

Promoting Regulation with Attachment-based Trauma-informed Experiential Interventions with Children and Families

A free workshop with Anne Stewart, PhD, RPT-S

Explore how you can use experiential interventions to support children's, teen's, and family's behavioral and emotional regulation and well-being. Engage in activities with play materials, such as toys and puppets; explore expressive arts materials; and discover ways to use nature and natural objects to promote opportunities for co-regulation and connection. Children and teens often communicate indirectly by showing us their distress or confusion by acting out or withdrawing. We can invite our client's engagement by using these approaches to assist them in understanding and resolving issues that are interfering with their well-being.

This presentation will present findings from attachment theory and neuroscience to support the effectiveness of experientially based techniques to enhance regulation. Participants will be provided with opportunities to practice activities and techniques to use with children, teens, and families. This workshop invites you to come learn and connect with playmates – known and new!



GRADUATE & PROFESSIONAL PROGRAMS

Friday, March 28, 2025

1-4 pm EST

Martin Chapel

EMU

3 CE hours available

Following the seminar, participants will be able to:

1. Describe a rationale from neuroscience for using trauma-informed experiential techniques.
2. Describe attachment theory constructs that are relevant to conducting experiential interventions (safe haven, secure base, reflective functioning).
3. Practice 6 experiential interventions used to support emotional regulation and enhance relational connections.

Registration is open to all. Visit <https://emu.edu/graduate-counseling/continuing-ed> to fill out the registration form

Point of Contact: Sarah Pace (540)432-4243 sarah.pace@emu.edu

1200 Park Rd. Harrisonburg, VA 22802 <https://emu.edu/graduate-counseling/>

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Anne Stewart, Ph.D., is a professor of psychology, author, and a playful practitioner, conducting play and family therapy. She teaches and supervises graduate students at James Madison University. She has written and presented about attachment, crisis intervention, supervision, nature and play therapy, military families, and resilience around the world. She is the founder of the Virginia Association for Play Therapy and served as chair of the international Association for Play Therapy Board of Directors and the Foundation for Play Therapy. She is a recipient of the Association for Play Therapy's Distinguished Service Award and the State Council of Higher Education of Virginia's Outstanding Faculty Award. She completed her doctoral studies in school and clinical psychology at the University of Virginia and a clinical internship at Boston Children's Hospital as a Clinical Fellow in Psychology at the Harvard Medical School. Her co-authored books include "Play Therapy: A Comprehensive Guide to Theory and Practice, 2nd edition," "Becoming a Community Counselor" and "Thriving! A Manual for Students in the Helping Professions."



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This event is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an annual award totaling \$265,005 with 0% financed with non-governmental sources. The contents are those of the presenter and do not necessarily represent the official views of, nor an endorsement by, HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](https://www.hrsa.gov).