

Level 7 Relational Play & Creative Therapy, Children and Young People

Train in Dubai with The Play Therapy Centre
& School of Play and Creative Therapies

"Teaching, Training, Transforming"

About the Course

This groundbreaking part-time, two-year qualification offers an immersive, humanistic, and relational approach to working with children and young people (ages 4–18, and up to 25 for those with additional needs or care experience).

Designed by experts in the field of child mental health, trauma, and therapeutic education, this course brings together theory and practice in an accessible, creative learning journey.



Qualification:

Level 7 Diploma in Relational Play and Creative Therapy

Duration:

24 months, part-time. 351 Guided Learning Hours

Delivery:

39 face-to-face training days (3 intensive blocks)

Clinical Practice:

160 hours with children and young people

Supervision:

1 hour per 6 client hours or fortnightly
(min. 27 hours)

Personal Therapy:

20 hours minimum

Assessment:

Written assignments, observations, book reviews, reflective case studies, and one-to-one academic reviews

Why Train with The Play Therapy Centre?



- **Expert Founders:**

Our founders collectively bring over 32 years of hands-on experience working with children and families across the Middle East, including both local populations and third-culture children. Their expertise bridges cultural, educational, and clinical contexts.

- **Region-Specific Research:**

We have conducted local research on the impact of play therapy interventions, providing evidence-based insights that highlight their effectiveness in the Middle Eastern context.

- **Guidance on Professional Pathways:**

With our strong local network, we support trainees in navigating licensing requirements, securing professional memberships, and exploring placement opportunities, ensuring a smoother entry into practice.

- **Strong Professional Community:**

We have built a thriving network of therapists across the region who support, mentor, and collaborate with one another. By training with us, you become part of a connected professional family.

- **Advocates for Awareness & Change:**

We are actively working towards spreading awareness of play therapy and its effectiveness, while also closing the gap in child mental health provision. As the only centre in the UAE exclusively dedicated to child psychotherapy, we focus solely on healing children through evidence-based, play-focused approaches.

- **Innovative Learning Environment:**

Our training blends international best practices with culturally responsive approaches, equipping you with both global knowledge and local adaptability.

- **Hands-On, Integrative Approach:**

With experiential learning rooted in child-centered play therapy, we also integrate creative modalities and culturally sensitive techniques that reflect the needs of children in the region.

- **Pioneers in the Region:**

As the first dedicated Play Therapy Centre in the UAE, we are uniquely positioned to provide cutting-edge training that aligns with international standards while addressing regional realities.

- **Work with professional organisations:**

We are committed to working with reputable and respected organisations here in the UAE and Internationally. We go through a thorough process to ensure our ethos aligns with our partners.



Stella Antoniou & Gemma Hookins

The background of the entire page is a photograph of a city skyline, likely Dubai, featuring several prominent skyscrapers. The Burj Khalifa is visible on the left, and other modern buildings with glass facades and unique architectural designs are scattered throughout the scene. The sky is a clear, pale blue. In the upper right corner, there is a large orange circular icon containing a white location pin symbol.

Why Train in the Middle East?

**Combine professional growth with
an unforgettable experience.**

Unlike many Western-based trainings, choosing to train in the Middle East offers a unique opportunity to immerse yourself in a culturally informed learning experience. You'll gain the skills to work therapeutically across diverse cultural backgrounds, while developing a deeper understanding of how culture, identity, and systems shape the emotional lives of children and families.

Training in the UAE offers a rare opportunity to blend world-class education with the magic of a destination city. With its year-round sunshine, rich cultural heritage, and luxurious hospitality, Dubai is unlike anywhere else. Participants often come for the training, and leave with memories of a lifetime. Dubai's exceptional safety standards, efficient transport systems, and visa accessibility make it easy and stress-free to visit.

What Makes the Level 7 Diploma, Relational Play and Creative Therapy Qualification Unique?

The Level 7 Diploma in Relational Play and Creative Therapy is unlike any other training in the region and here's why:

- **Relational & Humanistic Focus**

At its heart, this course emphasises the power of relationships in healing. Trainees learn to place the child at the centre of therapy, working with empathy, safety, and trust as the foundation of all practice.

- **Relational-Based Therapeutic Model**

The course is built on a therapeutic systems approach, recognising that children's emotional worlds are shaped by family, school, community, and culture. This equips practitioners to work holistically, not just with the child but within their wider ecosystem.

- **Culturally Responsive & Region-Specific**

Unlike imported training programmes, this course has been adapted to meet the realities of practice in the Middle East. It blends international best practices with local research and cultural sensitivity, preparing therapists to work effectively across diverse communities.

- **Trauma-Informed & Inclusive Practice**

With a strong grounding in trauma-informed care, the training equips students to respond to complex developmental trauma, attachment difficulties, and adversity. Special attention is given to neurodiversity, ensuring inclusive practice for children with a range of needs.

- **Balance of Theory & Experiential Learning**

The diploma offers a balanced integration of theory and experiential learning. Trainees build strong academic foundations while engaging in play-based activities, expressive arts, role play, and reflection, ensuring they both understand concepts and embody therapeutic practice with confidence and creativity.

- **Dual Tutor Model**

Every course block is delivered by two expert tutors, offering varied perspectives, enriched teaching, and tailored support for each student.

- **Strong Professional Pathways**

The course is structured not only to provide a qualification but also to support your journey into practice including guidance on licensing, placements, supervision, and professional memberships in the region.

- **Collaborative International Partnership**

Delivered by the School of Play and Creative Therapies www.schoolofpact.in in collaboration with the Play Therapy Centre (UAE), this diploma brings together global expertise and regional leadership, ensuring training that is both world-class and locally grounded.

- **Comprehensive Student Support**

With access to a dedicated lecture support, student portal, handbook, and learning resources, trainees are supported throughout their journey, from academic study to reflective practice.

Our Trainers



Your training will be delivered by an experienced team from both the School of Play and Creative Therapies and the Play Therapy Centre (UAE).



School of Play and Creative Therapies Faculty:

Specialists in relational play and creative therapies, trauma-informed practice, and therapeutic education. Authors of the L7 Diploma programme. School of Play and Creative Therapies trainers bring years of experience teaching in the UK and internationally, ensuring academic rigour and evidence-based practice.



Eileen Braham:

Expert in early years care and education, play therapy specialist for trauma, clinical supervisor, systemic therapy trainer, and global educator.



Alun John:

Diverse expertise in youth work, education, and therapy, from stage to classroom to clinical director, now an international educator.



Play Therapy Centre Trainers:

Regional leaders in child mental health, with over three decades of practice across the Middle East. Their expertise bridges cultural contexts and provides direct insight into working with both local and expatriate families.

Together, our trainers combine international expertise with regional knowledge, giving you the tools to apply play and creative therapies effectively across diverse contexts.



Pathway to becoming a Certified Relational Play and Creative Therapist

Complete
Training Block 1

1

Secure a clinical
placement

2

3

Secure a clinical
supervisor

Clinical
supervision

4

5

Record
and reflect

Begin
practicum

6

7

Record
and reflect

Attend
Block 2

8

9

Continue
practicum

Attend
Block 3

10

11

Continue
practicum

Submit
Assessments

12

Achieve Level 7
Certification

13



Join us in Dubai

By training with us, you will gain not only a globally respected qualification but also the cultural insight and professional support needed to thrive in the region.

Contact Us:

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