



# Filial Therapy Training for Parents and Caregivers

*Looking for strategies to strengthen your  
bond with your young children during play?*

**Thursdays, 6:30 – 8:00pm**

**March 26<sup>th</sup>, April 2<sup>nd</sup>, 16<sup>th</sup>, 23<sup>rd</sup>**

**May 7<sup>th</sup>, 14<sup>th</sup>**

Sign up to participate in a 6-session parent training  
experience led by Registered Play Therapist,  
Carrie Heller, MSW, LCSW, RPT\*

*\$540 for 6 sessions, \$270 reserves your spot*

*For up to 3 family members*

See our website for more information about the benefits of Filial Therapy

*\*Master of Social Work, Licensed Clinical Social Worker, Registered Play Therapist*

Email Carrie Heller at [Carrie@CircusArtsInstitute.com](mailto:Carrie@CircusArtsInstitute.com)  
or call 404-549-3000 to reserve your spot!

RSVP  
TODAY!

*Conveniently located near Your Dekalb Farmer's Market*  
2969 East Ponce De Leon Avenue  
Suite 370 (in back of building)  
Decatur, GA 30030

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# What is Filial Therapy?

In filial therapy, parents learn how to conduct special, non-directive play sessions with their child. Filial therapy strives to enhance the child-parent relationship by empowering the parent with new and innovative ways to interact with their child. Parents are given the necessary skills to practice effective listening and response to their child's emotions. Parents are also provided the tools to help encourage the enhancement of the child's self-esteem.

Carrie Heller (MSW, LCSW, RPT) will teach parents how to set limits and utilize therapeutic principles of play therapy. Parents then conduct special play session at home, where they are taught how to provide an authentically accepting and understanding atmosphere. The goal is that through training, the child will find security and confidence to explore their own emotions and the relationship with their parent.

Parents will not be doing "therapy" with their child. Instead, they will learn skills to help build the parent-child relationship through the experience of special play times, also known as "special play sessions" or "special time" for preteens/teens.

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