



PARENTING WITH THERAPLAY®

Empowering Parents and Professionals with Attachment-Informed Principles for Building Strong Parent-Child Relationships.

Theraplay® is an attachment-focused model of parenting that helps parents to understand and relate to their child. Based on a sequence of play activities that are rooted in neuroscience, Theraplay offers a fun and easy way for parents and children to connect.

Theraplay is particularly effective with children in foster care or adoption, refugee children, as well as those who are neurodivergent and have developmental delays.

This two day training written by clinical psychologists and social workers helps professionals/caregivers:

1. Understand attachment theory and neurobiology to see relationships as key to navigating our social world.
2. Support stress and trauma responses in relationships for healthier interactions.
3. Utilize Theraplay's four dimensions to meet children's needs through play.
4. Apply Theraplay-based play activities to ease parenting challenges and enhance parent-child engagement.
5. Equip practitioners with tools and confidence for play-based interventions, promoting emotional resilience in children and parents.



Who should attend?

Essentially, anyone who plays a role in nurturing and supporting children's well-being and development could find value in learning about Theraplay.

- Family support workers
- Foster carers and adoptive parents
- Community voluntary sector workers
- Social workers
- Counsellors
- Childcare providers
- Teachers and educators
- Paediatricians and healthcare professionals

Anyone involved in providing care or support to children and families



Receive a certificate to evidence your CDP input



“Very interactive - it is an all-encompassing tool to work with children and their families”

www.theraplay.org.uk