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## **3 Day Certificate - Using Sand in Play Therapy**

**March 20, 21 & 22, 2020  
Burlington, Ontario**

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

To Members and Partners of the Canadian Association for Play Therapy:

We are so pleased to be bringing the "Three Day Certificate of Using Sand in Play Therapy" to Burlington. We are sending along the information regarding this training to you, as it is a unique opportunity in your area. This training is not frequently offered and includes specialized approaches in using sand tray.



So many agencies have a sand tray room or wonder about having one, without the clinicians who have the training and confidence to use sand with clients in a therapeutic way.

This training will assist with building the confidence to use sand tray with clients and to integrate the common therapeutic approaches of Cognitive Behavioural Therapy and Dialectical Behavioural Therapy with the use of sand tray. As a clinician, this will broaden your ways of being able to assist your clients in a safe and meaningful way, while using therapeutic approaches commonly known.

Please consider attending - we hope to see you there!

Many thanks,

The Canadian Association for Play Therapy

**For More Information and to Register [click here](#)**

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GUILFORD  
PRESS

## **CAPT Member Benefit**

**Guilford Press has increased their discount for all CAPT members to 25% discount on all purchases.**

**Check out the catalog, the website and the CAPT portal for purchasing your Play Therapy books.**

**[Click here](#) to find the links to Guilford Books. All our bookstore links are at the bottom of the page.**

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## **CAPT New Product On Sale now**

For all those that have been to any of our training in the past six months, you know all about the Mop Topper Pens.



## Features:

Chenille microfiber hair cleans touch screens  
Medium-point black ink and a silicone stylus at nib

Now you can purchase these while supplies last.

[Click here to buy!](#)

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**Be sure to equip your office with the new CAPT Play Therapy brochures !**

**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. Evangelina Munns Ph D, C Psych, RPT-S*

**Why PLAY THERAPISTS?**

*"Play Therapy involves the tools to play and the relational witness to our journey."*  
*Therapist Fraser CCW, CYC-R, M.A., CPTS, R.P.*

Play Therapy is a powerful tool for addressing cognitive, behavioural, and emotional challenges. Regulated professionals therapeutically use play to help clients better process their experiences and develop more effective strategies for managing their worlds. Mental health agencies, schools, hospitals and practitioners use Play Therapy as a primary intervention or as supportive therapy for:

- Behavioural issues caused by bullying, grief and loss, divorce and abandonment, physical and sexual abuse, and crisis and trauma.
- Mental health disorders, such as anxiety, depression, attention deficit/hyperactivity (ADHD), autism spectrum disorders, academic and social impairment, physical and learning disabilities, and conduct disorders.

Research suggests Play Therapy is an effective mental health approach, regardless of age, gender, or the nature of the problem, and works best when a parent, family member, or caretaker is actively involved in the treatment process.

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 Lubinir MSW, CPT-S*

**Why PLAY THERAPY?**

To order [click here](#).

Happy Playing!

Sincerely,

Elizabeth A. Sharpe CAE  
 Executive Director  
 CAPT

STAY CONNECTED:



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6V8 Canada

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