



Contact us!

P.O. Box 24010
Guelph, ON CANADA
N1E 6V8

Phone: 519.827.1506

Email: membership@cacpt.com



*Play is the process, the journey
and the language that
communicates how our
experiences have impacted us.*

Theresa Fraser CCW, CYC-P, M.A., CPT-S, R.P.

For more information:

Visit the CAPT website www.canadianplaytherapy.com

Follow CAPT on Facebook

Visit the CAPT Directories page on our website to
locate a nearby CPT or CPT-S

Why PLAY THERAPY?

Why CAPT?



The Canadian Association for Play Therapy believes in the value of play therapy and its contribution to an individual's mental, emotional, social and psychological well being. The Association believes in advancing and promoting the understanding and value of play therapy, high standards of professional and ethical practice and advocating for our members.

The Association maintains a strong, professional organization and promotes professional training, certification and current research in play therapy.

Credit and thanks to the Association for Play Therapy for supporting a portion of the content of this brochure.



Why PLAY?

Play is essential to human growth, development, learning, and cultivating relationships.

Play is a natural process that:

- Builds trust and mastery
- Fosters learning and acceptable behaviours
- Regulates emotions
- Reduces anxieties
- Promotes creative thinking and problem-solving
- Encourages open communication
- Elevates spirit and self-esteem.

Play is our first language. Just as adults use words to communicate, children use play. When playing, we express thoughts and feelings that might otherwise remain hidden.

*“It is not the number of
Play Therapy techniques that you know,
but the love and caring that you show”*

Dr. Evangeline Munns Ph D, C Psych, RPT-S



Why PLAY THERAPISTS?

To become a **Certified Play Therapist** you must hold a Masters Degree in an appropriate mental health discipline or have full membership in a regulatory professional body that governs psychotherapists. Play therapists have obtained considerable general clinical experience and supervision. Examples include professional counselors, psychologists, marriage and family therapists, clinical social workers, school counselors, psychiatric nurses, etc.

Certified Play Therapist (CPT) and Certified Play Therapist-Supervisor (CPT-S) are regulated professionals who have additionally obtained specific play therapy education, training, and supervised experience.

“Play is the natural process all children use to be able to safely experience and explore their world to learn, develop, and achieve their milestones. What better match than for a clinician to have the knowledge of how to safely enter that world and assist the child to utilize play to grow, develop and heal. That is what trained Play Therapists bring to the field. That is “Why Play Therapists.”

Greg Lubimiv MSW, CPT-S

Why PLAY THERAPY?

