

Machen Champion

LPCC-S, RPT-S™, Certified Synergetic Play Therapist
Level 1 Theraplay® Trained

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About

Machen Champion is a licensed therapist, supervisor, trainer, and consultant. Teaching about the brain, the powers of play and relationship, and the impact of trauma on development is a passion of Machen's. As a self-proclaimed "neuro-nerd", she strives to make these important and complex concepts not only understandable, but relatable and applicable to helpers, educators, and caregivers.

Machen owns Wired to Bloom Therapy & Consulting, LLC, a private practice that specializes in Play Therapy for children & their caregivers.

Machen also serves on the Ohio APT Board, is an APT Leadership Academy Graduate, and is pursuing her PhD in Counselor Supervision and Education at the University of Cincinnati.

"This presentation was so nicely paced, so informative, fun, and interesting. Loved how Machen made complex concepts so understandable. Would like to see much more of her."

- Mental Health Therapist

Work with Machen

- **\$200/hour for professional training includes...**
 - Preparation of presentation and materials
 - Actual presentation time
 - Travel time for distances under 40 miles from Cincinnati
 - Resources: including powerpoint, hand outs, and resources to keep learning
- **\$100 for continuing education fees**
 - Covers the time to complete the required paperwork with Ohio CSWMFT Board and APT and generating participant certificates

*There may be an additional materials fee for groups over 15.

Wired to Bloom
THERAPY & CONSULTING, LLC

WWW.WIREDTOBLOOMTHERAPY.COM

Popular Workshops for Mental Health Professionals

Navigating the Nervous System: Incorporating Nervous System Know How into Play Therapy

- 5 to 6 hour presentation
- *Beginning to Intermediate Level* | *APT Topic: Skills & Methods, Special Topics*

Ever wonder what's happening inside of you and your clients as you play? Explore the primary role your nervous system takes in the play therapy room. Drawing from current research in interpersonal neurobiology, polyvagal theory, and relational neurosciences, this introduction to the nervous system will help you learn how to work with your body to provide a better regulated and connected presence for your clients.

The Heart of the Relationship: Child-Centered Play Therapy and the Powers of Play

- 3 hour presentation
- *Beginning Level* | *APT Topic: Seminal Theory*

This workshop will present the theory, principles and practices of play therapy by examining a client centered play therapy (CCPT) approach. Participants will explore the developmental, neurobiological and empirical rationale for CCPT and understand how this theoretical orientation benefits and meets children's various therapeutic needs.

ABC's of Play Therapy: Introduction to Play Therapy

- *Available as a 6 hour (one day), 12 hour (2 day), or series presentation*
- *Beginning Level* | *APT Topic: Seminal Theory, History, Skills & Methods*

In this hands-on and activity filled workshop, participants will learn the who, what, where, when, and why's of utilizing Play Therapy in the counseling field. Participants will be presented with the history of play therapy, seminal theories of the field, current research and neuroscience that supports the use of play therapy, how to incorporate play therapy into clinical practice, and practice basic play therapy skills and techniques.

Befriending Your Brain: Teaching Caregivers About the Brain Through Play

- 4 or 6 hour presentation
- *Beginning to Intermediate Level* | *APT Topic: Skills & Methods, Special Topics*

Understanding how brains and bodies work can empower children and caregivers when it comes to supporting big feelings and big behaviors throughout the play therapy process. Participants will examine how the use of psychoeducation around the brain and nervous system can enhance the parent-child relationship. Participants will also explore prescriptive play therapy techniques to teach children and families to befriend their brains!

Popular Workshops for Mental Health Professionals

Taking Play to School: A Play Therapist's Role in Collaborating with Schools

- 3 hour presentation
- All Levels | APT Topic: Skills & Methods, Special Topics

This interactive workshop will support your successful collaboration with your clients' school. We will delve into achieving buy-in from stakeholders, creating a space that ensures client growth, and common issues that play therapists navigate when partnering with schools.

Regulate and Relate: Soothing and Regulating the Downstairs Brain in Play Therapy

- Available as a 4 or 6 hour presentation
- All Levels | APT Topic: Skills & Methods, Special Topics, Attachment Theory

Experiences – good and bad – shape the growth and organization of the brain. These experiences ultimately impact emotional, social, cognitive, and physiological functioning across the lifespan. During this workshop, participants will review developmental trauma, neglect and the relational challenges that arise from early adverse experiences. Based on the work of Dr. Bruce Perry, participants will explore the sequence of engagement through a play therapy lens in order to begin to restore trust, hope, and safety in their child clients and the family system.

Building Your Roadmap: Exploring and Embodying Play Therapy Theory

- 2 day (12 hour) or 9 hour series presentation
- All Levels | APT Topic: Seminal Theories, History

Clinical theory drives our understanding of people and change and it influences all aspects of treatment from beginning to end. For many play therapists, we are briefly introduced to the various theories early in our education when we have the least understanding – which means we miss out on the chance to reflect on the deeper ins and outs of theory. During this series, participants will playfully explore the seminal and historically significant play therapy theories, review new and developing theories, and spend time building their own “theoretical roadmap”.

Other Topics Available:

- *Stress & the Brain: Understanding the Impact of Stress on Development in Early Childhood*
- *How Does My Body Feel? Teaching & Supporting Self-Regulation Skills to Children*
- *Dysregulation Happens: Navigating Big Feelings and Tough Moments*
- *Nurturing the Nurturers: Self-Care for Helping Professions*

Let's Chat

Not seeing what you need? Email mchampion@wiredtobloomtherapy.com to discuss a custom training for your team.

Other Services

THERAPY SERVICES

Whether it's anxiety, anger, life transitions, school troubles, self-esteem, big feelings, or just life (because being a growing human is tough stuff), we are here to help. We specialize in play-based, mental health therapy for children ages 3 to 12.

We provide a safe and supportive environment in which your child can fully and authentically express their feelings and work through life's challenges in a way that comes naturally to them... play!

Play therapy is a powerful, evidenced based treatment for working with children.

Our goal is to partner with you and your child to empower you both to better navigate and manage life, so that you may nurture and grow healthier, new patterns together.

We're all wired to bloom!

"Excellent! Machen was so knowledgeable and her energy kept the training interesting and it did not seem like 4 hours. So many good concepts and ideas."

- Mental Health Therapist

TRAINING FOR SCHOOL STAFF

Brain-based training to empower and equip staff to support students and prepare brains to learn, customized to meet the unique needs of your school and staff.

Popular topics include...

- How Stress & Trauma Impact the Learning Brain
- Focused Attention Practices
- Light Up the Learning Brain
- Creating a Calming Space That Works for You
- Supporting an Escalated Student
- Completing the Stress Cycle
- Mindset Shift: Restorative Practices

SUPERVISION FOR PLAY THERAPY

Machen in an RPT-S™ and is available to provide the necessary supervision for those who are pursuing the RPT credential or who simply want support while implementing play-based interventions.

- Individual, in-person or virtual supervision
- Group supervision (*with enough interest, limited to 6*)
- \$50/hour for independently licensed clinicians
- \$75/hour for dependently licensed clinicians (either LPC, LSW, or MFT)

"I always enjoy hearing from Machen and listening to her share her knowledge and passion. She is humble, understanding, relatable and truly a joy. Machen treats us like we are professionals. She truly feels like a teammate who is ready to come alongside us to help our kiddos grow emotionally and academically."

- Elementary Teacher