

Nature Play From a Mental Health Lens



At a glance...

Nature Play from a Mental Health Lens, is a hands on and interactive training. The research is clear, nature based play has several benefits for emotional health, body regulation and expression of feelings and self. Together, we will learn the benefits of choosing tools in nature to support play based work, and the science that supports it.

Objectives

1. Participants will explore four ways that the brain is stimulated by nature play.
2. Nature play reduces several emotional and mental health symptoms that maybe impacting the safety of your clients. Participants will identify six of these impacts.
3. Participants will learn seven interactive strategies to bring nature into your mental health services and supports.

Speaker

Jacqueline Scherer is a Licensed Clinical Social Worker, a Registered Play Therapist™ and the Founder of THE PLAYGROUNDgr. Jacqueline has worked with children for over twenty years, and has been a foster parent for over eleven. She founded Stand Up For Kids Olympia, WA Chapter and started the first THP+ Program in San Diego, CA. She worked alongside a team of professionals piloting a traumatic grief curriculum for children, became an educational advocate and served as a crisis clinician for children in Kent County. She has spoken and taught clinicians, teachers and other community supports in the world of grief, trauma and play for over ten years, and recently brought her passion to a new platform, THE PLAYGROUNDgr podcast. THE PLAYGROUNDgr Podcast centers around children and play, inviting local experts and leaders to share their own journeys related to healing through play. Interested in learning more about Jacqueline's leadership in our community or the world of play? Email her at jacqueline@theplaygroundgr.org



Wednesday, February 28, 2024
9:00am - 3:30pm

Cost
\$99



GVSU - Bicycle Factory
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Credits**
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Grand Valley State University School of Social Work, an accredited social work education program, is authorized by Administrative Rule 338.2965 to award Michigan social work continuing education contact hours.



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