supervision and consultancy work.

Her expertise in the field of clay therapy, the creative arts and sandplay therapy is acknowledged through invitations to present training and conference workshops across the globe. Lynne has over thirty years of experience in this field and is author of *Touching Clay, Touching What? The Use of Clay in Therapy* (2010), *Making Meaning: Clay Therapy with Children and Adolescents* (2015) and *Seeking Shelter, Seeking Safety. Clay Therapy with Families and Groups* (2019). She also loves being a Grandma and playing with clay with her grandchildren!

Clay is a particularly appropriate medium to work with in play therapy when death, loss and grief are presented.

As life unfolds for each of us, we inevitably "lose" friends, family members and colleagues through death. These experiences evoke a range of feelings and emotions, but it is often hard to recognise what these really mean to us. Some adults struggle to find the right words to express feelings, and children most certainly experience this too! This is when working with clay; the earth, helps in 'making' what we mean – for our hands show our thoughts and words.

This workshop will provide a "hands-on" experience of working with clay on issues surrounding death and the process of grief, whilst case studies will also be shared to illuminate the subject further.

# POST QUALIFYING CERTIFICATE IN FILIAL PLAY COACHING

## 23RD - 26TH JUNE

Filial Play Coaching is a natural career development for play therapists and other practitioners who wish to work with parents and families. The purpose is to provide practice-based training to enable participants to coach parents/carers in using Filial Play effectively with their children, including the use of touch.

This programme is designed for those who have completed the APAC Certificate in Therapeutic Play Skills course and have at least 100 hours supervised clinical experience of working with children using non-directive play.



### SABRINA PERSIANO

Sabrina is Placements Lead, PTUK Certified Play Therapist, Certified Clinical Supervisor and Certified Filial Supervisor. She is a Course Director with the Academy of Play and Child Psychotherapy (APAC) and delivers Certificate in Therapeutic Play Skills and PQ Certificate in Filial Play Coaching courses both in the UK and overseas. Sabrina also holds an MA in Practice Based Play Therapy and offers a range of support services to children and families through her own private practice.

Sabrina also holds an MA in Practice Based Play Therapy and offers a range of support services to children and families through her own private practice.

#### Course Content:

- The main models of Filial Play and their pros and cons
- How to assess parents and children being considered for Filial Play
- Teaching parents the importance of play, the main types of play and their purpose, in order that they can achieve a suitable balance with their children
- How to ensure parents know how to structure a Filial Play session
- How to coach parents in the four key skills of Filial Play
- How to ensure that parents know how to focus on the child during a Filial Play Session
- The use and applicability of the main Filial Play Tools (art media, music, movement, sand trays, storytelling and puppets)
- Which tools are appropriate for use at home and those that should be used in the therapist's play room
- Advising parents on acquiring, making and using appropriate equipment, materials and toys during their home play sessions according to their circumstances
- How to ensure that the parents know how to use encouragement during a Filial Play session
- Advising parents upon how to make notes on home play sessions suitable for use during the coaching discussions
- How to integrate the use of Filial Play with play therapy if this is being used concurrently
- Maintaining suitable records of progress and carrying out quality management of Filial Play work
- How to brief colleagues and those from other involved organisations on the purpose and methods of Filial Play

**A Follow Up Day will be offered in 2025 for those who undertake this four day training in 2024.**

# POST QUALIFYING CERTIFICATE IN CLINICAL SUPERVISION

## 23RD - 29TH JUNE



### JANETTE CASEY

Janette is CEO of Play Therapy Ireland and a qualified Creative Clinical Supervisor, Play Therapist and Course Director for both the Post Graduate Certificate and Post Graduate Diploma APAC programmes.

She previously worked in human resources and industrial relations before embarking on her career as a psychotherapist and counsellor MIACP (Irish Association of Counsellors and Psychotherapists) and further trained as a Group Therapy Facilitator and Equine Assisted Mental Health Practitioner.

During her work with adults, she realised the need for further training and undertook the APAC training as a play therapist to support children and adult clients with various complex needs. Her speciality is clients who have mild, moderate and severe presentations of ASD, dual diagnosis, bipolar, schizophrenia, suicidal ideation, self-harm, selective mutism, anxiety, body dysphoria/dysmorphia, gender identity/transgender etc.

Janette clinically supervises students and qualified therapists and upholds best practice in relation to ethical and legal requirements.

This programme will enable you to leverage your Play Therapy experience to help many more children by advising and supporting other practitioners through Clinical Supervision.

Training courses are now run at 12 different locations within the UK, 3 in Ireland, 1 in France and in 12 other countries across four continents, producing a stream of Play and Creative Arts Therapists who require Clinical Supervision. This course is designed to help to fill the shortage of suitably trained supervisors able to support these therapists. Qualifying as a Certified Clinical Supervisor is also an essential step on the way to becoming a PTUK Certified Play Therapy Trainer; both of these career opportunities not only provide extra income but also additional job satisfaction.

Course entry requires at least 350 hours experience of working with children or adolescents using Play and Creative Arts Therapy, as well as experienced, accredited counsellors and professionals. Participants can come from any theoretical background or clinical setting.

Applicants will also be asked to provide a written recommendation from their own Clinical Supervisor, confirming their support for their supervisee's progression onto this course.

Course content includes:

- A model for the supervision of Play and Creative Arts Therapies
- Agreeing contracts
- Using creative arts for supervision
- Using the Play Therapy Dimension Model for supervision
- Supervisees' training requirements
- Dealing with supervisees' career development issues

The course has been updated to take into account the requirements of 'Right Touch' regulation and the use of Skype for supervising overseas students, it is recognised for academic quality by Leeds Beckett University.

**A Follow Up Day will be offered in 2025 for those who undertake this seven-day training in 2024.**

# POST QUALIFYING CERTIFICATE IN COUNSELLING CHILDREN AND YOUNG PEOPLE 23RD – 29TH JUNE



We all know that young children rarely use talking as a way to resolve their issues, but as they grow older this changes. This programme enables Therapists who wish to extend their skills in order to use talking therapy with children and young people alongside creative arts media.

This is a seven day conversion course open to Certified or Accredited Play Therapists.

## Course content includes:

- How to communicate effectively using listening, reflecting, empathy, attending, observing, paraphrasing and summarising skills with children and young people in the therapeutic relationship
- Understanding transference and counter transference as it arises in the therapeutic relationship and how to respond effectively
- Identifying the ways in which children and young people manage and process their emotions, including the ability to recognise situations where they are finding it difficult to access these
- Helping children and young people to find appropriate words to describe their emotions
- Helping children and young people to verbalise key concerns, meanings and memories which emerge out of emotional arousal
- Helping children and young people to identify and verbalise the wishes, needs, behaviours and goals associated with feelings and emotions
- Integrating the use of therapeutic creative arts media (from your Play Therapy experience) directly with talking therapy skills
- Increasing your self-awareness and understanding how this can help or hinder the therapeutic relationship

**A Follow Up Day will be offered in 2025 for those who undertake this seven-day training in 2024.**

## JESSICA VAN MAANEN

Jessica is Clinical Manager, PTUK Accredited Play Therapist, Supervisor and Filial Play Coach with over 18 years' experience of working with vulnerable children and families. She provides Play Therapy and Counselling services to foster children and their families, as well as children on the autistic spectrum both in mainstream and SEN schools.

Jessica also offers supervision to trainee and fully qualified play therapists and is an APAC course director delivering the Certificate in Therapeutic Play Skills, Diploma in Play Therapy and Certificate in Counselling Children and Young People courses.

# FEES & REGISTRATION

<b>CONFERENCE 2024</b>	<b>Early Bird Fee (Before 31st March 2024)</b>	<b>Full Fee (After 31st March 2024)</b>
Grade		

<b>Trainee*</b>	<b>£75</b>	<b>£90</b>
<b>Member</b>	<b>£130</b>	<b>£145</b>
<b>Non Member</b>	<b>N/A</b>	<b>£150</b>

\*Trainee fee is for students whose grade is 'Trainee' only

<b>2024 POST QUALIFYING COURSES</b>	<b>Early Bird Fee (Before 31st March 2024)</b>	<b>Full Fee (After 31st March 2024)</b>
<b>Certificate in Clinical Supervision</b>	<b>£880</b>	<b>£990</b>
<b>Certificate in Filial Play Coaching</b>	<b>£550</b>	<b>£620</b>
<b>Certificate in Counselling Children and Young People</b>	<b>£880</b>	<b>£990</b>

N.B There will be an additional fee for the Follow Up Day in 2025

<b>2024 PQ FOLLOW UP DAYS</b>	<b>Early Bird Fee (Before 31st March 2024)</b>	<b>Full Fee (After 31st March 2024)</b>
<b>Certificate in Clinical Supervision Follow Up</b>	<b>£130</b>	<b>£150</b>
<b>Certificate in Filial Play Coaching Follow Up</b>	<b>£130</b>	<b>£150</b>
<b>Certificate in Counselling Children and Young People Follow Up</b>	<b>£130</b>	<b>£150</b>

## HOW TO REGISTER

**Registrations for the PTUK Conference will open on Tuesday 2nd January 2024 via the PTUK website.**

Please note that registrations will close on 31st May 2024.

Regrettably we will not be able to offer places to delegates who submit their registration form after this time.

Applications for the APAC Post-Qualifying Courses are also now open via the website below:

[www.apac.org.uk/apac-enrolment-application-form/](http://www.apac.org.uk/apac-enrolment-application-form/)

# BACK BY POPULAR DEMAND

The PTUK Puppet Shop will be returning for 2024 and we will have a wonderful selection of puppets available for sale, these are a great addition to your Play Therapy Tool Kit!

All proceeds from the Puppet Shop will be donated to the Jeff Thomas Bursary Award. **We accept cash & card payments.**

## MEMORIES FROM THE 2023 ANNIVERSARY CONFERENCE



# USEFUL INFORMATION

## VENUE

East Sussex National, Little Horsted, Uckfield, TN22 5ES

**We are pleased to have secured a preferential B&B rate of £190 per night for our members staying at East Sussex National over the Conference. Please find all the details below of how to book:**

To book a room for Conference please email: [reservations@eastsussexnational.co.uk](mailto:reservations@eastsussexnational.co.uk) or call 01825 880088 to book quoting Code = **APAC200624**

There is also a Premier Inn a short drive away as well as various Air BnB options too!

## TRAVEL

### By Car

#### From the West side of the M25:

Exit the M25 at junction 7, joining the M23.

Exit the M23 at Junction 10, joining the A264 towards East Grinstead.

At Felbridge pick up the A22 signposted to Eastbourne, continue to follow local signs for Eastbourne/Uckfield.

Continue on the A22 Uckfield bypass, until reaching the East Sussex National roundabout.

Take the third exit into the main entrance.

#### From the East side of the M25 (Dartford Tunnel):

From the M25, merge into the A21.

Continue on the A21.

Exit the slip road left on to A26 towards Southborough/Tunbridge Wells.

Head South on the A26, taking the first exit on to the A22.

Continue on the A22 Uckfield bypass, until reaching the East Sussex National roundabout.

Take the first exit into the main entrance.

#### From the South West:

From Lewes, join the A26 to Uckfield. At the Little Horsted roundabout, take the third exit joining the A22.

Continue over one further roundabout.

At the East Sussex National roundabout, take the third exit into the main entrance.

From the South East:

From Eastbourne, follow the A22 (transferring briefly to the A27) before re-joining the A22 North.

Follow the signs to Uckfield, remaining on the A22 Uckfield Bypass.

At the East Sussex National roundabout, take the first exit into the main entrance.

**Free car parking at the venue with 400 parking spaces.**

**By Rail:** The closest Train station is Uckfield, which is approx. 10 mins drive by taxi.

**By Air:** London Gatwick is the nearest airport, it is approx. 45 mins from Gatwick by car or taxi.



To find out more about our Play Therapy Training Programmes head to [www.apac.org.uk](http://www.apac.org.uk)  
To contact the Conference Team email: [contact@ptukorg.com](mailto:contact@ptukorg.com)