

**Sent:** November 28, 2019 4:00 PM  
**To:** Kip Sharpe <kip@cacpt.com>  
**Subject:** CAPT Training in the New Year

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Thanks for attending the

**3 Day Certificate in Treating Anxiety Using Family Play Therapy, Yoga, Mindfulness and Meditation for Children and Families in Niagara Falls in May.**

We wanted to let you know that we will be offering it again in Guelph Ontario in February.

Now you know how good this training was. So you are the ones best equipped to tell others about it.

Feel free to pass this one to others that you think might want to or should take Tina Lackner's training in Treating Anxiety.

I have included information about **Using Sand in Play Therapy** in

case you do not get the notice of them as a member of CAPT. It was well received in St. John's Newfoundland in September.

Thanks.



## **2020 Play Therapy Continuing Education**

### **3 Day Certificate**

**Treating Anxiety Using Family Play Therapy, Yoga,  
Mindfulness and Meditation for Children and Families,  
February 7 - 9, 2020**

**Hampton Inn & Suites, Guelph, Ontario**

**Tina Lackner, BACYC, MSc, RP (CPT)**

**(RCYT) (RYT300)  
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 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.

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

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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.**

**Using Sand in Play as a Play Therapy approach is utilized with clients across the developmental lifespan. Though often utilized as a psycho-dynamic approach, it can also be integrated with other evidence based therapy models such as cognitive behaviour therapy and dialectical behavioural therapy.**



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

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



To order [click here](#).

Happy Playing!

Sincerely,



Elizabeth A. Sharpe CAE  
Executive Director  
CAPT

STAY CONNECTED:



Canadian Association for Play Therapy, P.O. Box 24010, Guelph, Ontario N1E  
6V8 Canada

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