POST-MASTER’S
CERTIFICATE PROGRAM

Child and Family Therapy

Program Director
Judith P. Siegel, PhD, LCSW
Program Description

This specialized one-year program is designed to provide a comprehensive foundation in treating children within a family context. Participants will gain skills in assessing and working with pre-adolescent children using a range of interventions including play-therapy, therapeutic games, and art activities. At the same time, students will learn to understand family dynamics that frequently underlie or exacerbate a child’s distress, and acquire the skills to work with parents in order to improve the child’s home life. Evidence-based practice informs the curriculum.

Program Outcomes

- Gain skills in understanding and working with preadolescent children using a range of interventions, including play therapy, age-specific therapeutic games, family therapy, and group therapy
- Learn to understand family dynamics and how to work with parents
- Consider new strategies for dealing with complex presenting issues

How long will it take me to complete the certificate?
There are 27 two-and-one-half-hour weekly sessions organized into two semesters.

Where can I find more information?
For program requirements, dates, times, and other detailed information, go to http://goo.gl/sxpJEM or contact silver.continuingeducation@nyu.edu.

How many continuing education credits (CEs) will I earn?
56 CEs will be awarded for the entire certificate program. Individual components can be taken with approval. 36 hours are approved by the Association of Play Therapy, APT Approved Provider 09-244.

About the Faculty
The faculty brings a combination of extensive practice and research experience with children and family therapy in varied health, mental health, school, and agency settings, as well as experience in academic teaching.

Course Description

SEMESTER 1
Attachment
The course will introduce students to the research and theoretical concepts of attachment in application to children in both early and later phases of childhood. The course will outline the different types of attachment between children and their parents.
Assessment
This course will focus on disorders that have been associated with trauma, including reactive attachment disorder, PTSD, and conduct and the oppositional disorders. In addition, students will study ADHD and autism.

The Family Context
This course will help students understand how family dynamics influence the child's behavior, and themes that are important in treatment. Students will also look at the ways that conflict and divorce effect children.

Play Therapy with the Preschool- and Early School-Age Child
This course focuses on clinical intervention with the preschool- and early school-age child, and includes goals such as:
1. Understand and incorporate symbolic communication in play therapy.
2. Consider different approaches of play therapy in selecting goals and interventions.
3. Draw on different verbal and non-verbal interviewing and play therapy techniques.
4. Identify and monitor counter transference in doing play therapy with children and in working with their parents.

SEMESTER 2
Working with Parents
Students will examine ways to assess parenting skills, and how to help parents provide stability and emotional coaching. Ways of engaging parents and establishing a therapeutic alliance will be studied. In addition, students will examine ways of working with parents who are challenged, as well as the challenges of parents working with special needs children.

Play Therapy with School-Age Through Preadolescent Child
Covers a range of therapeutic methods of symbolic communication, including play therapy, art therapy, and therapeutic games. Treatment considerations for problems that are most frequently encountered in the elementary and middle school-age range are addressed, with goals such as:
1. Better understand the typical problem areas in assessing children who are treated with play therapy.
2. Consider different play therapy approaches and clinical interventions.
3. Appreciate the need for interdisciplinary collaboration with parents and teachers in developing a treatment plan that effectively addresses a child’s problems.

Play Therapy and Other Interventions with Traumatized Children
This course will focus on techniques to establish emotional regulation in children who have suffered neglect and/or abuse.

Integrative Practice
This course will allow students to draw on all of the approaches studied to date to create an integrated approach to a case from their practice.
To Apply

An application form for this program must be filled out online from our website at:

A current resume and statement of interest must be attached with the application.

Fees

The cost is $3,344 for the full certificate program. Reading materials are included in the costs. Discounts may not be combined.

Discounts

- 25% discount for NYU SSSW MSW/PhD graduates, NYU SSSW field instructors, and educational coordinators
- 15% discount for applicants who have already completed one NYU SSSW certificate program
- 50% discount for veterans

FOR MORE INFORMATION, CONTACT

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NYU Silver School of Social Work is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers. Provider #0012

Association for Play Therapy Approved provider number 09-244

Note: This program is seeking approval as CE for Licensed Mental Health Counselors (LMHC’s) with the New York State Education Department. LMHCs can provide psychotherapy to couples, but may not hold themselves out as a marriage, family or couples therapist.