



**ANNUAL REPORT**  
**CANADIAN ASSOCIATION FOR CHILD**  
**AND PLAY THERAPY (CACPT)**

**2016**

## Vision

- The Canadian Association for Child and 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**

It is a great privilege to once again have had the opportunity to serve as your President for the past year. What a year it has been! What an exciting time to be a part of CACPT! CACPT's Management Team, Board Members, Ambassadors, Committee Members, Instructors, and many volunteers have worked tirelessly to ensure that CACPT remains vibrant and strong. The efforts that have been made in building strong partnerships with stakeholders across our Nation and in ensuring that the Association is creating opportunities to promote the understanding and value of play has been unprecedented.

Our Certificate program was well attended this year. We saw many begin their journey into the world of Play Therapy and several people join the ranks of Certified Play Therapists. The Association responded to the many requests made by our Members for ongoing training in specific areas of practice through the creation of various certificate programs. We piloted the Bereavement, Grief and Loss certificate program in January and the Art Counselling Certificate program will run in conjunction with our AGM. Both these certificate programs have been well received. Efforts over the course of this year will be made to expand the offering of these programs in various provinces and in piloting other certificate programs.

Last year CACPT committed to bringing the healing power of play to our Indigenous children and families. What an inspiration and truly wonderful thing it has been to watch our Association be so actively and meaningfully involved in the Call to Action that came from Canada's Truth and Reconciliation Report. I have watched as all those involved in this effort have so compassionately and humbly sought to build partnerships with many of our Indigenous Communities and to learn from them. This has resulted in meaningful training being provided to Mental Health Workers working in Indigenous Agencies and within Indigenous Communities. The reception of these trainings has been tremendous and as such, new initiatives and inquiries have been constant throughout the year. As so many of us are aware, there is much more work to be done and much to be learned. CACPT will remain committed to providing culturally appropriate training and support the healing of the Indigenous communities through the wonderful world of play that we are all so privileged to be a part of.

Like all Associations, we have not been without our share of challenges. Fiscal challenges due to the financial climate, increased costs etc. have remained present this year. Our Board and Management Team's responsible stewardship of the Associations finances is impeccable and is at the forefront of all decisions made on behalf of CACPT members. This will continue to be the case as we move forward into a new fiscal year.

We welcomed new members to the Board last year and it is anticipated that new Board members will join us this year bringing us to full capacity. I have no doubt that the Board will continue to serve CACPT and its members in the same fashion it has in years past, with commitment, passion, and integrity. As a final note, I would like to express my sincere gratitude to the Board, Management, Ambassadors, Committee Members, Instructors, and Volunteers for all that you have done this past year. Your efforts keep CACPT strong and ensures that the capacity for Play Therapy grows allowing more children and families to be touched and healed through play. Thank-you!

**Nadine Robitaille**  
**President**  
**Canadian Association for Child and Play Therapy**

## CACPT EXECUTIVE DIRECTORS REPORT

The 2016 year has been a banner year for CACPT in so many ways. Although we have been challenged with the creation of a new business model for CACPT, through the exercise of examination and review, changes have been made by our Board of Directors that help to initiate new trends and practices that support our work at the CACPT office. Without clear policies and standards in place, our work as management will not be effective.

The CACPT Certificate Program continues to be very effective and attendance in Edmonton (Leduc), Alberta and Toronto, ON were filled. With increasing costs, it became necessary not to put our programs at risk and to raise fees for our programs next year and despite this, we see continuing interest from across Canada as well as internationally. We are grateful to the CACPT Education Committee for their commitment to helping make our jobs easier by continuing to oversee CACPT program evaluations and instituting much needed changes to the curriculum.

You will also note that in 2016, CACPT began the development of new intensive three to five day Certificates based on the subjects that appear in our Play Therapy Certificate Program. Promotion of these Certificates began in the fall of 2016 with great success. 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.

Some interesting statistics that we track through the CACPT office:

- Receive, research and answer approx. 25,000 emails per year.
- Answer approx. 2,000 telephone calls per year.
- An average of 1,300 website page views per week or over 70,000 page views per year from across the world.
- Attend an average of 5 meetings per month (by telephone or in person) on behalf of CACPT
- Deliver 35 individual workshops per year
- Process approx. 300 applications per year through our offices including Programs, Certification, Reviews etc.
- There are 1030 CACPT followers on Facebook.
- Approximately 1,100 receive CACPT's e-newsletter each month.

CACPT is a thriving and very well known world-wide for its Play Therapy training, certification and general information. Google consistently shows CACPT at the top of the page on topics related to Play Therapy. We are continuing to partner with other like minded Play Therapy associations such as the Association for Play Therapy in the US, the British Play Therapy Association and the Irish Play Therapy Association. Other international Play Therapy associations are being developed throughout the world and rely on CACPT's model to become established in their countries.

We look forward to another exciting year of Play Therapy for CACPT!

**Respectfully Submitted:**

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

## **FINANCE REPORT**

The Canadian Association for Child and 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 has been able to recognize the specific areas where improvement is necessary and two meetings were held early in 2016 in face to face meetings to move forward to a successful 2017.

With respect to the statement of revenues and expenditures and changes in net assets, there was a deficiency of revenue over expenditures (net loss) of (\$11,380) which represented an decrease of approximately \$2,000. The loss of revenues was largely due to the slight decrease in attendance at our programs in 2016 and trends of escalating programming costs. Paying some US \$ expenditures, the surprisingly weak Canadian dollar added considerably to our overall loss. Membership revenues were up approximately \$5,000. Steps have been taken to rectify the overall deficiency in 2017 by increasing fees across the board in all areas of CACPT. These increases have not taken place for many years and the Board and Management recommended these changes in order to remain financially healthy.

With respect to the statement of financial position, the net assets remain stable at \$30,801. Complete financial statements are available for your review at the annual general meeting or will be sent out to you at your request.

The Board of Directors and its Committees and Management is confident that the increases in fees will help improve revenues through the various products and services offered. 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.

It is interesting to note that the loss of \$11,380 could have been rectified if two more students had enrolled in our full Play Therapy Certificate Program in 2016. We encourage you to help in this effort to publicize the CACPT 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**

**On behalf of the CACPT Board of Directors 2017.**

## CERTIFICATION COMMITTEE

Over the past year, 2016 to 2017 the Certification Committee chaired by Nicole Perryman. Dr. Laura Mills who reviewed applicants for Certified Play Therapist (CPT) and Certified Play Therapist- Associate (CPT-A). Lori Walton reviewed applicants for Certified Play Therapist-Supervisor (CPT-S). The committee was supported by Kip Sharpe and Elizabeth Sharpe in multiple ways.

The Certification Committee plays a key role in processing members and applicants application for certification and questions. The Certification Committee reviews applications in details and responds to any further follow up which may be required. The Committee members maintains weekly communication with each other, and address issues as they may arise on the committee. In addition, Dr. Mills responds to five to 10 questions a week from various applicants on questions related to certification.

In Summary, the Certification Committee provides support to committee members:

- *Processing applications for Child Psychotherapist/Play Therapist (CPT) and Child Psychotherapist/Play Therapist- Associate (CPT-A) candidates.*
- *Processing file reviews for members who require a review of their education and play therapy background for future certification*
- *Clarifying certification rules and requirements*
- *Referring members to the Executive Director and other Board members in other committees as required.*
- *Liaising with other Committee members on policies which impact certification and other CACPT business.*
- *Supporting applicants interested in using an Approved Supervisor, not registered formally as a CPT-S.*

The committee members responded to approximately 100 inquiries around certification rules and requirements. Members are encouraged to submit inquiries via email and we try to respond to inquiries within a few days to a week. This year, inquiries came from across the country and internationally, which speaks to the global impact CACPT continues to maintain.

Over the past year, the Certification Committee completed three file reviews for CACPT members, which is an excellent way for members to provide their past experiences and education to the Committee to review their qualifications for CPT or CPT-A. File reviews are helpful in providing specific responses to certification questions based upon the member's unique questions.

The Committee also reviewed applications for certification for CPT/CPT-S. This year, nine members were certified as CPT, one member was certified as CPT-A and one received the CPT-S. These applicants typically had a wealth of training and professional experiences with established careers working with children. Their interest in becoming certified by CACPT is a testament to the value of CACPT credentials placed by professionals in the field. We would like to congratulate our newest certified members and supervisors for their commitment and hard work towards certification. Your commitment to CACPT would continue to enhance services provided for children and youth, and enhance children's mental health service delivery. As in the previous years, the Certification committee noted the exceptional efforts from applicants as reflected in the high calibre of the applications. Many applicants not only met but exceeded our requirements for training, clinical practice hours and supervision. As well, many applicants assembled well organized applications for

easy interpretation by the Certification Committee. These were all exceptional applicants and we wish to congratulate everyone for their efforts in presenting well organized and detailed applications.

The Certification Committee continued to work in partnership with the Approved Provider and the Education committee. This year, the committee addressed change in core play therapy training to ensure that the requirements were updated with certification details.

The Committee identified that clarification was required to better understand the certification process and respond to the needs of applicants. A Certification Map and a Frequently Asked Questions report was added to the website to help provide clarity to members on the process. In addition, slight wording changes were made to CPT, CPT-A, and CPT-S applications. A key clarification was that the core education and training requirements on CPT and CPT-A applications was modified so the clinical hours matched the training requirements. The CPT-S application clarified that to become eligible for CPT-S, applicants would have been certified for two years or more.

Last year, the Committee identified that many applicants for Certification and training were internationally trained and held citizenship and resided outside of Canada. This has led to suggestions on how to adjust certification requirements to meet the needs of international and national members. More details on this will be shared with you over the course of the upcoming year.

We are grateful for the continued support of our members and acknowledge their role in promoting evidence-based and informed play therapy interventions through play therapy certification and supervision. The Certification Committee wishes to thank the CACPT Executive and fellow Board Members for their continued partnerships over the past year.

Respectfully Submitted by:  
Nicole Perryman, M.A, RSW, CPT  
Chairperson Certification Committee

## EDUCATION COMMITTEE

### EDUCATION COMMITTEE

Over the past year, CACPT has offered the CACPT play therapy Certificate Program in Leduc Alberta, Winnipeg, Manitoba and Toronto Canada. With the offering of the certificate program in other provinces we have seen a decrease in the number of attendees to our Toronto program as students are able to attend programs closer to home. We continue to see a diverse range of professionals attending our programs from recent graduates to experienced mental health practitioners from across Canada and abroad.

We continue to evaluate the needs of our students taking the valuable feedback they provide us to continuously increase the quality of the training we provide. This year we have made the decision to make some changes to the Play Therapy Certificate Program based on the feedback we have seen. These changes include reducing the number of days of ethics required, removing autism from the training program, separating grief and loss from separation and divorce and making it two days of training as well as for the first time including drama therapy to the program. We are very excited about these changes to the program and continue to value and incorporate the feedback of our students.

We continue to look for new instructors for our programs who can increase the diversity of our CACPT's programs offerings while maintaining the focus on Play Therapy. If you are interested in becoming please consider submitting a CV and instructor proposal to become a CACPT instructor.

Based on student feedback from previous Certificate programs CACPT has created a new policy outlining when and how instructor's materials will be sold at CACPT's trainings. The purpose of this policy is to provide predictability, professionalism and engaging learning environment.

A focus of the education committee over the last year has been on the creation of shorter focused certificate programs which have included the successful offering of a three-day certificate on Bereavement, Grief and Loss which was offered successfully in Guelph this year. Further a three-day Art Counselling certificate is currently being offered in Toronto with good attendance. The education committee is committed to continuing to develop more of these certificate offerings and offering them in different locations over the next year.

The education committee continues to understand that online courses are of interest to our members as we are a national association with member in diverse areas of the country. To make online courses available to our membership we require individuals who have knowledge of online learning systems and instructors who are familiar with teaching in this format.

*Respectfully submitted by*  
*Stephanie Anderson, Betty Bedard Bidwell, Margot Sippel and Donna Starling*  
*CACPT Education Committee*



## MEMBERSHIP COMMITTEE

The following is a summary of the activities of the 2017 CACPT Membership Committee:

1. Formation of a national Committee This year an invitation email was sent to each CACPT member who expressed interest in volunteering with the Membership Committee. From that mailing, a committee of twelve members was formed. The new Committee contains members from coast to coast to coast in Canada as well as one international member.
2. Committee meeting The Committee has met by teleconference one time this year. Several topics were discussed and recommendations, outlined later in this document, were put forward.
3. Individual emails sent to non-renewing members The Membership Committee sent individual emails to all CACPT members who had not renewed their membership for the current year. That email included an invitation to contact the Membership Chair to discuss any concerns about the services provided by CACPT. The Chair had heard directly from over a dozen members, all of whom questioned the need for CACPT membership in an environment where they are required to retain membership in various regulating bodies. It was clear from these conversations that members did not have a good understanding that regulating bodies protect the public and professional associations work on behalf its members and the field in general.
4. Recommendations generated from the Committee meeting and conversations with non-renewing members: i) It is recommended that all CACPT training make reference to the on line supervisor directory and outline procedures for contacting supervisors. ii) It is recommended that CACPT collect play therapy techniques from members and post a featured techniques on the website each month. iii) It is recommended that CACPT accept supervision hours as continuing education hours for CPT and CPT-S members. iv) It is recommended that CACPT include on its website and in its literature a statement of what it means for the member to have the CPT or CPT-S designation. A clear explanation that displaying the CPT or CPT-S designation tells your clients that, beyond holding a basic, government mandated license, you as a professional have taken the time to undergo advanced training, supervision, and certification in the field of play therapy. This qualification indicates an advanced level of training beyond the required provincial licensing.

The Committee is looking forward to meeting again after the AGM and continuing our focus on improving awareness of play therapy in Canada and the benefits of CACPT membership and certification.

**Respectfully submitted:**

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

## **PUBLICATIONS & COMMUNICATIONS COMMITTEE**

### **Playground Magazine**

- Playground Magazine consists of Kip Sharpe and Lorie Walton as editors. 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. Playground is published minimally once per year and includes articles which support, enlighten and encourage the use of Child Psychotherapy techniques in Canada.
- Our one publication this year went out in the Fall of 2016 and included topics on: Creating a LEGO UNIVERSE While Learning Social Skills in a Group Setting, The Usefulness and Supporting Research of Parent Consultation and Engaging in Reflective Practice. This edition was mailed to approximately 1,100 people which included all members and relevant agencies within Canada. It was also used by the CACPT Ambassadors who promote our programs through job fairs, trade shows and local schools and colleges.

### **E-Newsletters -**

E-newsletters are sent out on a regular monthly basis. This form of communication is specifically for CACPT members. This electronic publication shares information on educational opportunities, advertisements for jobs, events and services. This tends to draw compliments and accolades from members.

- This year we held a contest to choose a new name. Members submitted their suggestions and the name chosen was submitted by Tracy Duffy from Newfoundland. The new name and logo will be launched in May of 2017.
- E-news brings in significant advertising which helps to fund the Playground publication costs. It costs \$84.75 (including HST) per e-news ad. There are approximately one to three purchased ads per e-news issue.

### **Website**

The CACPT website continues to be updated. In 2016 we were plagued by virus bots that disrupted production and held up updates for months. Thanks to our webmaster and his team, this situation was resolved. We continue to have significant visits to CACPT's website from all over the world to approximately 1,300 visits per week. We consistently remain at the top of the Google search for play therapy.

### **Facebook**

With 1030 Followers on Facebook, CACPT is able to reach out to many thousands of therapists and those interested in play therapy throughout the world. Sharing interesting and timely messages and information from other like-minded organizations is an amazing opportunity to connect. We would love your input to these discussions!

### **Activities**

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

## **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 Lorie Walton, Playground Editor. If you read an exciting article that is worth sharing with our members, please pass that info on the Lorie Walton and she will connect with the author to see if we can obtain permission to reprint.

**Respectfully Submitted by**

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

## **RESEARCH COMMITTEE**

### **CACPT Research Committee Report- 2016**

The Research Award was presented to Theresa Fraser, CPT-S and Past President, for her research currently underway as part of her doctoral program in the UK. This award, an accumulation of multiple years, was presented by the Executive Director of CACPT.

The Research Committee, while functioning primarily to receive applicants for the award and to decide regarding the recipient, will continue in its same capacity for the upcoming year of 2017/18. The award for 2017 will be \$500.

Two items of note regarding research by an CPT-S are:

1. Nancy Riedel Bowers published a peer review article with colleagues in Psychology Research in the fall of 2016.
2. Nancy Riedel Bowers will attend the defence of a PhD dissertation in Play Therapy at Memorial University on March 6, 2017.

Sincerely,

**Nancy Riedel Bowers PhD, RSW, CPT-S**

**CACPT Research Committee Chair**

## **APPROVED PROVIDER COMMITTEE**

### **Approved Provider Committee Annual Report for 2016**

I would like to outline the following activities that the Approved Provider Committee engaged in over the past year.

1. Changes regarding Play Therapy Foundation training hours and Prior Learning Assessments were posted to the website. This was the result of work done by the Approved Provider, Education and Certification Committees when reviewing incongruities in standards to align the committees' requirements.
2. Discussion was initiated over the difficulty with matching up Approved Provider trainings to those trainings provided in the Certificate Program.
3. Revisions were made to the Approved Provider Guidelines and Application requesting that Approved Providers provide a breakdown of the hours of their foundation trainings with regard to the 3 categories of play therapy foundation training required in the Certification Standards (theories/approaches; techniques; applications). A letter was sent to all Approved Providers outlining the requirements for a breakdown of their foundation training hours into the 3 categories.
4. Type 1 Approved Provider fees were increased from \$400.00 to \$500.00 for the three year period starting Jan 1, 2017.
5. Renewal applications were reviewed and approved for several Approved Providers.
6. Trainings for Type 1 Approved Providers taking place within their 3 year periods were reviewed.
7. Discussion was initiated from a letter sent by one Approved Provider on whether to allow non-contact hours of training for foundation training. After discussion at the committee level, the Board approved that 25% of foundation play therapy training could be taken as non-contact hours, for example as on-line training.

**Submitted by Kathy Eugster,  
Chair, Approved Provider Committee**

**NEWLY CACPT CERTIFIED MEMBERS 2016**

Congratulations to those members of CACPT that have become newly Certified in 2016:

**Irena Razanas CPT**

**Myria Rei Solas CPT**

**Rachel Koblitz CPT**

**Lezli Wrixon CPT**

**Margaret Bird CPT**

**Leanne Sullivan CPT**

**Valerie Kendall CPT**

**Sophie Musonda CPT**

**Danielle Olivieri CPT**

**Kara Abraham CPT**

**Leanne Sullivan CPT-A**

**Don Chafe CPT-S**

**CACPT BOARD OF DIRECTORS**

2016-17

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