

More Training information:

Nurture and Play (NaP©) – Mentalizing based parent-child interaction intervention

May 14-15-16 & September 15-16, 2025

Nurture and Play – parent-child intervention is a *short-term, manualized intervention* based on attachment-based play (Theraplay®-therapeutic approach) and mentalizing theory and practice. Through active, playful interaction sessions utilizing embodied mentalizing, e.g., reciprocal activities focusing on synchronicity and mirroring, and explicit mentalizing activities through reflective activities with the parents the aims are:

- **To increase sensitivity, e.g., engage the child in interaction while being attuned to the child's state** and capability of **repairing** and to meet the child's needs for attention, soothing and care
- To increase **parental reflective understanding** of their child's thoughts and feelings
- To increase **emotional regulation** in the parent enabling true sensitivity and reflectiveness

NaP is designed as *an easily delivered preventive intervention* applicable to be used in various settings (home visits, clinical settings). It can be combined with other ways of working with parents and children, or as a mini-intervention in itself. In NaP there are ca. 7-10 meetings.

NaP can be used with any parent who has ambivalence about becoming or being a parent. Preventively, NaP has been used for example in well-baby clinics. NaP-TR (trauma) model has also been used with more high-risk cases, for example with parents in substance abuse treatment, mother-child shelter homes and with psychiatric problems. In these cases and settings, NaP-TR is an easy, first-hand intervention. The learning objectives of this 5-day NaP and NaP-TR training are:

- Theoretical basis of intervention and theory of change (Emotional Availability Theory, Mentalizing parental theory, Emotion Regulation)
- Empirical basis of Nurture and Play -intervention (results from RCT study with depressed pregnant mothers; Salo et al., 2020; Salo & Poutiainen, 2015) and recent research projects
- Knowledge of how to conduct pre-Assessment phase: Nurture and Play –interview
- Knowledge of how to conduct Nurture and Play in practice: NaP sessions and reflective videofeedback
- Theory of relational trauma and how to work with such cases with NaP

WHO SHOULD ATTEND

This training will prepare the participants to be able to conduct intervention in their clinical settings using the 3 NaP manuals. The training is organized in two parts. In between parts 1 and 2, we encourage participants to start their NaP work. *Obs. to achieve a NaP Practitioner status* the participants will need to show a videotaped examples of their work, either in Part 2 training or later in their own supervisions. *Obs. if NaP is used for research, continuous supervision for adherence is required after the training.*

NaP is designed for (Theraplay) clinicians:

- who wish to have a *time-limited* intervention
- who wish to learn how to work *already prenatally and with infants*
- who wish to learn how to conduct playful, active way of working with parents and children
- who wish to have a practical guideline (manual) for organizing treatment sessions and following progress both in terms of enhancing sensitivity and parental reflectiveness

The trainings will be delivered by Saara Salo, one of the developers of NaP.

Saara is a PhD, clinical psychologist, licensed psychotherapist, Theraplay-Trainer/Supervisor and MBT-F Trainer.

The trainings will be in English and is open to an international community of clinicians.

The training will be held in a private accommodation, (casa [Pedra de Agua](#)) where we can be inside as well as outside without being disturbed. Trainingdays from 9 AM - 3.30 PM.

Training includes lunch, coffee, tea, juices and snacks.

Manuals, slides, additional material for parents and extra readings will be send electronically before the start of the training, so you can print out and take it with you wish.

This training can be combined with a 1 day training (on the day before) about Prenatal and Baby MIM.

You will stay at Casa do Alto, a boutique hotel close to the training venue. Breakfast and dinner will be served at Casa do Alto.

More information: info@theraplay.nl

Sign in: <https://www.detheraplayacademie.nl/inschrijven-nap-en-mim-algarve-2024/>