



**ANNUAL REPORT**  
**CANADIAN ASSOCIATION FOR PLAY THERAPY (CAPT)**

**2019**

## **Vision**

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

## **Core Values**

- Connections/outreach
- Growth and advocacy
- Inclusion and respect
- Education, ethics and professionalism

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## **PRESIDENT'S MESSAGE**

The Canadian Association for Play Therapy has many strengths. We are a group of passionate individuals that are committed to promote play therapy in Canada. We have amazing instructors in our Foundation Play Therapy Training. We have well respected Certified Play Therapist Supervisors that provide live and distance supervision to certifying members. We have association members in every province and in almost every territory. We have an engaged Board of Directors that chair our various CAPT committees. We have Elizabeth and Kip Sharpe who work tirelessly to meet current needs and anticipate future association needs. 2019 was a busy but preparatory year for 2020.

Registrations in our foundation training program were reduced in 2018 and 2019 and consequently our overall operating income was also reduced. The association was struggling. As a Board we were concerned about how the Canadian Association for Play Therapy would be able to both function and attract an Association Management Company when Elizabeth and Kip Sharpe were to retire, which was to be in summer 2020.

We consequently created the Relational Therapeutic Play Certificate. This online program promotes the value of the Therapeutic Powers of Play while integrating certification competencies that align with the National Child and Youth Care Certification board. It was a fully online program that ran from November to June and included courses that were synchronous with weekly classes and asynchronous that enabled participants to work on their own schedule.

This program attracted over forty participants from a few Canadian provinces as well as one state in the USA. These participants will begin their capstone projects in June which will be contained in an article that is submitted to a peer reviewed journal or a presentation for a conference.

**Respectfully submitted:**

**Theresa A. Fraser CYC-P, CPT-S, RP, MA , RCT**

**President**

**Canadian Association for Play Therapy**

## **CAPT EXECUTIVE DIRECTORS REPORT**

We kicked off the 2019 year, eager to build on the work accomplished in the Strategic Plan from our 2018 session. With Theresa Fraser at the helm as President, and a very professional and competent Executive Committee and Board of Directors, we moved forward to first, examine ways in which we could improve the financial future of CAPT and create meaningful programs that fell within the mission and vision of CAPT.

In 2019, CAPT continued the presentation of intensive three to five-day Certificates based on the subjects that are selected by survey of our members. Promotion of these Certificates began in the fall of 2016 with great success and have continued since. These programs are being developed to delve further into the subjects presented in the various modalities of play therapy to provide an attractive option for members to gain continuing education credits. We are pleased to have this quality product of more intensive trainings available to our more experienced members.

There has always been a sector of our association that strives to work with play-based activities in their work with children and families but do not meet with them in a clinical setting. The implementation of the Relational Therapeutic Play program in 2019 brought a new learning opportunity in two ways: the new application of including relational therapeutic play activities into classrooms, agencies, workplaces and medical spaces plus the delivery of this training on-line through live instructor lead training as well as video based training that could be accessed in the students own time. This opened new learning opportunities for Child and Youth Care Practitioners, Educational Assistants, Social Service Workers, Treatment Foster Parents, Teachers and Nursing professionals to enhance their existing skill set.

The CAPT Foundation Play Therapy Training continues to be effective and classes in Toronto, ON were not filled but we did have the numbers to continue with each day of training. With increasing costs in the training/meetings sector, CAPT finds it more and more difficult to find affordable quality facilities, however, we do see continuing interest from across Canada as well as internationally. We are grateful to the CAPT Education Committee for their commitment to helping make our jobs easier by continuing to oversee CAPT program evaluations and instituting much needed changes to the curriculum.

The Association Management Company could not perform the duties for CAPT without the support of so many. We work with a dedicated Board of Directors and Executive Committee and a team of CAPT Instructors who are loyal and supportive of our work and understanding of the challenges we face daily.

Our sincere thanks go to:

**Playground Publisher**    **Eva Reslovsky, Catalyst Design, Calgary, AB**

**Webmaster**                    **Faraz Sayal, Site Alive, Brampton, ON**

**CAPT Accountant**            **Carol Van Ravenstein, Towne and Associates Oakville, ON**

**CAPT Auditor**                **Brenden Bellai, RLB CPAs, Guelph, ON**

**Designers**                    **Terri Dennis Hobson, Hobson Strategy Design, Fergus, ON**  
**Alex Singleton, Edmonton, AB**

Many more professionals have worked with us over the year to present programs, services, and trainings. We left 2019 with anticipation of more of the same positive support and activities in 2020.

**Respectfully Submitted:**

**Elizabeth A. Sharpe, CAE**  
**Executive Director**  
**Canadian Association for Play Therapy (CAPT)**

## **CAPT FINANCE REPORT**

### **Year End 2019**

The Canadian Association for Play Therapy completed a year of successes and challenges as we strive to remain financially viable and continue to provide excellence in our programming. The Board of Directors and Committees will strive to recognize the specific areas for improvement.

With respect to the statement of revenues and expenditures and changes in net assets, on the financial statements, there was a deficiency of revenue over expenditures (net loss) of (\$16,588) which represented an approximate increase from our previous year's deficit of (\$6,147). However, there were a couple of factors that caused this:

1. In 2017, the American Psychological Association invoiced CAPT in January 2019 for the 2017 payment for the Play Therapy Journal. There had been some mix-up in their billing, changes of staff etc. This amount was \$5,610. This should have appeared in the 2018 financials. This led to a double payment in 2019 as the 2018 fees were paid in that same year.
2. In 2018 and 2019 the CAPT Foundation Play Therapy Training attendance numbers decreased considerably. But venue costs and food & beverage expenses escalated in Toronto. With added competition from private businesses offering play therapy training and decreases in government support for mental health professional development, it left CAPT and other similar non-profit organizations at a loss.
3. CAPT's 3 day trainings, were delivered, with one cancellation due to low registrations. But the returns were mediocre at best on these trainings as well, largely due to travel expenses and venue rental and food/beverage costs.

The good news is that in November 2019, CAPT launched a Relational Therapeutic Play Training with Theresa Fraser at the helm. Without this training, and the support of many CAPT leaders who stepped up to make this work, the association might not have survived another year of deficits. Revenues from registrations came in to CAPT in 2019 to pay for the seven-month on-line training, most revenues were accrued into 2020. But, most expenses for the launch were paid in 2019. CAPT will see the positive results of this venture at 2020 year end on paper.

With respect to the statement of financial position, cash in the bank increased at year end by \$53,846, carrying CAPT forward into 2020 in good stead. This was due to the RTP training revenues. Complete financial statements are available for your review and will be sent to you at your request.

The Board of Directors and its Committees and Management are confident some changes in programming will help improve revenues. As well, and in keeping with good fiscal responsibility, expenses will be thoroughly examined with a mind always to receiving the best product for the dollar.

We caution the entire membership to always keep CAPT's very existence in mind when you think about accessing training in play therapy. There are many options and opportunities for accessing training for continuing education in 2020. We encourage you to help in this effort by publicizing the CAPT programs in your regions. It is your association and we want you to feel empowered to encourage others to get involved.

**Respectfully Submitted by:**

**Elizabeth A. Sharpe CAE**

**And**

**Helena Kogas, Treasurer, CAPT**

**On behalf of the CAPT Board of Directors 2019.**



## **CERTIFICATION COMMITTEE**

The following is a summary of the activities of the 2019-2020 CAPT Certification Committee:

### 1. Current members:

Chair Don Chafe - stepped down April 2020 - position currently vacant

#### Members

Betty Bedard-Bidwell, Aspen Gower, Claire Milgrom, Barbara Jones Warrick

### 2. CPT Application Reviews

Last year the Committee approved seventeen new applicants for CPT and CPT-S. This year we have approved nine. Last year's high number was likely due to the change in certification standards.

### 3. Certification Inquires

Last year the Committee answered three hundred and nineteen correspondence on a variety of topics related to the certification process. This year we answered one hundred and ninety-four.

### 4. Change in Certification Standards - CPT-S

New standards for the CPT-S have been developed and approved by the Board.

### 5. Supervision Handbook

Work on the Supervision handbook continues with Betty Bedard-Bidwell leading the working group.

### 6. A new position of Registrar has been approved and filled.

### 7. Recommendations generated from the Committee:

- i) It is recommended that CAPT re-evaluate the role of the Certification Committee to clarify the role of the Committee considering the new position of Registrar; and
- ii) It is recommended that CAPT re-evaluate the role of the Certification Committee, with emphasis on supporting Supervisor development and ensuring the continued delivery of quality play therapy supervision.

#### **Respectfully submitted:**

**Don Chafe M.Ed., CCC, CPT-S**

**Chair, CAPT Certification Committee**

## **EDUCATION COMMITTEE**

### **EDUCATION COMMITTEE REPORT 2019**

The Education Committee meets on-line monthly. The primary focus for 2019 was to ensure quality face to face training in as many provinces as possible.

#### **Action taken by the Committee**

1. Assessed applications for Foundation Training exemptions and determined equivalencies
2. Examined the efficacy and practicality of various testing methods in the Foundation Play Therapy Training Program.
3. Reviewed and reiterated the responsibilities of Instructors with regards to daily schedules during Foundation Play Therapy Training Days.
4. Clarified the duties of Hostesses in Foundation Training sites
5. Reviewed the organization and structure of Workshop offerings to ensure more clarity amongst participants who were also enrolled in Foundation Training
6. Suggested a review of Certificates and Foundation Training to diminish any overlap
7. Determined topics for face to face Workshop training across Canada

The following 3 day Certificates were successfully planned, scheduled, developed and delivered by the CAPT Education Committee and Instructors over 2019:

March 22, 23 & 24, 2019, Victoria, BC  
Betty Bedard Bidwell & Margot Sippel  
Treating Trauma Using Play Therapy

April 12, 13 & 14, Regina, SK  
Irena Razanas  
Treating Anxiety Using Play Therapy

August 23, 24 & 25 Charlottetown, PEI  
Donna Starling  
*"Anxiety and Play Therapy – Blending Behavioural and Psychodynamic Techniques"*

September 20, 21 & 22, St. John's, Newfoundland  
Theresa Fraser  
Using Sandtray in Play Therapy

September 27, 28 & 29, Edmonton, AB  
Irena Razanas  
Treating Anxiety Using Play Therapy

Nov 14, 15, 16 & 17, 2019, Ottawa  
Greg Lubimiv  
Advanced Family Interventions in Play Therapy

### **Plans Deferred to 2020**

The Committee planned to create a special committee with the Instructors to explore various options for measuring knowledge and integration from the students. This has not transpired; however, it is planned that more individuals will take an interest in this at a future date and it will be re-introduced.

**Respectfully Submitted:**  
**Margot Sippel CPT-S**  
**For the CAPT Education Committee**

## **MEMBERSHIP COMMITTEE**

**Chair:** Maya Sloan

**Committee Members:** Megan McLay, Paula Hennessey

### **Role of the Membership Committee:**

- deal with special questions pertaining to membership categories and eligibility criteria
- contact lapsed members in February
- contact CPTs and PTIs if they have not updated their CEUS once a year after April
- expand Membership benefits to make membership more attractive

### **Chair's Report:**

There has not been a membership committee and chair for several years, so the role has been developing over the year. It transpired that the membership committee can assist the Association Management team with looking after members if they have questions about membership and want to know how they can become certified.

Membership renewal is in January, so after general email reminders sent by the office, the chair contacts those members who still haven't renewed their membership about 2 months later and responds to emails coming in as to reasons why they have not renewed them. Responses that state that they will not renew get forwarded to Kip, so that he can update the Spreadsheet of current members. The email sent by the chair were successful in reminding people and getting them to renew.

We also discussed the role of the membership committee in contacting CPTs and PTIs (who have CEU requirements) if they have not updated them on their profile. This is important, as it is a requirement to have at least 12 CEUs per year of CAPT training. CEUs are due in April, so the membership committee has not done this task yet by this date.

When I took on the chair position, I started looking for members for the committee. I did this by going through the spreadsheet of members who indicated on their profile that they would be willing to volunteer for this committee. I contact all the CPTs and PTIs who had done so. I got three positive responses. One of those that got back to me had to pull out, as she said she was too busy running her private practice. I asked the other two to look into businesses, such as bookstores and toy stores, that would give CAPT members discounts as a membership benefit.

I personally contacted Guilford Press and Goodlife Gyms, the latter for a corporate membership rates. However, it was too complicated to take that on, as the office would have had to send an updated membership list to Goodlife once a month. I asked the others

in the committee to help and provided them with a letter with CAPT letterhead. Unfortunately, I have not heard back from them about their success.

At this point, since I have not heard back from the committee members, I am looking for about three new members. Most of the time, I as the chair am doing the work of contacting members myself but if there were a vibrant committee, this work could be split up.

I am sure there could be more ways a membership committee could support the Association Management team, this could unfold as the reigns will be transferred to a new team.

**Respectfully submitted:**

**Maya Sloan CPT, Chair**

**Membership Committee**

## **PUBLICATIONS COMMITTEE**

### **Playground Magazine**

- CAPT has been publishing Playground since 2004 and prior to that it was called Playground Newsletter. Playground is published minimally once per year (and at times twice per year). Written contributions come predominately from the membership. Those who have a particular skill to share or story to write about use this creative publication to encourage and enlighten Play Therapists across Canada. Playground is also used to advertise play therapy tools and workshops and to keep our readers informed of Board news and updates regarding this Association.
- Lorie Walton has been the lead Editor since joining the board in 2004. Kip Sharpe has always been a tremendous support to the achievements of this magazine. This magazine's success is dependent on written submissions from its members and those in the Play Therapy community who would like to contribute to the readership. The Publication committee is often asked for help in reaching out to members and others for bringing in new article submissions.
- CAPT is proud to acknowledge that Playground continues to be an effective resource for its members and continues to support the growth of our Association and the world of Play therapy.
- Playground published one edition in 2019 which was distributed to over 1,000 people.
- The cost of this Publication was \$7,000

### **Play On News**

CAPT's e-newsletter, Play On News, is created and distributed by the CAPT headquarters management team monthly, and sometimes more often, when special announcements are required. This publication is designed to keep our members apprised of the day to day activities within CAPT, special events and to advertise training opportunities across the country. The advertising opportunities in **Play On News** has generated significant revenues to support a portion of the publishing costs of our Playground Magazine.

### **CAPT Website**

In 2019, with the Marketing, Communications and Public Relations Committee of CAPT discussed points about the need for an upgrade in CAPT's website. We hope that with funds available and volunteer capacity to work with our suppliers, CAPT's website will see a facelift over the next year or two. In the meantime, we do our best to share the updated information and policies that you require to do your job.

## **Facebook**

CAPT has 1886 Followers on Facebook, an increase of 400 over the past year. Promotion of our events and trainings on Facebook has been effective. In 2019 we continued with our LinkedIn and Twitter accounts for social media promotions. More details can be found in the Marketing, Communications and Public Relations report.

## **Activities**

- The solicitation of advertisements is always an ongoing project. We tend to be able to solicit more advertisements for the Play On News than for Playground magazine. Therefore, the funding for this magazine comes from the ads purchased for Play On News e-newsletter and Playground magazine and from memberships.

## **Requests and Recommendations**

- The support of the Board of Directors as well as from the membership continues to be solicited in providing contacts for advertising in our publications. We also encourage the submission of articles to the CAPT office. If you read an exciting article that is worth sharing with our members, please pass that info on and CAPT will follow-up.

## **Respectfully Submitted by**

**Lorie Walton, RP, CPT-S,  
Chair, Publications Committee**

## **RESEARCH COMMITTEE**

The CAPT Research Committee considers recommendations for funding those research proposals which will likely:

1. make a scholarly contribution to the discipline in which the research is conducted;
2. contribute to the professional development of the CAPT member conducting the investigation;
3. be suitable for submission for publication, exhibition, or performance in the discipline in which the research is conducted; and/or
4. assist CAPT in conducting the research to apply for funding from sources outside the Association.

The main task of the CAPT Research Committee is to advertise the \$500 per annum Research award, process applicants and review the award steps. This year's award was not given out and the monetary award will be added to next year. As well, CAPT members continue to publish peer-reviewed and other articles and books. Research studies continue, particularly at universities. A list of all activities might be compiled, with CAPT volunteers involved.

In 2019, Ryan McLeod CPT, RSW, MSW, BACYC received the Research Award for his work with Multigenerational Triadic Play Therapy. Due to COVID 19 and the inability to access locations and people for his research. He understandably decided to postpone the target of this project from March-May 2020, until October-November 2020, and he is also considering that he may proceed with 2 confirmed families, instead of 4 families as originally planned. The weekly activity list (for each session) and pre-post questionnaires have been designed.

**Respectfully submitted**

**Dr. Nancy Riedel-Bowers CPT-S  
CAPT Research Committee Chair**



## **APPROVED PROVIDER COMMITTEE**

### **Subject**

Report to the Board of Directors from the Approved Provider Committee at the Annual General Meeting for the period of 2019.

### **Activities**

- The Previous Approved Provider Committee completed the new application form to be completed by all individuals, organizations, businesses, or instructors who are able to provide approved play therapy Foundation or Continuing Education trainings.
- Trainings to be offered to individual(therapist) seeking certification in the field of play therapy, and individuals seeking to meet requirements for continuing education hours.
- When reviewing the submitted information, the Approved Provider Committee will consider, but not be limited to, whether the content of the training program is relevant to members seeking certification or Continuing Education hours based on the guidelines and the presenter's credentials are appropriate to the materials covered.
- An Approved provider check list was created to secure an efficient process with maintaining some transparency to the requirements.
- June 2019 the AP Committee membership changed. Committee Chair Tina Katsikeros. Kimberley Blackmore agreed to assist AP committee with the review existing and new applications for content delivery both in the Foundation Training courses and Continuing Education credits.
- To date two meetings did occur. On September 5<sup>th</sup>, 2019 with CAPT President Theresa Fraser, Kimberley Blackmore and Tina Katsikeros to determine the process for AP committee. The second meeting occurred in the first quarter of 2020 to support some of the transitions in the Covid-19 pandemic challenges facing CAPT.
- Kimberley Blackmore's position in the AP committee is to prescreen AP applications to meet the approved provider criteria and policies in both the Foundation trainings and Continuing Education trainings as outlined by CAPT.
- Chair of the committee will write the minutes to the Board, ensure that AP registrations are processed efficiently.
- President, Theresa Fraser recommended AP checklist to ensure all the CAPT recommendations in policy are met in the screening process. The checklist is incorporated in the screening process.
- Throughout the 2019, Supervisor Renewal Course as offered by Theresa Fraser was approved in July 2019 and 2 other applications.
- Discussions of determining the steps in the process of applications to expedite the application. For example, Kip will send the application to Kimberley Blackmore. She will review with the prescreening checklist. She will forward the review details to AP

chair and Kip. If approved Kip and/or Chair will send the outcome(template) letter to applicant.

- The Pandemic Covid-19 did increase the volume is changes to AP committee given the delivery of content.
- Meeting will occur quarterly or as needed between the committee members for screening applications efficiently.

**Discussion Points:**

1. Quality Assurance – how do we ensure that the delivery of course content is meeting registrant’s needs and interests.
2. Conflict of Interest AP registrations are openly discussed to support best interests of CAPT ethical standards. What process is best set up to ensure best practice standards?
3. The question of requiring ongoing approvals for instructors that have delivered a training to CAPT membership previous?
4. Maintenance of records for AP registrations?

**Respectfully Submitted by**  
**Tina Katsikeros, Chair**  
**Approved Provider Committee**

## **MARKETING, COMMUNICATIONS AND PUBLIC RELATIONS REPORT**

Our first order of business for the year was to increase our committee numbers and to specifically find a volunteer willing and able to take on our on-line social media presence. We currently have nine members on our Marketing Committee. Jocelyn Nand generously continued her hard work with our social media presence until LeChing Vuong stepped forward to take on that portion of the Marketing Committee work. Elizabeth Sharpe continues the FaceBook page for CAPT, while LeChing looks after our Twitter and Linked In accounts.

Another goal for the year was to establish a consistent marketing approach and format when advertising for our trainings and promoting CAPT. Donna, Kip and Elizabeth met with Terri Hobson of Hobson Strategy and Design to do some work with creating a consistent look that would be both professional and quickly recognizable as CAPT. Terri has also offered suggestions for website platforms that would be both cost effective and functional for our association when we look to replace our current website with something more user-friendly and visually appealing.

We began discussing CAPT-wear. 2019 was a year of planning for the “wearable advertising” with the goal of releasing the product in 2020. Our focus was on producing something that would promote a feeling of collective pride in CAPT and in what we do as play therapists, as well as be another visual presence of CAPT in Canada. To ensure that no revenue was lost, orders were placed in advance through our website and it was a “campaign-style” approach to the sale of the sweatshirts, t-shirts and tote bags. If there is enough demand, future campaigns could be done. The products were ordered from Premium PromoWorx in Fergus, Ontario. Kip was an immense help with this project.

Liz Christie and Helena Kogas developed an introductory letter to promote the Relational Therapeutic Play Program when information was sent out to colleges and organizations regarding this new program. We also continue to work on brochures that are more specific to adult play therapy and play therapy with teens – this is an on-going project.

Liz Christie has been corresponding with a representative of the British Association for Play Therapy regarding a project to video record interviews with play therapists who have been in the field for a long period of time and have contributed greatly to the knowledge and growth of play in Canada. Donna and Liz created an interview format which can be shared with other associations. We reached out to 3 Canadian play therapists, who have agreed to be interviewed. The recorded interviews are currently on hold in 2020 due to Covid-19.

Donna presented to Social Work classes at Western University about play therapy and CAPT. Kip and Elizabeth supplied CAPT promotional material that was distributed. We reached out to other institutions but have not yet heard back. Covid-19 has affected this work of our committee.

Our amazing committee continues to be ready to send out information to their professional contacts when needed regarding trainings and to request advertising for our Playground Magazine. We continue to need support from members for suggestions and contacts to promote the opportunity to advertise in CAPT's beautiful and well-distributed magazine.

**Submitted by  
Donna Starling CPT-S on behalf of the  
Marketing, Communications and Public Relations Committee**

## **NEWLY CAPT CERTIFIED MEMBERS 2019**

Congratulations to those members of CAPT that have become newly Certified in 2019:

### **Certified Play Therapist Supervisor**

Michelle Wolfe Miscio CPT-S

Ann Reilly CPT-S

### **Certified Play Therapist**

Kari Lawrence CPT

Joni Stryde CPT

Leslie Pearson CPT

Danielle Boyer CPT

Noelle Bowles CPT

Billy-Jo Bennett CPT

## **CAPT BOARD OF DIRECTORS**

**2019-2020**

### **EXECUTIVE COMMITTEE**

<b>PRESIDENT</b>	Theresa Fraser CPT-S
<b>VICE PRESIDENT</b>	Tina Katsikeros
<b>TREASURER</b>	Helena Kogas
<b>SECRETARY</b>	Lori Wareham-Mulrooney

### **BOARD OF DIRECTORS**

Don Chafe CPT-S  
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Kenda Riggs  
Maya Sloan CPT  
Elizabeth Christie CPT  
Brett Gatt  
Jocelyn Nand  
Melanie Charlebois

### **EXECUTIVE DIRECTOR**

Elizabeth A. Sharpe CAE

