



# EXPRESSIVE ARTS IN PLAY THERAPY

6 hour CE Course

May 31, 2026 Location: 3000 NW 101st Lane, Suite 202, Coral Springs, 33065

## Description:

This 6-hour experiential workshop explores the integration of expressive arts within the play therapy process to deepen emotional expression, enhance co-regulation, and promote symbolic communication. Participants will learn how expressive modalities—such as drawing, drumming, movement, storytelling, sand, and sculpture—can be intentionally woven into play therapy to facilitate therapeutic powers of play including self-expression, emotion regulation, relationship enhancement, and creative problem-solving. The course bridges theory and practice by grounding expressive arts interventions within established play therapy models, such as Child-Centered Play Therapy (CCPT) and Adlerian Play Therapy. Participants will engage in hands-on experiential activities to enhance their clinical intuition, creativity, and ability to tailor expressive arts interventions to developmental needs and play themes.

## Learning Objectives

1. Identify at least three therapeutic powers of play that are activated through expressive arts in play therapy.
2. Describe how expressive arts interventions support co-regulation, emotional expression, and symbolic communication in children.
3. Demonstrate at least two expressive arts techniques (e.g., movement, drumming, or visual art) that can be used to facilitate play therapy goals.
4. Apply theoretical foundations from at least two play therapy models to the integration of expressive arts techniques.
5. Evaluate which expressive modalities (e.g., art, music, movement, storytelling, sand, or drama) best support specific developmental stages or presenting concerns in play therapy.
6. Assess how expressive arts can be used to evaluate therapeutic progress, client strengths, and emerging play themes across sessions.

## Instructors

- Aimee Jennings MS, LMHC-QS, RPT-S
- Brooklyn Hancock MA, LMHC-QS, RPT-S

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APT Approved Provider #25-771

# EXPRESSIVE ARTS IN PLAY THERAPY

## SCHEDULE

9:00–9:10 What Is Expressive Arts?

9:10–9:40 The Use of Music in Therapy

9:40–10:00 The Neuroscience of Expressive Arts

10:00–10:15 Why We Use Expressive Arts?

10:15–11:00 Activity

11:00–11:15 The Sensory Experience of Clay

11:15–12:00 Choosing Which Art

12:00–1:00 Lunch

1:00–2:00 Activity and Processing

2:00–2:20 Expressive Arts Continuum

2:20–2:30 Role of the Therapist

2:30–2:50 Activity

2:50–3:30 Integrating Play Therapy Themes

3:30–3:50 Activity

3:50–4:00 Closing

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