Heidi Kaduson

Multicultural Play Therapy Center Conference

June 27, 2017

Day 2: June 27

Title: Step by Step: How to Use Play Therapy to Help Children with Excessive, Worry, Anxiety and/or Perfectionism

Description: While anxiety appears to be a natural part of the life of a child, this seminar will provide a step by step approach to helping children through play therapy who have excessive worry, anxiety and/or perfectionism. Several theoretical approaches will be reviewed and demonstrated. DVD presentations will be provided to illustrate different methods, with skill practice to have fun.

Participants will be able to:

1. Name 4 common fears for children, along with the age of onset.
2. Distinguish between "normal" anxiety or worry and anxiety or worry that needs treatment.
3. Help parents be able to guide their children through anxiety provoking situations.
4. Identify through play the triggers of worry for children.
5. Use several techniques to reduce anxiety in children within the playroom.

Biography: Dr. Heidi Gerard Kaduson is a licensed clinical child psychologist in New York and New Jersey, as well as a Registered Play Therapist – Supervisor and Past-President of the Board of Directors of the Association for Play Therapy. She specializes in the evaluation and intervention services for children with a variety of behavioral, emotional and learning problems. She maintains a private practice in Monroe Township, New Jersey. Dr. Kaduson has lectured and has authored some of the major contributions in the field of play therapy.