



The Canadian Association for Play Therapy (CAPT) Announces the 2019 Annual General Meeting and Conference

Friday, Saturday & Sunday, May 3, 4 & 5, 2019
DoubleTree Fallsview Resort & Spa by Hilton - Niagara Falls, Ontario

**3 Day Certificate in
Treating Anxiety Using Family Play Therapy,
Yoga, Meditation and Mindfulness**

Presented by: Tina Lackner, BACYC, MSc, RP (CPT) (RCYT) (RYT300)



About the Instructor

Tina Lackner is a full time professor of 15 plus years at Humber College in the Child and Youth Care Practitioners Diploma, Accelerated Diploma and Degree programs. Tina has created, implemented and assessed a variety of courses including but not limited to: Therapeutic Interventions, Child Development, Psychology of Mental Health & Illness, Human Sexuality etc. Tina is a Registered Psychotherapist (006514) with the College of Registered Psychotherapists of Ontario (CRPO) as well as a Certified Play Therapist (CPT-ON-734).

Tina has been involved with the Canadian Association for Play Therapy as a Board Member as well as holding the position of Chair of the Education Committee.

Tina holds a Certificate in Applied Mindful Meditation and took a sabbatical from her academic institution to further delve into eastern philosophies and approaches to managing mental health issues and emotional well being. Tina has completed her Yoga Teacher (258721) training as well as her Children's Yoga Teacher Training (258721). Tina also completed additional hours in training for Yoga for Anxiety and Depression. Tina created a Children and Tweens Yoga, Mindfulness for Emotional Well Being program that she executed within the school and community settings. Tina's philosophy to use yoga, play, meditation and mindfulness to address mental health and emotional well being issues was well received from the children, tweens, parents, schools and principles. The program has proven an effective way to engage children and youth in a fun, physical way while enhancing their knowledge around emotional well being and strategies to self regulate and live more mindfully. Tina has a private practice (established 1999) in which she incorporates a holistic approach to healing and well being. Tina embodies the philosophies she teaches and has a strong daily practice of meditation, mindfulness, play and yoga.



Training Overview

In this three-day certificate program participants will gain an enhanced understanding of how to utilize play therapy in conjunction with yoga, mindfulness and meditation. Participants will engage in a process of planning, sequencing and leading fun, safe and play therapy, yoga and mindfulness sessions. Participants will leave the three-day certificate program with numerous activities, games, breathing exercises, relaxation techniques and resources that can be used in a variety of academic and play therapy settings.

Learning Outcomes:

- a. For participants to identify key principles and considerations when teaching play therapy, yoga, meditation and mindfulness to children.
- b. For participants to practice and gain experience with specific play therapy, yoga, meditation and mindful based activities and exercises.
- c. For participants to be able to identify the research affiliated to support the benefits of a play therapy, yoga, meditation and mindful practice.
- d. For participants to develop a repertoire of activities that combine play therapy, yoga, meditation and mindfulness.
- e. For participants to be able to describe what play therapy, yoga, meditation and mindfulness is and how to emulate this in everyday life.
- f. For participants to organize, plan and perform exercises and activities that support a play therapy, yoga, meditation and mindfulness framework.

For Questions on this event contact: Elizabeth Sharpe,
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