

## **CAPT Diversity and Inclusion Series**

### **Playing with Gender in the Play Therapy Space or Supporting Gender Inquiry in Play Therapy**

**November 13 & 14, 2021 9:00 a.m. to 3:30 p.m.**

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



This two-day certificate will engage participants in a journey of self-reflection investigating how their play therapy practice supports gender inquiry and curiosity for children youth and families.

Participants will engage in a bias survey, hear from a trans adult about their service experiences, review their forms and spaces from the lens of inclusion and engage in play experiences that support gender discovery and identity. World Association for Trans Health standards will be reviewed and discussed in relation to applicability to the field of Play Therapy. Theresa has presented Playing With Gender workshops in Canada and Ireland.

Though the trainer is a cis gendered female, 4/6 children are LGBTQ+2.

She has experienced the parent role of a youth transitioning from their gender assigned at birth to the gender that affirms their identity. She provides Hormone Replacement Therapy letters to support transitioning youth and adults after training with Rupert Raj in Toronto in 2012. In 2021 completed WPATH training. She also expects to complete sex therapist education in 2022.

## **Learning Outcomes**

- Play with and discuss own beliefs and attitudes about gender identity and gender expression using the sandtray and small group discussion
- Engage in an online bias survey.
- Discuss the Tavistock case and other legislation and their implications for practice
- Audit play therapy practice forms, spaces and healing tools for LGBTQ+ inclusion
- Practice your intake “elevator speech” with children, youth and families that communicates to children, youth, and families your openness to various identities.
- Identify ways to make your practice and play therapy spaces more LGBTQ+ inclusive specifically in the area of gender identity
- Identify healing tools that support gender journeys
- Engage in a gender activity recently published by the Australian medical community.
- Identify ways the play therapist can support families of questioning children and adolescents.
- Review cases examples to discuss potential treatment goals and phases of therapy.

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