Regulation Focused Psychotherapy for Children (RFP-C) is a psychodynamic play therapy intervention for children with externalizing problems. RFP-C consists of 16 individual play therapy sessions plus 4 sessions with the child’s caregiver(s). The basis for the therapeutic process in RFP-C is that all behavior has meaning and that some children engage in disruptive behaviors as a way to avoid experiencing painful or threatening emotions such as guilt, shame, and sadness. This talk will provide an overview of the treatment protocol with discussion of its theoretical underpinnings and an overview of current research on RFP-C. Clinical material (video clips) will be presented and will be followed by time for discussion and questions.

LEARNING OBJECTIVE #1: Describe the three goals of child sessions in RFP-C.

LEARNING OBJECTIVE #2: Compare RFP-C with traditional behavioral approaches to externalizing problems in children.

LEARNING OBJECTIVE #3: Identify two primary mechanisms of change in RFP-C

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TUES 12 MAR, 2019 at 12:00 PM-1:30 PM

# SHEPARD HALL RM 107



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REGULATION FOCUSED PSYCHOTHERAPY FOR CHILDREN:

AN INTRODUCTION AND DISCUSSION OF CLINICAL MATERIAL

# Tracy A. Prout, PhD

# Assistant Professor of Psychology

**Ferkauf Graduate School of Psychology, Yeshiva University**

Clinical Psychology @ City College 2018-2019 Colloquia series