

**WHAT IS THE PLAY OF LIFE** : Play of Life is different from the conventional talk-based method as it is a miniature theatre



kit (uses small human figures on a stage) which allows clients to reproduce and see their life and relationships in a challenging, 3-dimensional format. As a method, it allows the client to identify complex issues. It simplifies issues by depicting them in a visual 3-dimensional way, thus bypassing the need to rely just on verbal communication. It is a creative and innovative tool which can be easily added to a practitioner's repertoire and a valuable tool to guide helping professionals, from both social service and education sectors, in addressing common social problems including emotional, behavioural, marriage, conflicts, anger, addiction etc.



## Course Outline: Day One & Two

### CORE Counselling Techniques

#### Training Objective – develop skills in using Play of Life method for:

- ♦ Coaching / counselling individuals
- ♦ Exploring / mapping present relationships, creating the ideal relational picture, find the “first step” toward achieving the goal
- ♦ Identify “why and how” I got this current situation
- ♦ Introduction to role theory to develop new role models toward a freer and successful relationship in life

#### Course Outline

- ♦ Describe the play of life structure
- ♦ Conduct self presentation technique with “client”
- ♦ Understand social relevance of behaviour
- ♦ Understand sources of behaviour
- ♦ Apply the play of life to behavioural modification
- ♦ Understand role dynamics
- ♦ Apply the play of life to role development
- ♦ Apply the play of life to peer mentoring / supervision / debriefing situation

#### ABOUT YOUR TRAINER: Dr Carlos A Raimundo

He is the creator of the concept and method of Play of Life and received the Innovators Award from the American Psychodrama and Group Psychotherapy Association (New York 2004).

Dr Raimundo's training in Business, Philosophy, Medicine, Psychiatry; Group Training and Theological studies blend together with his ability to integrate the best of each into practical and easy to follow skills for life. Carlos education in Argentina, US and Europe gives him sound understanding of dealing with cultural issues and successful migration provides him with experience in facilitating change in the lives of many people in an alive, sharp and useful manner. Dr Raimundo's background includes lecturing at universities in Australia and the US in addition to directing workshops and training sessions for over 20 years. Check out his website at <http://www.neuro-learning.com/>



**Attention Ex-Participants:** If you are interested to further your skills in this method, you can sign up for Day 3 & 4

## Course Outline: Day Three & Four

### ADVANCED Counselling Applications

#### Training Objective - To provide participants with “Application” skills

#### Course Outline

- ♦ Understand the Neural “Social” Circuitry that must be in place for your clients' new roles and behaviours to become incorporated and sustained.
- ♦ Help your clients identify and align their values, ideals and priorities with who they are and how they want to live.
- ♦ Learn what stress does to the brain and its effects on your client's ability to problem solve, think creatively and relate appropriately with others.
- ♦ Use a 3d simulation technique to help your clients recognise their own personal stress triggers with direct applications for:
  - ⌘ Prevention of Stress and Burnout
  - ⌘ Anger Management
  - ⌘ Addictions
- ♦ Walk your clients step by step through the reality of their conflicts and disputes to identify personal points of power with direct applications for family dispute resolution.
- ♦ Use 3d simulation techniques to gently and respectfully assist your clients revisit the past to deal with unresolved hurts related to abuse, grief and loss.
- ♦ Witness the power of 3d simulation for fast-tracking CBT Experiments for dealing with fears and phobias and facing difficult situations.



Course Date: 9,10,13,14 June 2011 Time: 9 am to 5 pm  
Venue : Bayview Hotel (Subjected to changes)

Fee (Per Person)	
Normal Fee	S\$1,355.00
Organisation that send 2 or more participants	S\$1,295.00
Volunteer Welfare Organisation eligible for VCF funding - 80% pre-approved, capped@1,000	\$\$355.00
<b>For ex-participants attending 13-14 June'11 ONLY</b>	
Normal Fee	S\$625.00
Volunteer Welfare Organisation eligible for VCF funding - 80% pre-approved, capped@500	\$\$125.00

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