

## 第一屆兒童為本遊戲治療基礎證書課程 -課程大綱

### **Description 簡介：**

Children are not developmentally able to thoroughly express themselves verbally, and play therapy is well recognized to be an effective way to work with them. Child-Centered Play Therapy (CCPT) is a therapy emphasizing the relationship building between the child and the therapist, so as to allow the child to fully express oneself with the provision of various types of toys. It is well known to be one of the historically significant theories in the field of play therapy. It is an evidence-based, non-directive approach which motivates child's inner power to enhance their constructive, forward-moving, creative and self-healing abilities. This course covers the history, concept, process, values, skills and facilitative responses of Child-Centered Play Therapy. It is taught through a combination of lectures, discussion, experiential activities, role-play exercises. Participants are expected to have self-directed reading on the designated chapters before each class.

兒童在發展上難以完全用言語表達自己，而遊戲治療已被廣泛認為是輔導兒童的有效方式。兒童為本遊戲治療（Child-Centered Play Therapy，簡稱 CCPT）強調兒童與治療師之間建立的關係，讓兒童在這安全的關係中，透過各種玩具充分表達自己。這種治療是一種基於實證的非指導式（或稱人本）的介入方法，旨在激發兒童的內在力量，增強他們的建設性、創造性和自我療癒能力，並被公認為遊戲治療領域中具有重要意義的理論之一。本課程涵蓋 CCPT 的歷史、概念、過程、價值、技巧與促成回應。課程採用講授、討論、體驗活動、角色扮演等綜合教學方式。參與者請在每堂課前按課程大綱的指引進行預習。

### **Learning Objectives (LO) 學習目標：**

Upon completion of this course, participants will be able to 完成本課程後，參與者將能：

1. Describe at least 1 meaning and 1 function of play 描述「遊戲」的至少 1 個含義與 1 個功能
2. State at least 2 key people in the history and development of CCPT 指出 CCPT 在歷史與發展中的至少 2 位關鍵人物
3. State at least 3 tenets for relating to children 說明與兒童相處的至少 3 項原則
4. Describe Axline's 8 Basic Principles 描述 Axline 的 8 項基本原則
5. Identify the 3 categories of materials for the CCPT playroom 辨別 CCPT 遊戲室的 3 類器材
6. Describe at least 2 procedures and process of CCPT 描述 CCPT 的至少 2 個程序與過程
7. Outline at least 1 way in involving parents in CCPT 概述至少 1 種涉及父母參與 CCPT 的方式
8. Demonstrate at least 4 facilitative responses of CCPT 展示 CCPT 的至少 4 項促成回應
9. Demonstrate the 3-step procedure for limit setting 展示設定界限的 3 個步驟程序
10. State the application of CCPT on at least 2 typical situations and issues 陳述 CCPT 在至少 2 個典型情境與議題中的應用

**Course Outline and Required Reading 課程大綱與閱讀章節:**

| Contact                       | Training Content 課堂內容   | LO               | Self-Study Chapters 預習章節  | Non-Contact   |
|-------------------------------|---|------------------|---|---------------|
| <b>Day 1</b><br>6 hours<br>小時 | -Welcoming and Housekeeping 歡迎<br>-Meaning of Play 遊戲的意義及功能<br>-History and Development of CCPT 歷史與發展<br>-Principles of CCPT 與兒童建立關係的原則<br>-Tenets for relating to children 對兒童的看法<br>-Attitudes and Roles of Play Therapists 遊戲治療師的心態與角色                                       | 1<br>2<br>4<br>3 | -The Meaning of Play 遊戲的意義<br>-History and Development 歷史與發展<br>-About me, Garry Landreth 關於我<br>-A view of Children 對兒童的看法<br>-Child-Centered Play Therapy 兒童中心遊戲治療<br>-The Play Therapist 遊戲治療師 | 3 hours<br>小時 |
| <b>Day 2</b><br>6 hours<br>小時 | -Playroom and Materials 遊戲室與遊戲器材<br>-CCPT Process 過程及程序<br>-Facilitative Responses in CCPT (Tracking, Reflection, Self-esteem Building, Returning Responsibility)<br>有效回應的特質：跟循、反映、建立自尊、歸還責任<br>-ACT Limit Setting in CCPT 治療性設限<br>-Demonstration and Role-Play Practice 示範及演練 | 5<br>6<br>8<br>9 | -Playroom and Materials 遊戲室與遊戲器材<br>-Beginning the Relationship 關係的開始<br>-Facilitative Responses 有效回應的特質<br>-Therapeutic Limit Setting 治療性設限  | 3 hours<br>小時 |
| <b>Day 3</b><br>6 hours<br>小時 | -Stages of Play Therapy 遊戲治療階段<br>-Parents as Partners in Play Therapy 父母在遊戲治療中的角色<br>-Typical Problems and Issues in Play Therapy 常見的問題及議題<br>-Demonstration, Role-Play Practice, Discussion 示範、演練、討論  | 7<br>10          | -Parents as Partners 父母在遊戲治療中的角色<br>-Typical Problems 常見的問題<br>-Issues 議題<br>-Discovering Meaning when There seems to be no meaning<br>在看似沒有意義的時候發現意義   | 3 hours<br>小時 |
| <b>Day 4</b><br>6 hours<br>小時 | -Determining Therapeutic Process and Termination 歷程與結案<br>-Practicum Video Reviewing and Learning 實習短片播放及共學<br>-Consolidation and Sharing 回顧總結及分享<br>-Post-Test and Review 課後評估及解說  |                  | -Determining Therapeutic Process and Termination<br>決定治療歷程與結案   | 2 hour<br>小時  |
| <b>Total:</b>                 | <b>(Contact) 24 hours</b>   |                  | <b>(Non-Contact) 11 hours</b>   |               |

**Course textbook 教科書:**

Landreth, G. L. (2023). Play therapy: The art of relationship (4<sup>th</sup> ed.). Routledge/ Taylor & Francis Group.  
(中文譯本) 遊戲治療：建立關係的藝術 (2025) Garry L. Landreth, 自然就好心理諮商所. 心理出版社

**CE Hours (only applicable for registrants applying for APT / APPTA credentials):**

You will receive total 24 Contact and 11 Non-Contact (Self-Paced Reading) CE hours. For the purpose of Criteria Verification Forms for RPT™ (APT) Credentialing Applications, this training covers: 2 hours History, 23 hours of Seminal or Historically Significant Theories, 8 hours of Skills and Methods, and 2 hours of Cultural and Social Diversity.

**Trainer 導師:**

Au Yat Nam (MSW, RSW, RPT-S™, Certified I-CCPT-S/CCGPT/CPRT) is a mother of two sons who graduated from the University of Hong Kong with distinction in the Master Degree of Social Work. She is now a Registered Social Worker, a Registered Play Therapist Supervisor™ (RPT-S™) of The Association of Play Therapy (APT) and Australasia Pacific Play Therapy Association (APPTA), as well as a Certified Child-Centered Play Therapist Supervisor of Centre for Play Therapy (CPT, UNT). As an enthusiast of humanistic psychology, she went overseas for further study in different psychotherapy approaches with many renowned teachers. She received Child-Centered Play Therapy (CCPT), Child-Centered Group Play Therapy (CCGPT) and Child-Parent Relationship Therapy (CPRT) trainings at the University of North Texas respectively. She was also a fellow student of Dr. Janet Courtney learning FirstPlay® Infant Therapy as well as Somatic Storytelling.

歐日嵐 (嵐嵐) 是兩子之母，她以優等成績畢業於香港大學社會工作碩士，現為註冊社工、註冊遊戲治療師督導（美國及澳亞遊戲治療協會）、國際認證兒童為本（及兒童為本小組）遊戲治療督導、並國際認證親子關係治療師（美國北德洲大學遊戲治療中心）。熱衷於人本主義心理學並曾遠赴海外跟隨多位名師學習不同的心理治療的她，於北德洲大學接受兒童為本遊戲治療（CCPT）、兒童為本小組遊戲治療（CCGPT）及親子關係治療（CPRT）之訓練，其後也跟隨 Janet Courtney 博士學習嬰兒初始遊戲治療（FirstPlay® Therapy）及初始遊戲觸感故事遊戲治療（FirstPlay® Somatic Storytelling）。

以上內容由課程導師提供

The above content was provided by the course trainer.

 **香港心理衛生會**  
主辦機構：The Mental Health Association of Hong Kong

協辦機構： 喜樂童伴輔導及發展中心  
PlayFellow Counselling  
and Development Centre



**Course details 課程詳情：**

**Date 日期：** 31 Jul (Fri), 7 Aug (Fri), 14 Aug (Fri), 5 Sep (Sat), 2026

**Time 時間：** 10am -5:30pm (lunch break: 1 hour, 15minutes break in both am and pm session)

(午膳時間：1 小時，上午及下午各有 15 分鐘休息時間)

**Venue 地點：** 香港心理衛生會 傅德枏輔導及發展中心 (九龍彌敦道 337-339 號金滿樓 10 樓 F 室)

The Mental Health Association of Hong Kong

T.N.Foo Centre for Positive Mental Health (Office F, 9/F, Harvest Moon House, 337-339 Nathan Road, Kowloon)

**Target 對象：**

Individuals who hold a bachelor's degree or above in the field of mental health (psychology, counseling, social work, psychiatric nursing, etc.) or in related professions (such as occupational therapy, speech therapy, etc.).

持有精神健康領域 (心理學、輔導、社工、精神健康護理等) 或相關專業 (如職業治療、言語治療) 的學士學位或以上的人士

**Course Fee 課程費用：**

Regular fee: HKD\$9,900 per person (registration deadline: 15/7/2026)

Early bird discount: HKD\$9,300 per person (register on or before 30/6/2026)

正價收費 HKD\$9,900 (15/7/2026 截止報名)

早鳥優惠 HKD\$9,300 (30/6/2026 或之前報名)

**Important notes 注意事項：**


Participants are required to read the assigned pre-class chapter before each lesson to ensure they can fully participate in class discussions.

參加者需在每堂課前閱讀預習章節，以確保能充分參與課堂討論。

On the final day of the course, each participant is required to prepare an approximately 30-minute practicum video for mutual learning.

每位參加者需在課程的最後一天準備一段約 30 分鐘的實習短片，以作共同學習之用。

 香港心理衛生會  
主辦機構：The Mental Health Association of Hong Kong

協辦機構：  
 喜樂童伴輔導及發展中心  
PlayFellow Counselling  
and Development Centre



### **Certification 證書：**

Upon completion of the course and passing the post-test, participants will be awarded a certificate of attendance issued by the Mental Health Association of Hong Kong and a course certificate issued by PlayFellow Counselling and Development Centre.

參加者完成課堂及通過課後評估後，將獲頒發由「香港心理衛生會」發出的出席證明及「喜樂童伴輔導發展中心」頒發的課程證書。