

Build-to-Play™ Program Professional Training

As long as a child is anxious no real learning can happen, said Goleman (2008) in his book Emotional Intelligence.

This workshop is for

- ♦ educators, teaching assistants,
- ♦ specialty staff (speech therapists, occupational therapists, physiotherapists),
- ♦ play therapists, counsellors,
- ♦ psychologists, social workers,
- ♦ nurses,
- ♦ ABA Therapists, and education specialists.

About the Workshop: You will be equipped with the knowledge, attitude and skills to deliver the Build-to-Play™ Program to schools or your settings for children and young people aged 4-18 years. Inspired by the former **Lego®-Based Therapy** where Ms Stella Choy attended trainings in 2017 and 2019 from Dr. Gina Gomez de la Cuesta in Cambridge, Stella developed a new **Build-to-Play™ Program** based on her PhD research. Stella has published several articles in peer-reviewed journals and presented in several international conferences. This workshop introduces the evidence-based practice of Build-to-Play™ Program not only for **social communication skills**, but also for **wellbeing and executive functioning**. This CPD workshop is supported by Trinity Research in Social Sciences (TRiSS) in Trinity College Dublin as Stella was awarded TRiSS Postgraduate Research Fellowship in 2021-22.

With an inclusive framework Universal Design for Learning, Ms. Stella Choy aims to make a newly researched school-based approach Build-to-Play™ program available to children and young people who struggle with wellbeing issues and social communication difficulties by providing high quality training and resources to Professionals. Having identified the research gap, Stella developed a novel approach of small groups for 4-18 year-old individuals.



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Trinity Research in
Social Sciences (TRiSS)



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Build-to-Play™ Program Professional Training

Date: 8 Apr (Sat) / 6 May (Sat) / 16 Jun (Fri) / 4 Jul (Tue)

Time: 9:00am to 4:30pm (6.5 hours)

Venue: Atrium, 11/F Genesis, 33-35 Wong Chuk Hang Road (MTR B)



Stella W.W. Choy,
registered SLT,
Play Therapist
and Counselling
Supervisor

About the speaker

Stella Choy, registered SLT is an experienced speech and language therapist, play therapist and counsellor, lecturer, author and speaker with a research interest in an inclusive framework for children and families.

- ◆ PhD Candidate, Trinity College Dublin
- ◆ Senior Speech Therapist, Play Therapist and Psychological Counsellor (MHKIST, CORU, Member of APT (USA), MHKPCA, A.Coun.S., C.Coun.)
- ◆ Lecturer, OUHK, Yew Chung College ECE, St Nicholas Montessori College (2016-2023 Part-time), Assistant Lecturer/ Practice Consultant, HKU.
- ◆ Brick-by-Brick™ (former name LEGO®-based Therapy) Facilitator and Trainer (Nov2019-May2022)
- ◆ M.Soc.Sc.(Counselling)*^{Distinction}, HKU
- ◆ B.Sc.(Sp&Hear. Sc)*^{Hons}, HKU
- ◆ Author of “Positive Parenting – 99 Phrases to your kids” and “Play Out Parent-child Bonding”.

From 2020 to 2024, Ms Stella Choy has been conducting a **PhD research in Trinity College Dublin**. Her PhD research has been **awarded** Trinity Research in Social Sciences Postgraduate Research Fellowship and GSU Postgraduate Community, Equality and Innovation Fund. As a result, an innovative Program has been developed based on the project and a systematic literature review of all the **evidence-based strategies** to reduce anxiety in children. With an inclusive framework in mind, Ms Choy’s workshop aims to enhance your learning by sharing her wide experiences in **Speech Therapy, Play Therapy, Counselling, Tertiary Teaching and Early Childhood Education perspectives**.

Stella delivered professional trainings (LEGO®-based Therapy/ Brick-by-Brick™ program) for over 400 professionals in Hong Kong up to May 2022, with over 99% satisfaction rate from the participants.

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Learning objectives :

- ⇒ Plan and deliver groups in a whole-school approach, with the outcome of (1) promoting wellbeing in children and young people, especially with high level of anxiety.
- ⇒ Facilitate practice of (2) social communication skills and (3) executive functioning in children and young people, through at least 10 types of constructive play materials.
- ⇒ Learn about
 - ◇ The risk factors of anxiety including how to interrupt the inter-generation cycle of anxiety.
 - ◇ Evidence-based strategies of coping, including autism-friendly strategies
 - ◇ The Medical Model and Social Model controversial, where do we stand?
 - ◇ Updated research studies
 - ◇ The concepts of how to identify some signs of anxiety in children, how to build a safe environment at the initial stage of the program, how to effectively help them cope in the “Flight, fight, freeze” response, and how to add the “fourth F”, how to promote problem solving, creativity and imagination at the latter stage of the program.
- ⇒ Application: write a 14-session plan

Target Participants : 21 Professionals

Medium of Instruction : Cantonese (supplemented by English PowerPoint)

- ⇒ Receive **“Certificate of Attendance”** issued by STPlay Counselling Centre and be **recognized facilitators** of Build-to-Play™ program.
- ⇒ Have **access to STPlay Counselling Centre resources** including evidence-based strategies, **resource packages**, and research evidence.
- ⇒ Receive **Professional User course handouts** by STPlay Counselling Centre, and **both English and Chinese materials** for your own Build-to-Play™ groups.

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AGENDA OF BUILD-TO-PLAY™ PROFESSIONAL TRAINING

9:00 am	Registration
9:00 am	Introduction and background (neurodivergence, wellbeing, social communication skills, executive functioning). The Build-to-Play™ Methodology Theories, evidence-based strategies
10:30 am	Break
10:45 am	Demonstrations Experiential Learning
12:00 pm	Lunch
1:00 pm	Facilitation skills and adaptations Practicalities
2:30pm	Break
2:15pm	Assessment, outcomes, and evaluation
3:45 pm	Application to your work settings. Putting all together
4:30pm	End

Accreditation for Continuing Professional Development (CPD) : for other professionals please contact your relevant associations for CPD hours.

For **Social Workers** who completed the workshop, 6.5 hours CPD will be awarded, according to SWRB;

For **Speech Therapists** who completed the workshop, 6.5 CEPST points will be awarded, according to the CPD policy of HKIST;

For **Psychologists**, this is an accredited CE activity of DEP, DCoP, number of CEUs will be counted according to the CE guideline of Division, HKPS.

For **Physiotherapists**, CPD Points: 3 will be awarded by HKPA for accreditation.

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Registration:

<https://www.stplay.com.hk/lego-based-therapy>

*Confirmation email will be sent out within 7 working days after receiving the registration form.

*Fees paid will not be refunded unless the seats were full.

Date: 8 Apr (Sat) / 6 May (Sat) / 16 Jun (Fri) / 4 Jul (Tue)

Time: 9:00am to 4:30pm (6.5 hours)

Venue: Atrium, 11/F Genesis, Wong Chuk Hang (MTR exit B)

*** Early Bird : HK\$4438 (on or before 8 March 2023)

***2together+Early Bird : HK\$4338 /person (on or before 8 March 2023)

Regular Fee : HK\$5000 (after 8 March 2023)

**Fee includes lunch and refreshments

Enquiries:

Course enquiries, please contact **Ms Stella Choy** at stella.stplayhk@gmail.com, whatsapp (852) 97570127.

Registration enquiry: **Ms Kathy See (852) 95824453**



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Build-to-Play™ Program Professional Training

Honorary research consultants:



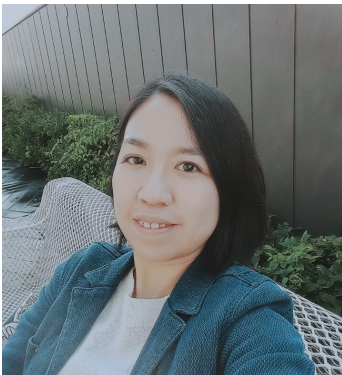
Professor Conor Mc Guckin



Professor Miriam Twomey

School of Education, Trinity College Dublin

Co-Speaker: Ms Maggie Yu



Play Therapist and Counsellor, M.Soc.Sc. (Counselling), HKU.

Conducted more than 20 groups on Lego®-based Therapy/Play Therapy/Attention.

Format of the workshop: You will attend the workshop in a face-to-face format. The speaker Ms. Stella Choy will deliver this workshop remotely while the Co-Speaker Ms. Maggie Yu will be present in a face-to-face format.



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