



Facilitating Therapeutic Change Through Safeness and Play

Presenter: Dr. Kate Lucre

Date: August 6, 2026

Time: 11:00 AM to 3:30 PM ET (*All times East Coast USA Local Time*)

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| 11:00 am – 12:30 pm | <ul style="list-style-type: none">• Introduction and Overview• What Does the Edge of Therapeutic Opportunity Look Like?• Why Kindness Isn't Enough• Distinctions: Safeness, Trust, Permission, Support• Safeness Versus Safety• The Paradox of Play and Safeness• Winnicott's Idea• Blocks |
| 12:30 – 12:45 pm | <ul style="list-style-type: none">• Break |
| 12:45 – 2:00 pm | <ul style="list-style-type: none">• Transitional Spaces and Transitional Objects• Playing vs. Fantasizing• Therapy as a Form of Play• Three Primary Attachment Functions• The Mobius Loop of Play and Safeness• Case Example: Clara• What Happens When Play Isn't Fun |
| 2:00 – 2:15 pm | <ul style="list-style-type: none">• Break |
| 2:15 – 3:30 pm | <ul style="list-style-type: none">• Cultivating the Conditions for Safeness• How Safeness and Play Reinforce Each Other• Winnicott's Holding• Warming Up, Warming Down: Games and When to Play Them• The Compassionate Kitbag: Practical Ways to Develop Our Compassionate Identity• Role Taking• Suggested Questions• The Good News About Change• Mobilizing Compassion• Q&A and Wrap-Up |

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