



ANNUAL REPORT
CANADIAN ASSOCIATION FOR PLAY THERAPY (CAPT)

2020

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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CAPT FINANCE REPORT

Year End 2020

The Canadian Association for Play Therapy entered 2020 with a full budget and plan for several 3 day Certificate trainings and a conference in Niagara Falls where we would meet with our friends and colleagues and celebrate the previous year's successes. As the year progressed into March 2020, the world turned upside down and CAPT scrambled to regroup. All in-person trainings were cancelled, our budget was revisited and on-line trainings replaced all previous plans.

We have heard it all, in so many ways and so many places. Fortunately, due to the resilience of our Executive Committee, Board of Directors and Standing Committees, CAPT not only survived but thrived financially in 2020. Our memberships soared, training numbers increased, and we were able to maintain a steady course upward. In other words, we recovered somewhat from our previous several years deficits.

With respect to the statement of revenues and expenditures and changes in net assets, on the financial statements, there was an excess of revenue over expenditures (net excess) of \$92,159. This will provide CAPT with the reserve fund that all non-profit associations strive for. This consists of one year's operating funds to cover CAPT in down times.

The success of this year for CAPT, with Theresa Fraser at the helm as President with encouragement, self-sacrifice and guidance, a Finance/Executive Committee and Board of Directors who planned well is evident in our numbers.

Change is inevitable and we will always be ready and willing to embrace the change and remain fiscally responsible to the association.

Respectfully Submitted by:

Elizabeth A. Sharpe CAE

And

Helena Kogas, Treasurer, CAPT

On behalf of the CAPT Board of Directors 2020.

CERTIFICATION COMMITTEE

The current Certification Committee members include Betty Bedard-Bidwell, Claire Milgrom, Krysteli Needham, and Hannah Sun-Reid.

We have been meeting monthly and working through via email communications. We are reporting to the CAPT members for the following committee work:

1. We have reviewed many certification applications, and certified 11 applications for CPT and 3 for CPT-S in the past year.
2. We have completed 2 file reviews.
3. We have responded to multiple email inquiries regarding certification standards and procedures and conducted several phone conversations with members.
4. We have made adaptations for the application process to respond to COVID situation.
5. In response to CAPT member's inquiry about certification process, we agreed that the existing written document is unclear in multiple areas. Therefore, our committee has embarked on a big project of REWRITING the entire application requirement and application form. We aim to make it simple, clear, and logically sound. The new certification application package is on its 11th draft.
6. We continue to work on the Supervisor resource handbook. Based on Betty's hard and heart work on this project already, each committee member, and other board members, will work on different chapters. we have received written permission from all three authors to use their materials in the newly updated handbook, and also permission for future updates. We will have all involved sign the same form, to ensure ongoing work in this area.
7. We continue to work on the "Frequently Asked Questions" document, and to link it with specific places in the certification application package.

*Respectfully submitted by:
Hannah Sun-Reid, Chair
Certification Committee*

EDUCATION COMMITTEE

The 2020-2021 year has kept the education committee busy in our efforts to be able to continue to provide the high-quality play therapy foundation and certificate training opportunities throughout the Covid 19 pandemic.

Thanks goes to Theresa Fraser for her hard work in creating and supporting the new on-line offerings for CAPT. Thanks to CAPT's dedicated and hard-working instructors we were able to continue to provide our foundation training in the summer of 2020 in on online platform for this first time. Our instructors worked hard to adapt their training to this new modality and delivered a high-quality program that was well received by those who attended. We had a total of 1,500 days attended for foundation training in 2020. CAPT and the education committee received positive feedback from those who attended including individuals who had previously started taking foundation training who were now able to continue because the online format made it more accessible for them.

The Education Committee gathered and discussed the feedback provided from students, members and instructors and made changes to the organization of foundation training so the trainings were grouped in terms of theory, training, and special populations in the hopes that students will be able to learn the theory and begin applying it.

Considering the changing needs within the field of play therapy, we are excited to be introducing a "Creating an Inclusive and Culturally Competent Play Therapy Setting" course, which will now be a one-day session within our Play Therapy Foundation Training.

Additionally, for 2021, we moved away from teaching 6 consecutive weeks of foundational training and spread it out over 4 months to enable student's opportunities to practice skills.

We gathered feedback from students regarding which advanced certificate programs were of interest and asked the supervisors and play therapist to submit proposals. We have approved 5 certificate courses for 2021/2022.

We have also collaborated with the certification committee and approved provider committee to create policies/practices which ensure clarity and efficiency for current and future students attempting to certify as play therapists.

Over the last year the last year the following trainings have been offered in an online format; Supervisor Training course, Advanced Supervisor course, Treating Anxiety Using Family Play Therapy Yoga Mindfulness and Meditation, and Advanced Family Interventions.

The Education Committee has also responded to emails regarding courses in the foundation training, and exemption requests over the last year.

Respectfully submitted by

Stephanie Anderson, Betty Bedard Bidwell, Margot Sippel and Jodie Hiebert, Ryan McLeod

CAPT Education Committee

MEMBERSHIP COMMITTEE

The membership committee's mandate is to be a bridge between all categories of members and CAPT's administration and the board.

The membership committee is asked to contact members after the deadline for renewal and CEC reporting. Since the email the Chair sends out are more personal, as it comes from a CPT, instead of coming from the association management team, it gets a more personal response, which encourages lapsed members to renew. Members that were emailed also have a chance to get their concerns heard, and their concerns can be brought forward.

The membership committee sent several letters to bookstores, toy stores, gyms and other businesses to negotiate discounted rates for our members. Unfortunately, at this time, no business has offered CAPT members discounted rates.

The committee is three members strong: Paula Hennessey and Megan McLay, as well as the chair Maya Sloan. We have met on Zoom sporadically. We divided up contacting members after their membership lapsed. We have also all written letters to businesses to ask for discounts.

The Chair, Maya Sloan, has completed her two-year term, and is not renewing it, due to time constraints and a busy private practice. She is willing to stay on for the transition to a new chair.

In the future, the committee could come up with a process to follow after members do not keep up with their CECs, and according to the policy should lose their certification status. So far, members were reminded if they have not filled out their continuing education credits. Some members have gotten back to me that they are retiring, or no longer practicing play therapy etc.

*Respectfully submitted:
Maya Sloan CPT, Chair
Membership Committee*

RESEARCH COMMITTEE

This report of the CAPT Research committee highlights the CAPT Research Award process that continues with advertising each year and reviewing of applications. The award of \$500 per year will not be awarded this year and efforts will be reinforced to provide the award next year which will be \$1,000. To this end it is suggested;

1. The Research committee welcomes new members to attend quarterly meetings via zoom
2. More aggressive advertising be implemented to attract applications for the Research Award
3. All known Canadian published works of play therapy research be collected, organized and listed in CAPT publications and on website

Respectfully submitted,

*Nancy Riedel Bowers, RSW, PhD, CPT-S, RPT-S and Approved Provider
Chair, CAPT Research Committee*

APPROVED PROVIDER COMMITTEE

Report to the Board of Directors

Activities

- The Previous Approved Provider Committee maintains the new application form as approved in 2019. There have been a few revisions to clarify distinctions between the foundation training and continuing education credits. The checklist is completed by all individuals, organizations, businesses, or instructors who can provide approved play therapy Foundation or Continuing Education trainings.
- The committee consists of 2 members. The 2 members are Kimberley Blackmore and Tina Katsikeros. Kimberley Blackmore's responsibilities in the committee include prescreening AP applications to meet the approved provider criteria and policies in both the Foundation trainings and Continuing Education trainings as outlined by CAPT. Tina Katsikeros's responsibilities are a Chair for the committee.
- Chair of the committee will write the minutes to the Board, ensure that AP registrations are processed efficiently.
- Kimberley Blackmore has approved approximately 21 trainings during the global pandemic Covid-19. These trainings both Foundation and continued education were delivered as online content by the AP. 2 of the approvals included 3-year recertifications for AP (Lori Walton and Hannah Sun-Reid). One new AP Mobile Play Therapy- by Michelle Wolfe.
- 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.
- The Approved Provider check list secures efficiency in the process standardizing transparency to the requirements.
- To date, two committee meetings did occur to review the AP process given the changes for AP instructors during the global pandemic. A third collaborative meeting occurred on October 20th, 2020 with the Education Committee and Membership Committee to review and support some of the transitions in the Covid-19 pandemic challenges facing CAPT.
- Discussions of determining the steps in the process of applications to expedite the application. For example, Tracy will send the application to Kimberley Blackmore. She will review with the prescreening checklist. She will forward the review details to AP chair and Tracy. If approved Tracy and/or Chair will send the outcome(template) letter to applicant.
- The management team will provide the certificate of approval to the AP.
- The Pandemic Covid-19 did increase the volume in changes to AP committee given the delivery of content.
- The 3 national play therapy programs did meet in July 2020 to implement the new policy of expectation for students completing the play therapy training program they

initially registered to. The policy secures clarity and transparency for certification of completing the program expectations as outlined by the initial registered training program.

- 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. The question of requiring ongoing approvals for instructors that have delivered a training to CAPT membership previous?
3. CAPT Board needs to review the process for the consideration to ‘random audits’ that are noted in the AP outline.

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

DIVERSITY AND INCLUSION COMMITTEE

The Diversity and Inclusion Committee is pleased to be providing its first AGM Report since beginning as an official committee in the Fall of 2020.

A great deal of foundational work, research, meetings and conversations had already been completed over the years by Kip and Elizabeth Sharpe. During the time our committee was in its “Ad Hoc” status, we met with Elizabeth, who provided us with an extensive history and background to the work that was done and how far CAPT had already come in this area.

In the more recent years and months, people of many backgrounds, in Canada and other countries, have used their voices and actions in powerful and meaningful ways to be recognized, heard and understood. As an Ad Hoc Committee, we found ourselves with two choices – either to move forward with very specific work that had grown from a history of inclusion within CAPT, or use this important time in history, with the emergence of growing voices and thoughts on diversity, inclusion and cultural humility, to take a step back and ensure we were moving forward in a way that truly reflected the needs of our membership across the country at this time.

We decided to build on the work that had already been done by CAPT, hear from our membership and do further research with an emphasis on cultural humility. First of all, many thanks go out to those members who took the time to share their thoughts and ideas that came in from the survey which was sent out to each member from our headquarters. Please know that each and every comment was read, reread and considered carefully as we were developing a plan for next steps. A repeated theme from your feedback was that you would like to see change in the area of educational offerings to reflect more diverse needs, including working with instructors from various communities and bases of knowledge.

At this point, the board also agreed that it was valuable to have an official Diversity and Inclusion Committee, not just a temporary “ad hoc”. Based on membership feedback, we then moved forward with creating a “Request For Proposals” to find an expert to review our educational offerings and to suggest changes to address diversity, inclusion and cultural humility.

After discussion with the board around the importance of policy change process on a broader level, prior to specific change, sending out the RFP was postponed until we could create a comprehensive Inclusion Statement to be part of the work of all committees and individuals within CAPT. We are currently working on a statement that will best direct the work of CAPT to ensure all people of all backgrounds, religions, cultures, sexual orientations, abilities, ages, geographic locations, socioeconomic groups can see themselves being part of and reflected in CAPT.

In the meantime, the increased discussion around diversity and inclusion has already begun to direct discussion and work in other committees, such as the education and

certification committees, as they consider both educational offerings and inclusive language used in our forms.

As we are a very new committee, we are looking to grow. If this is an area of interest for you, we welcome your voice on our committee. Please reach out by email if interested.

Respectfully submitted by the Diversity and Inclusion Committee:

Jocelyn Nand, Krysteli Needham, Kevin St. Louis and Donna Starling

NEWLY CAPT CERTIFIED MEMBERS 2020

Congratulations to those members of CAPT that have become newly Certified in 2020:

Certified Play Therapist Supervisor

Shirley	Brooker	Stratford, ON
MaryLou	Godard	Medicine Hat, AB
Fiona	Roth	Kitchener, ON
Jodie	Hiebert	St. Catharines, ON

Certified Play Therapist

Amarjit	Chima	Chestermere, AB
Tina	Katsikeros	Winnipeg, MB
Tina	Ford	Bell Island, NL
Maya	Sloan	Halifax, NS
Lindsay	Crowe	Bradford, ON
Caileigh	Flannigan	Port Hope, ON
Krysteli	Needham	Ottawa, ON
Julie	Sine	Peterborough, ON
Sarah	Ballum	Summerside, PEI
Angela	Leski	Prince Albert, SK
Carolina	Hall	Coquitlam, BC
Grace	Kuipers	Markham, ON

**NEW SLATE FOR THE
CAPT BOARD OF DIRECTORS
2021-2022**

BOARD OF DIRECTORS

Theresa Fraser CPT-S	Pictou, NS
Helena Kogas	Oakville, ON
Kenda Riggs	Torbay, NL
Kevin St. Louis	Omeme, ON
Stephanie Anderson CPT-S	Port Hope, ON
Donna Starling CPT-S	Fergus, ON
Ricky McIntyre	Saint John, NB
Jodie Keeso-Hiebert CPT-S	St. Catharines, ON
Brett Gatt	Denfield, ON
Hannah Sun Reid CPT-S	Cobourg, ON
Nicole Perryman CPT	Ajax, ON
Caileigh Flannigan CPT	Cobourg, ON
Lindsay Crowe CPT	Bradford, ON

EXECUTIVE DIRECTOR

Elizabeth A. Sharpe CAE

