

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*.*



Who is This Training for?

- ♦ educators, SENO, Special Needs Assistants
- ♦ specialty staff (speech therapists, occupational therapists, physiotherapists),
- ♦ play therapists, counsellors,
- ♦ psychologists (*Approval from HKPS is pending*)
- ♦ 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 Dr. 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. Dr. Stella Choy 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. Moreover, Stella was awarded Early Career Researcher Award by ESAI Conference in 2024.

With an inclusive framework Universal Design for Learning, Dr. 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. The **Build-to-Play™ program** is **co-constructed by** neurodivergent children including **children with autism**.

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Build-to-Play™ Program Professional Training

Date: 5th July, 2025 OR 11th July, 2025 OR 12th July, 2025

Time: 9:30am to 5:30pm (7 hours)

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



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

About the Trainer

Dr. Stella Choy, Ph.D., 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 with anxiety and autism.

- ◆ PhD Education/ Research Supervisor, School of Education, Trinity College Dublin
- ◆ Senior Speech Therapist, Play Therapist and Psychological Counsellor (CORU, ISTI, Member of APT (USA), MHKPCA, A.Coun.S., C.Coun.)
- ◆ Lecturer, NCI, St Nicholas Montessori College, OUHK, Yew Chung College ECE, Assistant Lecturer/ Practice Consultant, HKU, (2016-current).
- ◆ 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

From 2020 to 2024, Dr Stella Choy has conducted a **PhD research in Trinity College Dublin**. Her PhD research has been **awarded** Early Career Researcher Award, 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, Dr 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 Build-to-Play Professional training in 2023, (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 elevated 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

Medium of Instruction : Cantonese (supplemented by English PowerPoint)

- ⇒ Receive “**Certificate of Attendance**” issued by STPlay Counselling Centre and be **recognised 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 **English materials** for your own Build-to-Play™ groups.

Online registration: <https://www.stplay.com.hk/build-to-playtm>

*Confirmation email will be sent within 7 working days from the date of your registration.

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

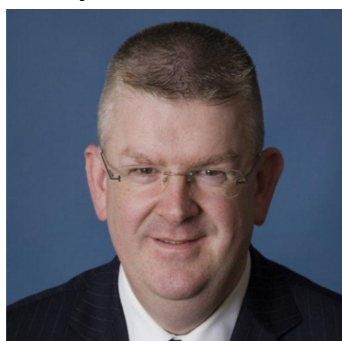
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AGENDA OF BUILD-TO-PLAY™ PROFESSIONAL TRAINING

9:30 am	Introduction and background (neurodivergence, wellbeing, social communication skills, executive functioning) The Build-to-Play™ Methodology Theories, evidence-based strategies
10:15 am	Break
10:30 am	Demonstrations Experiential Learning (1)
12:00 nn	End of first half day
1:00 pm	Experiential Learning (2) Facilitation skills and adaptations Practicalities
2:30 pm	Break
2:45 pm	Assessment, outcomes, and evaluation
4:30 pm	Application to your work settings. Putting all together
5:30 pm	End

Honorary research consultants: School of Education, Trinity College Dublin



Professor Conor Mc Guckin
(Educational Psychologist)
Organized by:



Professor Miriam Twomey
(Early Intervention)
Supported by:



Professor Aoife Lynam
(Psychology of Education)