

A publication of the Canadian Association for Play Therapy (CAPT)

Playground

Fall/Winter 2022

A Holistic, Cultural
Approach to Practicing
Play Therapy on the Land
and in the Playroom in
Whitehorse, Yukon

Self-Care in the
Pandemic Period
– Protecting from
Compassion Fatigue
and Burnout

Waiting in Silence





CAPT Foundation Play Therapy Training 2023



Training will be presented on-line in one or two-day trainings with individual instructors over a period of six weeks. Each day offers 6 educational units toward the 180 educational units required for Foundation Play Therapy Training for Certification as a Play Therapist.

Live On-line Instructor Lead Individual Full Days of Training for 2023

May 8 – 19, 2023

- Introduction to Play Therapy
- Play Therapy History, Models and Process (2 days)
- Ethical Practice in a Play Therapy Setting
- Assessment & Treatment Planning in a Play Therapy Context
- Attachment Theory and Therapy in a Play Therapy Setting
- Non-Directive Play Therapy and Filial Therapy (2 days)
- Theraplay as a Play Therapy Model
- Family Play Therapy

June 12 – 23, 2023

- Sandtray Therapy (2 days)
- Brain Research and Child Development in a Play Therapy Setting
- Understanding Traumatized Children and Applying Play Therapy Tools in the Treatment of Trauma in Children (2 days)
Day 1: Physical and Emotional Abuse
Day 2: Sexual Abuse
- Play Therapy with Abused Children (2 days)
Day 1: Physical and Emotional Abuse
Day 2: Sexual Abuse
- Creating an Inclusive and Culturally Competent Play Therapy Practice
- Storytelling in a Play Therapy Session
- Understanding and Treating Anxious Children

August 7 – 18, 2023

- Treating Disruptive Behaviour Problems in a Play Therapy Setting (2 days)
- Puppetry in a Play Therapy Setting
- Play Therapy with Adults
- Group Therapy
- Play Therapy for Children and Families Coping with Loss (2 days)
- Case Application
- Art Therapy in a Play Therapy Setting
- Vicarious Trauma and Self Care in a Play Therapy Environment

Please Note: All classes will be held weekdays, Monday to Friday.

For Details on Dates, Registration, Training Outlines and Learning Outcomes go to:
<https://cacpt.com/foundation-play-therapy-training>

For further information on becoming certified as a Play Therapist, please visit our Education webpage under **Education and Certification** at:
www.canadianplaytherapy.com; call 226 821 1056 or email kip@captraining.com

CAPT EXECUTIVE COMMITTEE

President: Kevin St. Louis

Vice-President: Nicole Perryman CPT

Secretary: Kenda Riggs

Treasurer: Helena Kogas

Past President: Theresa Fraser CPT-S

CAPT BOARD OF DIRECTORS

Lindsay Crowe CPT

Justine Elliott

Caileigh Flannigan CPT

Ineke Guadagnin

Jodie Keeso-Hiebert CPT-S

Ricky McIntyre CPT

Hannah Sun Reid CPT-S

Executive Director: Scott Kettles

CHAIR POSITIONS

Approved Provider Chair:

Certification Chair: Hannah Sun-Reid CPT-S

Diversity and Inclusion Chair: Donna Starling CPT-S

Education Chair:

Membership Chairs: Lindsay Crowe CPT

Publications Co-Chairs:

Theresa Fraser CPT-S and Ricky McIntyre

Research Chair: Dr. Nancy Riedel-Bowers CPT-S

Ethics Chair: Appointed as Required

CONTACT US

Executive Director and CAPT Operations:

Phone: 416 845 3290

Email: scott@canadianplaytherapy.com

www.canadianplaytherapy.com

CAPT Training:

Phone: 226 821 1056

E-mail: elizabeth@captraining.com, kip@captraining.com

ADVERTISING

Advertising inquiries should be directed to:

Scott Kettles, Executive Director and CAPT Operations:

Phone: 416 845 3290

Email: scott@canadianplaytherapy.com

ADVERTISING SUBMISSIONS

Please send artwork for advertisements to:

Catalyst Creative Inc.

Phone: 403 205 6605 E-mail: eva@catalyst-creative.ca

SUBMISSIONS

PLAYGROUND welcomes your ideas for articles. Please send your suggestions to Theresa Fraser CPT-S

CO-EDITORS

Ricky McIntyre CPT, Theresa Fraser CPT-S

GRAPHIC DESIGN & PRODUCTION

Catalyst Creative Inc., Calgary, AB

REPRINT PERMISSION

All rights reserved. The contents of this publication may not be reproduced by any means, in whole or in part, without the prior written consent of CAPT.

Publications Mail Agreement #42054516

Playground

Canadian Association for Play Therapy

Contents

- 2 Message from the President
Kevin St. Louis
- 3 Update from your Executive Director
Scott Kettles
- 4 2022 Board of Directors
- 8 A Holistic, Cultural Approach to
Practicing Play Therapy on the Land and
in the Playroom in Whitehorse, Yukon
Chantal Piercy
- 13 Self-Care in the Pandemic Period –
Protecting from Compassion Fatigue
and Burnout
Tania Bryan
- 18 Monica Herbert Award
- 19 Betty Bedard Bidwell Volunteer Award
- 20 Healing Spaces
- 22 Waiting in Silence
Theresa Fraser et al.



Message from the President

Dear Members,

I am very excited to start my role as President of the Canadian Association for Play Therapy!

I can't begin to express my gratitude for the incredible work our members do. I am humbled by the selfless compassion and love that emerges from the Play Room. Our members create safe spaces for the diverse communities we serve, from coast to coast to coast. The COVID pandemic has left us all with a lot of work to do; sometimes in quiet corners, noticed only by the positive impact we have on the individuals and families we serve; and sometimes in the spotlight, being mentors, supervisors, leaders and change makers. Each and every one of you inspires me to do better. To do different. It is a pleasure to serve you in this journey.

What draws me to this organization are its people – each one that I meet is a hero in their own way and that makes me hopeful. I am so lucky to have met and worked with Play Therapy legends. People who are passionate about the Transformative Powers of Play and its place in the field of mental health and healing.

It is with pleasure that I continue the ground-breaking work of the past presidents before me. So many heroes. As we continue to adapt and grow as an organization, we are always looking back. A special thank you to past president and super hero Theresa Fraser, who embodies all of the qualities of this organization with so much grace. She has been integral for so many people and I count myself lucky to be one of the many that she has impacted.

As I make my transition into the role, I have been warmly supported by Elizabeth and Kip Sharpe. I am very thankful for all that they have done for CAPT over the years. Elizabeth was the first CAPT voice I heard when I started to pursue my Play Therapy Training. Thank you for believing in me, Elizabeth, but more importantly, thank you for believing in this organization and its unending impact on families.

I am very excited to welcome Scott Kettles to his role as Executive Director for CAPT. We are lucky to have such a passionate and dedicated person in this role and I can't wait to work with his positive and uplifting spirit.

If you want to see real-life magic, join the board. This group of professionals truly inspire me. I hope to be able to serve each one of you with the respect, understanding and compassion you deserve. What a great team!

Each month new Play Therapists are certified and this is a huge win for Canadians. I am so happy to see the reach of our members expand to more rural and remote communities and to the East Coast where it has seen incredible growth. It is such an exciting time to be involved with the Canadian Association for Play Therapy. I can't wait to see what the future holds.

Kevin St. Louis

President of the Canadian Association for Play Therapy



Update from your Executive Director

Fall 2022,

It is with great pleasure that I provide my first update as Executive Director. I have been working over these past few months – with the amazing support and leadership of the CAPT Board, Committees, contractors, and Volunteers – to familiarize myself with CAPT and the role. I look forward to working with and for you, the CAPT members.



Your Board of Directors and CAPT Committees have continued to meet over the summer months and will work on several initiatives this fall. The CAPT Strategic Plan is being finalized and operationalized, and we look forward to sharing this with CAPT members in the coming months.

Looking forward to 2023, Elizabeth and Kip Sharpe continue to support CAPT Training. The 2023 Foundation Play Therapy Training Days, which will be offered online, are now listed on the CAPT website. The CAPT Board has also chosen the dates for the 2023 AGM and Training, which will take place the first week of May, 2023.

Internally, upgrades are being undertaken to the CAPT member database and website to improve their functionality and user experience. We look forward to showing you these improvements in the coming months and into 2023.

As the work continues in 2023, we will rely on the help of volunteers to fill important roles on CAPT Committees and projects. If you feel you have an interest in supporting CAPT as a volunteer, be sure to contact one of our Committee Chairs or our office at any time. I look forward to connecting with you should you be interested in volunteering with CAPT, and I encourage you to contact me with any questions.

As we prepare for the final few months of 2022, I'd like to wish you all a very happy fall and winter season. I look forward to connecting with you, and supporting the important work of CAPT in the coming months and in 2023.

Scott Kettles

Executive Director, CAPT

CAPT is Pleased to Present the 2022 Board of Directors



Kevin St. Louis

Kevin began his journey in the Mental Health Field over 25 years ago. Kevin works with clients across the lifespan and is particularly successful working with children, youth, and their families. Kevin uses elements of Play Therapy, Art Therapy, Dyadic Developmental Therapy, Nature Therapy, Technology and traditional talk-based approaches to helping. Kevin combines Indigenous approaches to healing with Western theories to create a synergy of approaches that allows him to truly meet clients where they are and to walk with them in their life's journey.

Kevin's own life journey has taken him to a deeper understanding of his Indigenous heritage. With each day he continues to explore what it means to be Algonquin. Kevin has worked as a teacher and professor in local and cross-cultural educational settings with children and in post-secondary education systems.



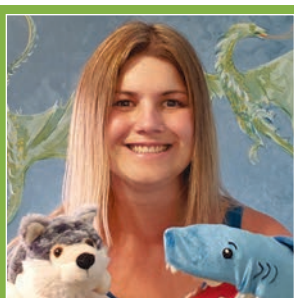
Justine Elliot

Justine is a Registered Psychologist and The Director of Child Clinical Services at The Grief and Trauma Healing Centre, a private practice in Edmonton, AB. She currently works full time as a clinician and sees clients of all ages. In addition to her clinical work, Justine enjoys professional speaking and facilitating debriefs, workshops, consultations, and training events along with contributing to blog posts. She creates and hosts her own podcast: "What the ____ am I doing?! And other questions" which interviews therapists about the ins and outs of therapy practice. Outside of work, Justine is actively completing her PsyD and enjoys spending time with family and friends.



Caileigh Flannigan

Caileigh supports children's mental health and development through her role as a Certified Play Therapist and Registered Social Worker in Ontario, Canada. Caileigh is also a Certified Trauma and Resiliency Practitioner and Certified AutPlay® Therapist. Outside of her career, Caileigh is a published outdoor play and loose parts researcher. She advocates for play opportunities in early childhood settings, and has helped to develop natural outdoor play spaces, natural playgrounds, and child friendly gardens within city spaces. She facilitates professional workshops across Canada and is an online author for multiple internet blogs and websites.



Jodie Hiebert

Jodie Hiebert is a certified play therapist supervisor in private practice since 2016. She works with all ages, specializing in working with trauma, foster and adoptive children and families, as well as working with children, youth, and adults with sexualized behaviours, sex offenders. Additionally she has a focus on neurodiversity such as ASD and ADHD.

Jodie has been a member of the CAPT since 2016. In her spare time she enjoys spending time outdoors with her husband and four children.



Lindsay Crowe

Lindsay is a Registered Social Worker and a Certified Play Therapist. She has currently begun working toward her certification as a Play Therapy Supervisor. Lindsay joined the Canadian Association of Play Therapists Board in 2021, and is excited to be actively involved as the Chair of the Membership Committee. Lindsay is excited to be part of the CAPT Board and is enthusiastic about contributing.

Lindsay is registered with Ontario College of Social Workers and Social Service Workers and holds memberships with: Ontario Association of Social Workers, EMDR Canada, Theraplay® Canada, and Canadian Association of Play Therapist. She completed her Masters of Social Work from the University of Windsor in 2016. Lindsay has completed her EMDR Basic Training and is pursuing full certification in EMDR. Lindsay has appreciated the opportunity to continue her education and growth, and has completed training in Dyadic Developmental Psychotherapy, and is a Foundational Theraplay® Practitioner.



Ineke Guadagnin

Ineke considers it a privilege to be a Registered Psychotherapist supporting children and families in the Quinte Area. She added to her BA in Education with a Masters in Counselling Psychology, building on her years of experience working with children and their parents by welcoming and attending to relational connections in her therapy space. Ineke combines attachment-based strategies and compassionate, direct communication to help parents better understand and support their children's mental health needs. Ineke enjoys incorporating expressive arts and nervous system regulation (anything about the brain!) with all ages of clients. She is passionate about holding space for clients with trauma and loss.

Ineke loves to learn! In addition to attending numerous and varied workshops and courses, she trained with Sue Johnson to obtain her Level 1 EFT certificate, met some fantastic people while completing the CAPT courses for Play Therapist certification, and most recently finished Theraplay Level 1 certification.



Helena Kogas

Helena is a Child and Youth Care Practitioner who has believed in the Therapeutic Powers of Play since taking the CAPT foundation Play Therapy Training program. She currently works in a specialized classroom for a school board and has taught in the CAPT Relational Therapeutic Play Program for CAPT.

Helena has been a CAPT board member since 2016. She has served as the organization's treasurer since 2017.



Ricky McIntyre

Ricky holds a Master's degree in Social Work (2019) and a Bachelor degree in Social Work (2013) from l'Université de Moncton. He worked as school social worker for the francophone district for 6 years in a K-12 school and a K-5 school. Ricky was also working part-time in private practice for 2 years until he decided to move to full-time private practice a year ago. He was introduced to the benefits of using art and play to reach children during his internship. At the time, he helped students from the local Boys and Girls Club prepare for a talent show, by helping them overcome self-esteem and trouble with anxiety. He's been hoping to get certified in Play Therapy ever since. Ricky works with both the Francophone and Anglophone population of Saint John, NB and uses approaches that include Play Therapy, EMDR and IFS inspired therapy.



Hannah Sun-Reid

Hannah is a Registered Psychotherapist, a Certified Play Therapist, Supervisor and Training provider; and a certified Practitioner, Consultant and Trainer in both DDP and Theraplay. Hannah has 30 years' experience working with children and families who experience life challenges including developmental and emotional difficulties, trauma and loss. Hannah provides supervision and consultation to therapists and organizations; and conducts training workshops nationally and internationally. Hannah is also an author of children's books and therapeutic games. Hannah lives and works in Ontario Canada.



Kenda Riggs

Kenda has been working therapeutically with children, youth, adults, and families for over twenty-five years as a clinical social work therapist in the public sectors of Health and Education, while maintaining a small clinical private practice in the province of Newfoundland and Labrador. She has been a CAPT Board Member since 2019 and currently sits on the CAPT Executive Committee as Secretary, as well as the CAPT Membership Committee. Kenda has always had a special interest in using play therapy approaches in her clinical practice and has worked towards obtaining specialized advanced certificates from CAPT. She practices from a neuro-relational, trauma-informed lens when working with children, youth, adults, and families, and believes in the healing power of play therapy.



Nicole Perryman

Nicole is a Registered Social Worker, Play Therapist and Psychotherapist practicing in Durham Region. Nicole started her career supporting children, youth, and families in child welfare, social services and has worked within children's mental health, parental contact and parenting time assessments, youth involved in the criminal justice system, trauma centers, and education.

Nicole is the CEO and co-founder of Ifarada Centre for Excellence and Kujenga Family Wellness organizations that provide culturally-informed and trauma-focused approaches for children, youth, adults, and families. She is an occasional professor, and field supervisor for students in social work, child and youth, and counseling psychology. She is also a principal equity consultant supporting organizations across Canada and Internationally on their equity journeys.



Scott Kettles

Scott joins CAPT with 20 years of experience as an Association Management Professional. He has worked with diverse organizations such as the Canadian Lesbian and Gay Archives, the Canadian Association of Speech-Language Pathologists and Audiologists, and the Canadian Corporate Counsel Association. Scott brings extensive experience supporting Professional Associations in overall management, member relations, donor relations, events and professional development.

Scott's contracted role as Executive Director and Administrative Management Services is being provided by his company, KAMN (Kettles Association Management Network). Scott and the KAMN team look forward to supporting CAPT in carrying out its organizational mission and vision by managing operations and member services, supporting the implementation of the strategic plan, managing contracts, coordinating IT resources, and supporting members in collaborating to build and serve the Play Therapy community.

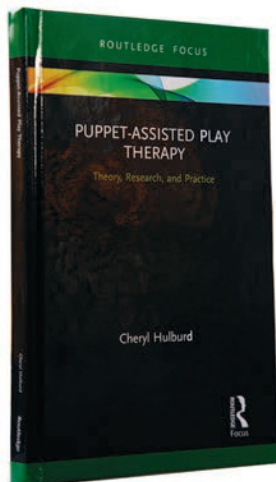
Canada's First National Play Therapy Week

February 5–11, 2023



If you would like to join our Play Therapy Week Committee
contact Scott Kettles at: scott@canadianplaytherapy.com

Puppet Assisted Play Therapy



This easy to read, user-friendly book includes history, creative interventions, case studies, the art of puppetry, and the worldwide benefits of puppet-assisted play therapy (PAP). It includes instructions for making customized puppets for a therapist's practice and original research on the relationship of puppet therapy on children's creativity.

By describing all the various facets of PAP this engaging text explores how using puppets produces a powerful connection and trust needed for the therapeutic process.

This text is available on Amazon.

save
the
date

CAPT 2023 Annual General Meeting and Conference

Annual General Meeting

Friday, May 5, 2023

7:00 – 9:00 p.m. Eastern Time

Conference

Friday, May 5 – Sunday, May 7, 2023

A Holistic, Cultural Approach to Practicing Play Therapy on the Land and in the Playroom in Whitehorse, Yukon

Stacey McDiarmid's New Private Play Therapy Practice

By Chantal Piercy

Stacey McDiarmid, an inspirational Play Therapist Intern and Canadian Clinical Counsellor (CCC), is currently setting up a play therapy space to treat children and adults in Yukon, with the intent of also providing advocacy, education, and training. Stacey's tenacity, enthusiasm and warmth are infectious, and it is evident to see how her culturally grounded, strengths-based, holistic philosophical values permeate through to the design of her new fresh, balanced, culturally appropriate play space. Stacey highlights the importance of filling the playroom with cross-cultural toys and books including First Nations dolls, realistic puppets, First Nations puzzles, and culturally diverse books to appeal to her varied clientele. Whitehorse residents wait expectantly for the official opening of this new healing space, which will serve First Nations clients, refugee clients, and other children and adults struggling with big feelings.

This therapist passionately believes in the power of play across all age ranges, as well as the force of a holistic and cultural approach to health and wellbeing, alongside the importance of providing exceptional client-centred advocacy. Stacey reports play therapy's pertinence with children holding diagnoses of learning challenges, since they can freely express themselves through this medium, where language has often forsaken them. Stacey also preaches the importance of play with adults, who may

be able to access deeper emotions through art or music, stating: "Soft drumming in the background is very therapeutic." Her traditional and culturally humble approach encompasses an abundance of tools and modalities from her rich career history, personal life, and educational experiences.

Stacey, a citizen of Tr'ondëk Hwëch'in First Nation, was born in a small town in northern Yukon called Mayo. She was raised in Dawson City, and lived across Canada, before returning to the Yukon and moving to Whitehorse in 2008, prior to having her first child. Stacey began her career as an early childhood educator in 1998, moving on to obtain a Bachelor of Education with a focus on incorporating First Nations' values and beliefs into teaching practices in 2006, teaching children spanning school grades k-12, and achieving a Master's in Education later in her career. Stacey has also created cultural curriculums and resources for Aboriginal Language and Culture Programs with Yukon First Nations Government and the Yukon Government.

Stacey has four children aged 12 through 6, all of whom have a diagnosis of Autism Spectrum Disorder and some of whom hold diagnoses for other learning exceptionalities. The struggles that Stacey's family have faced inspired her journey in play therapy; Stacey became



enthralled by the work of the Play Therapists with whom her children played and aspired to become such a healer and advocate for other children in similar situations.

Stacey achieved a Bachelor's in Social Work in 2019 and continued her studies in counselling, being awarded a Master's in Counselling and Psychology in January 2022.

Stacey denotes thanks to her Australian Supervisor of whom she regards as holding a "unique approach" focusing on systemic and client-centred lenses.

Stacey's play therapy journey began with an initial trip to Qualicum Beach, BC, to complete a certificate in Expressive Play Therapy through the Justice Institute of



British Columbia. Stacey recently completed all three levels of the Canadian Association of Play Therapy's core play therapy training during the summer of 2021; here she reports being 'blown away' by the informed instructors. Stacey is a determined candidate who aims to complete her official designation as a Certified Play Therapist (CPT) in due course of her career.

Another of Stacey's major passions is advocacy, specifically for Yukon children and families through accessing Jordan's Principle funding or other community supports. Stacey's extensive experience in this role, as a mother and as a professional, has led to much success in her own family life and in the lives of others. Stacey's services boast a plethora of functional workshops for parents, caregivers, and professionals, in addition to therapeutic group programming for children and teens. All groups aim to bolster resilience in attendees and provide adults with advocacy and skills in therapeutic implementation that will benefit the children they care for or serve.

Stacey recognises the importance of a child-led approach and speaks of the benefits of non-directive and directive play therapy. She reports that her own children prefer



non-directive play therapy but that she has facilitated directive nature-based interventions such as the creation of mandalas through wildlife-based art projects including pinecones and rocks, collecting such items to fill a 'safe box,' taking photos in nature, and leaving natural imprints in the environment. Stacey posits that a key part of her culture is to connect to the surrounding land and environment. Stacey even runs camps with First Nations youth, on the land, during the glorious summer days in Yukon.

Stacey aims to purchase a stunning wooden sand tray from BC and fill it with real sand from the Carcross Desert in Yukon, which will help her clients connect to the land in the cold climate of the winter months when outside nature-based play therapy is not accessible. This therapist naturally exudes cultural competence, humility, respect, and compassion, acting as a positive agent for change for numerous clients and professionals. Her new venture into private practice foretells hope, healing, growth, and renewal for this community, enabling those from the Yukon to gain access to essential play therapy services, which are scarce in this remote territory. Stacey was featured on CBC Yukon February 11th, 2022.

Meet the Staff of Sand Trays Etc.



Hey you two
get back to
work

Deena and Greg

In our 11th year
as Your Canadian
Source of Sand Trays,
Rolling Carts, &
Other Tools for
the Playroom.



Sand Trays Etc.



Chemainus, B.C.
1 250 715-6825
info@sandtrays.ca

www.sandtrays.ca

Enriching the Therapeutic Relationship with Animals & Nature



DATE: November 11, 12 & 13, 2022

TIME: 9:00 a.m. to 4:00 p.m.

INSTRUCTOR: Julie Casey, MSW, DSW, PSW
Certified Animal Assisted Therapist

Course Overview

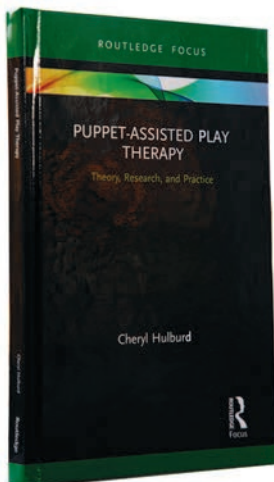
In recent decades humans have increasingly become disconnected from animals, and nature due to life's busyness, societal fears, urbanization, and technological advancements. In this course, you will learn creative and adaptive ways on how the therapist's use of self sets the stage to bring the healing power of animals and nature back into therapeutic healing relationships.



For all details and to register go to: www.canadianplaytherapy.com/workshops

Contact us: Training Manager: 226 821 1056 Email: kip@capttraining.com

Puppet Assisted Play Therapy



This easy to read, user-friendly book includes history, creative interventions, case studies, the art of puppetry, and the worldwide benefits of puppet-assisted play therapy (PAP). It includes instructions for making customized puppets for a therapist's practice and original research on the relationship of puppet therapy on children's creativity.

By describing all the various facets of PAP this engaging text explores how using puppets produces a powerful connection and trust needed for the therapeutic process.

This text is available on Amazon.

**save
the
date**

CAPT 2023 Annual General Meeting and Conference

Annual General Meeting

Friday, May 5, 2023

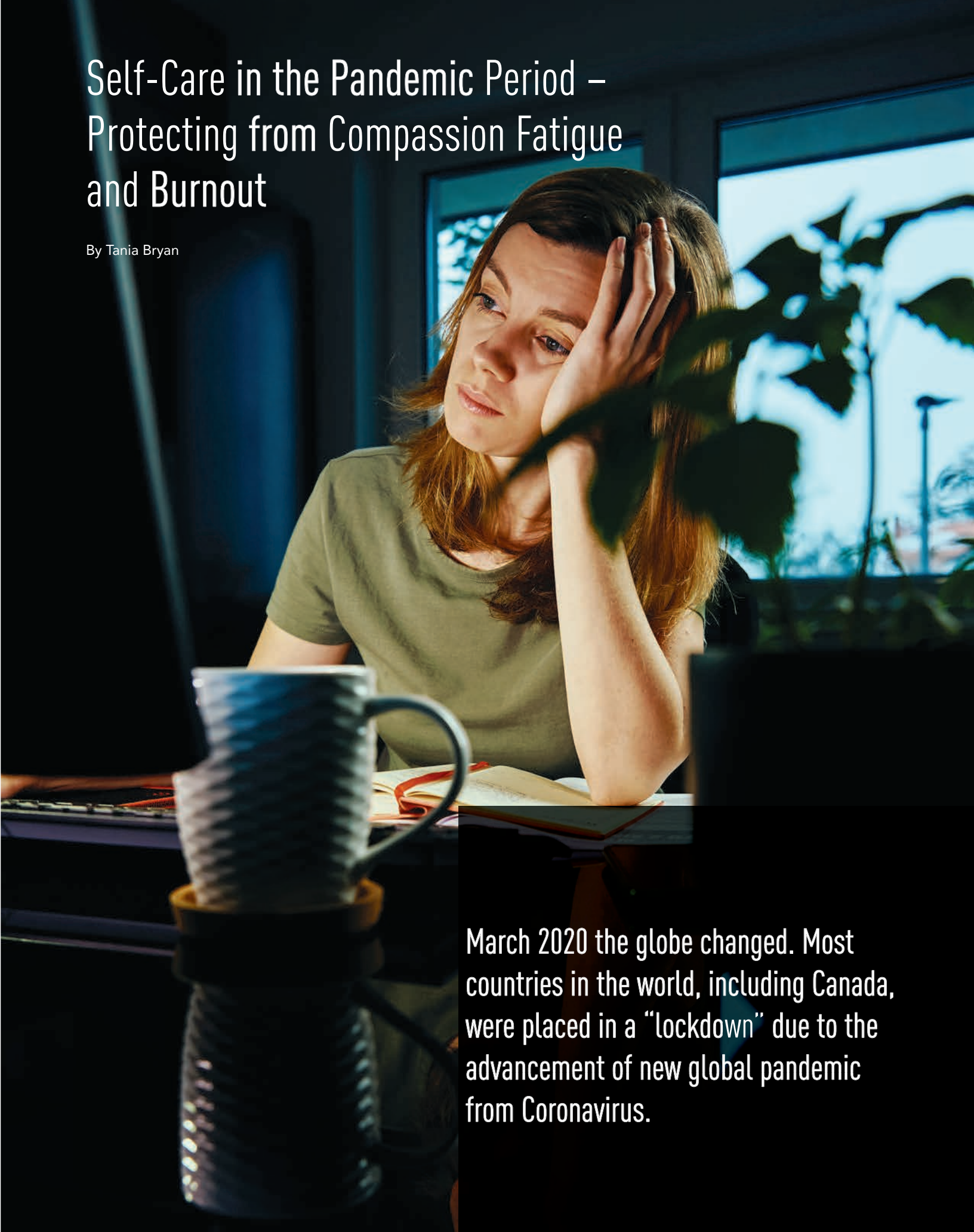
7:00 – 9:00 p.m. Eastern Time

Conference

Friday, May 5 – Sunday, May 7, 2023

Self-Care in the Pandemic Period – Protecting from Compassion Fatigue and Burnout

By Tania Bryan

A woman with long brown hair is sitting at a desk, looking down with a weary expression. Her right hand is pressed against her forehead. In front of her is a laptop and a white mug. The background shows a window with a plant and a street lamp outside.

March 2020 the globe changed. Most countries in the world, including Canada, were placed in a “lockdown” due to the advancement of new global pandemic from Coronavirus.

Immediately therapists were forced to stop seeing clients face to face and were told to work from home while their children were also schooling from home too. In the initial phases the only way to conduct therapy was using telehealth. Two years later, the coronavirus is still present. Some therapists were able to return to face to face for a temporary time only to close with the next wave, maybe others were able to stay open.

Therapists are real humans and we experience the same roller-coasters of different pandemic waves, mandates, job insecurity, and uncertainty as our clients. Some of my colleagues and I some days just feel tired. This article is intended to let you know you are not alone. There is no shame for the fatigue you feel. And maybe there are some ways for us to support each other and ourselves as play therapists as this pandemic continues through diverse mutations.

Therapists Pandemic Stress

Phillips, Thompson, Edelman & Ruiz, (2021) found that independent therapists experienced several stressors specific to the pandemic:

1. Decrease in clients and its impact on their decreased incomes.
2. Initial complex transitions to telehealth.
3. Loss of child care for own children. Many therapists suddenly having to split childcare responsibilities with work duties.
4. Worries about personal health and safety.
5. Worries about care for parents and vulnerable relatives.

One of the key findings of Phillips et al (2021) examination of stress, self-care and coping strategies of therapists in the initial stages of the pandemic was the diversification of self-care strategies. During the pandemic the majority of therapists reported an expansion of self care activities to facilitate better coping with the higher number of stressors. They no longer relied on two or three habits they had pre-Covid; many therapists expanded up to three to five regular self care habits or activities.

Therapeutic Skills in Teletherapy vs Face to Face

According to the study by Lin, Stone, Heckman, and Anderson (2021) therapists reported more dissatisfaction with their skills in tele-therapy than in face to face counseling. They reported reduced confidence in their competence to consistently build a good therapeutic alliance. This decline was explained by the significance of the absence or distortions of nonverbal cues in teletherapy, such as facial expression, body movement and, voice pitch. Frequent disruptions of technology sometimes played a negative part of inducing frustration into the relationship. And, some specific interventions that were preferred by therapists were reported to not be adaptable to teletherapy. The therapeutic use of silence is one of those helping skills some therapists reported less competence in use during teletherapy.

Play Therapists Perception of Self Care

Symptoms of Impaired Wellness

Six symptoms were identified as indicators of impaired wellness amongst play therapists interviewed by Meany-Walen, Cobie-Nuss, Eittreim, Teeling, Wilson and Xander (2018). These were:

1. Emotional exhaustion or reduced ability to empathize with others.
2. Disruption in personal relationships.
3. Decrease satisfaction with work.
4. Avoidance of particular situations.
5. Preoccupation with clients or the inability to separate personal and professional life.
6. Feelings or thoughts of helplessness.

Risk to Child Play Therapists

According to Webb 2001, (cited by Meany-Walen, et al, 2018), child play therapists maybe more vulnerable to high work related stress, compassion fatigue, or burnout because of their frequent "bearing witness" to children's difficult and traumatic experiences, as well as, the child clients' stronger ability to evoke protection and nurturing from play therapists.

Five Aspects of Therapists' Self Care

1. Individual Activities
2. Interpersonal Relationships
3. Professional Practises

4. Play
5. Intra-Individual Activities.

INDIVIDUAL SELF CARE PRACTISES

In Meany-Walen et al (2018) study, 97% of play therapists endorsed the use of individual self-care activities. These are activities which are engaged in alone. Individual activities noted by other play therapists include

- Being physically active
- Eating well
- Protecting adequate sleep
- Spiritual or faith practice, e.g., prayer
- Meditation
- Pedicures
- Watching funny movies (engaging humour)
- Going for walks and rides outdoors

INTERPERSONAL RELATIONSHIPS

Interpersonal self-care activities are those therapists engaged in with other humans or animals. They were endorsed by 50% of the sampled play therapist in Meany-Walen, et al, study (2018). These activities included:

- Social peer support – hosting online video meetups with friends, engaging with social media connections, meeting to go for walks with friends, etc.
- Engaging with family.
- Playing and snuggling with a pet.

PROFESSIONAL PRACTISES

These are activities related to work or professional life. In Meany-Walen, et al (2018) study professional practices or endorsed by 30% of play therapists. These activities included:

- Supervision - individual or group
- Consulting with colleagues
- Going to continuing education events or conferences
- Engaging in the work of their professional association
- Having boundaries
- Managing the work schedule. Managing the work schedule has been further itemized as:
 - scheduling breaks in a day
 - scheduling days off, sometimes in the middle of the week

- limiting the number of clients seen in succession, no more than four
- scheduling difficult or challenging clients in intervals with low demand clients.

PLAY-BASED SELF CARE ACTIVITIES

“Some participants described the spirit of being mindful, creative, and playful as important to their well being” (Meany-Walen, 2018, p. 182) Play based self care were activities that are emphasized in play therapy done for personal benefit but, it was endorsed by 16% of play therapist as a regular form of self-care they engaged in.

Some of these activities included:

- Art activities – colouring drawing and painting.
- Sandtray
- Dance and music
- Enrolling in classes for creative expression – dance, art, etc.
- Game play
- Rough and tumble play with my own children.

INTRA-INDIVIDUAL FACTORS

Intra-individual factors is the category of other variables that are not behaviours or actions or habits but refer to the internalised ways of being as a therapist. It relates to mindset, emotional regulation and, attitudes.

Intentionality – a mindset feature observed by Meany-Walen et al (2018). Self care was identified as highly valued by most play therapists. This was demonstrated by them setting up an maintaining intentional regular habits of self care. This included using their work planner the book of self care activities or times. Therapists who were more resilient under stress held the mindset that self-care will not happen by wishing it to be so, they knew you must plan to make it happen.

Emotional Regulation

The positive use of emotional regulation strategies was associated with greater reduction of stress by therapists in the early phases of the pandemic (Phillips, et. al, 2020). Specifically, the frequent use of cognitive reappraisal was related to lower perceived stress. Cognitive reappraisal is a positive shifting in the way therapists viewed the stressful situations and these stressors’ impact on their lives.

Some positive samples of re-appraisals included:

- “I have reminded myself to be grateful that telehealth is an option”

- “I am grateful that I am able to maintain my practice and continue to do the work I love”
- “There are many other benefits to telehealth for both the client and the clinician”

Therapists' Attitudes

Miran & Ebanks (2020) in their chapter “A Way to Therapist Self-Care” identified five basic attitudes which support therapists’ resilience and buffer against burnout. These are: **maintaining humility; cultivating compassion; courting curiosity; being patient; and balancing positivity.**

Of these five, this article highlights points about maintaining humility and cultivating compassion.



Maintaining Humility

Recognition and acceptance of our human and therapeutic limitations and flaws. We do make mistakes; even mistakes that contribute to therapeutic alliance ruptures. The opposite attitude of overconfidence can lead to clinical errors. Over involvement, the place in which the counselor is rescuing or doing more work than the client, is associated with burnout (according to cited Lee, Lim, Yang, Lee, 2011)

An attitude of humility will reduce the likelihood to inflate our self image as “needed” by the client which launches into over involvement. While over-involvement is associated with emotional exhaustion it can also lead to personal gratification. Humility will help to protect therapists from this overexertion.

This is relevant in the COVID-19 because of the increased volume of demand for mental health services and the discomfort of teletherapy. Many therapists expressed in peer-to-peer conversations that in

teletherapy they find themselves working harder to connect with some clients, particularly some reluctant or reserved children and adolescents.

Cultivating Compassion

There are times in our work where we may encounter difficulties with particular clients. Mirian & Ebanks (2020) encouraged therapists to apply the lens of compassion to such clients and their situations in order to avoid labeling them as “difficult client(s)”. Miran and Ebanks suggested strategies of assuming no intention in the motives of clients, as well as our own self-awareness to assist in the process.

Self compassion is applicable when we are able to:

“ 1) **admit one's mistakes and shortcomings without surrendering to shame** and 2) **be able to forgive oneself for mistakes so that's self criticism does not get in the way of being present for the patient**” (Mirian & Ebanks, 2020, p. 132)

More About Burnout & Compassion Fatigue

Compassion fatigue is described by Charles Figley as “a **state of exhaustion and this function biologically psychologically, and socially as a result of prolonged exposure to compassion stress** an all it evokes.” (Rivera-Kloeppel & Mendenhall, 2021, p1).

Maintaining one’s sense of compassion was related to self-care practises of social support, reasonable work hours, and therapists’ internal locus of control at work (their sense of autonomy and decision-making), according to Killan (2008), (as cited in Rivera-Kloeppel & Mendenhall, 2021)

Secondary traumatic stress, also commonly referred to as, “vicarious trauma” is the psychological and emotional impairment experienced by helpers who are repeatedly exposed to the trauma of others in such a way that the helper (i.e., the therapist) also begins to experience trauma-like symptoms as well.

Owen & Kings (2019) found that social workers who consistently practised some form of self-care, even though they were exposed to high number of trauma clients, reported less vulnerability to vicarious trauma or secondary traumatic stress. (as cited in Rivera-Kloeppel & Mendenhall, 2021) . Consistency being the primary correlate, not the self-care activity itself.

Higher risk for compassion fatigue was associated with therapists who had a higher exposure to personal adverse childhood experiences, according to LaMott & Matin (2019) , (as cited by Rivera-Kloeppel & Mendenhall, 2021). This would imply that for self-care, therapists with personal

trauma histories may need a lifestyle of engagement in regular personal therapy to help protect themselves from over-identification and impaired functioning.

Burnout

The best clear definition for burnout was found as cited by article of American Psychological Association <https://www.apa.org/monitor/2018/02/ce-corner> "Burnout is more than just feeling worn out. According to psychologist Christina Maslach, PhD—a pioneering burnout researcher who developed what has become the gold standard for measuring burnout—the condition has three components: overwhelming exhaustion, cynicism and detachment, and a sense of ineffectiveness and lack of accomplishment (Maslach Burnout Inventory Manual , fourth edition, 2016)."

The literature seemed to indicate that burnout is the highest level of work-related stress. It is when therapists cease to function or cease to function at an ethically sufficient manner. Clinical burnout is problematic because it may indirectly or directly place clients at additional risks.

The study by Xu (2019) , cited by Rivera-Kloepfel & Mendenhall, 2021, suggested some self-care practises did not prevent compassion fatigue but they did mediate burnout. Another mediating factor of burnout found by Xu (2019) is that higher levels of education

held by therapists related to lower levels of burnout. It could be inferred that involvement in the professional development forms of self-care, such as attending regular supervision, and attending continuing educational opportunities may be activities for therapists to pay attention to, not just as factors for certification, but also as critical measures of self-care to maintain their optimal working capacity.

References

- Lin, T., Stone, S., Heckerman, T., and Anderson, T., (2021). Zoom In to Zone out: Therapists report Less Therapeutic Skills in Telepsychology Versus Face to Face Therapy During COVID-19 Pandemic. *Psychotherapy*. Vol 58, No 4, p 449-459
- Muran, J., & Eubanks, C (2020). A Way to Therapist Self Care . In *Therapist Performance Under Pressure: Negotiating Emotion, Difference and Rupture*. American Psychological Association
- Phillips, L., Thompson, T., Edelman, S. and Ruiz, T. (2021). Independent Mental health Providers' Experience in Initial Months of COVID-19 Pandemic. *Practice Innovations*. Volume 16, No 4, 209-220
- Rivera-kloepfel, B., & Mendenhall, T. (2021, Nov 29). Examining the Relationship Between Self Care and Compassion Fatigue in Mental Health Professionals: A Critical Review. *Traumatology*.
- Are You Burnt Out, American Psychological Association <https://www.apa.org/monitor/2018/02/ce-corner>

Canada's First National Play Therapy Week February 5–11, 2023



If you would like to join our Play Therapy Week Committee
contact Scott Kettles at: scott@canadianplaytherapy.com

Monica Herbert Award

The members of the Canadian Association for Play Therapy present this annual award for outstanding contributions to the field of child and play therapy in Canada.



Ten years ago, a new student member of CAPT came forward to enroll in the CAPT Play Therapy Certificate Program. He had encouraged the Executive Director and the Education Committee to pursue offering play therapy training in Toronto in previous years and this year, 2012, the program was offered in downtown Toronto for the first time. This class was enhanced by his presence. He not only fully engaged in the training, but he was positive, encouraging, and supportive of all those around him. In years to come he encouraged many to join CAPT and to become play therapists.

As a Child and Youth Practitioner working with the Toronto Catholic School Board, this member joined the CAPT Corps of Ambassadors to volunteer regionally for six years on behalf of CAPT to promote play therapy and the work of play therapists in his Toronto district. He consistently promoted the products and services of CAPT and particularly the Foundation Play Therapy Training of the association. He took CAPT to job fairs in Toronto, setting up a booth and promoting the products and services of our association.

This member excelled in every aspect of the work he accomplished for CAPT, going above and beyond our expectations. Staying in touch throughout Covid to ask if he could help in any way. For several years he became the eyes and ears of CAPT at the Toronto Foundation Play Therapy Training Days, arriving in the classroom most days first thing in the morning and often returning on days that the instructors needed some extra hands. There are memories of this member diligently packing away sandtray images in boxes, setting up tables, meeting instructors at their cars as they arrived with materials for the classroom. Most of all, he took good care of CAPT when no one else was there. Always reliable.

It is therefore why, this year the Monica Herbert Award was presented to one of the most professional, deserving and humble champions of CAPT,

Edward Vella from Toronto.



We, the CAPT Certification committee members, are nominating Krysteli Needham, CPT to be the recipient of the first CAPT Volunteer Award named in honour of Betty Bedard Bidwell who has been a part of the Canadian Association for Play Therapy since its inception.

Betty helped to form the original CAPT board, was instrumental (with other like-minded therapists) in creating foundation training, taught in foundation play therapy training and served on many committees over the years. For this reason, the CAPT board wanted to name a volunteer award after Betty and her longstanding and loving service. Each committee chair was asked to nominate a committee member and the certification committee nominated Krysteli Needham.

The have worked with Krysteli together on the certification committee for the last 20 months. She is a delight and a treasure to work on the same committee with. She is cheerful, energetic, thoughtful, positive, supportive, and extremely generous with her time and the work she does for CAPT. She makes things go smoothly and she ALWAYS steps up when something needs to be done; more specifically when it is related to technical support, she is a wizard. Her calm presence and tech savvy sets a wonderfully pleasant and productive tone for our meetings. Krysteli is the one behind all the detailed words and format of the newly updated Certification standards and procedure; and the supervisor resource book we have been working on. She spends hours and hours of time diligently working on these important documents, aiming to make it clearer and simpler for our members. Krysteli also does a considerable amount of other volunteer work in addition to her work on the Certification Committee. We all believe that Krysteli very much embodies the spirit of volunteerism and she is truly deserving of this award.

Congratulations, Krysteli!

Betty
Bedard
Bidwell
Volunteer
Award

Healing Spaces

Healing Spaces is an ongoing article in Playground. If you would like your therapy playroom to be featured please contact Theresa Fraser at theresaannfraser@gmail.com.

This edition of Healing Spaces is happy to focus on Sarah Ballum, CPT, a social worker and a Certified Play Therapist in PEI.

Sarah Ballum is a social worker and was the first Certified Play Therapist in PEI. She has worked with the Mi'kmaq Confederacy of PEI for the past eight years. The Mi'kmaq Family PRIDE Program is a family support and prevention program offered to children, youth and families who live in a First Nation's community in PEI. She started her work in Child Protection Services and currently provides Family Therapy. Sarah shared that she enjoys working in the supportive, inclusive, and family oriented community. In addition, she also has a private practice in Summerside, PEI.

Sarah was first introduced to the idea of Play Therapy during her MSW studies at the University of Toronto. During her practicum at the Hincks Dellcrest Institute, she received additional information and training in play-based approaches. She started her Foundational Training in Play Therapy with CAPT in 2013 and completed all levels in five years. Sarah obtained certification as a Play Therapist in 2020.

Sarah's theoretical orientation has evolved over time with training and experience. She currently uses a prescriptive approach informed by Attachment theory, Polyvagal theory, Adaptive Information Processing Model (EMDR), and CBT. She is a Foundational Theraplay Practitioner.

The Play Therapy training with CAPT and ongoing training/supervision is what continues to influence her theoretical orientation, Sarah likes having the flexibility of using cognitive top-down techniques and/or bottom-up brain based approaches depending on the child's needs and where they are at.

Sarah considers herself lucky that she has space inside an elementary school in Lennox Island First Nation that is shared with another therapist, Andrea Watson. This helps children feel comfortable and normalizes therapy. Her space has a Sandtray, miniatures, a couple of comfy bean bags, tons of puppets, play hospital, art supplies and more.

She uses a variety of techniques and play materials. However, it is the Sandtray that she finds that the children gravitate towards the most. She finds that playing with sand has a regulating effect. She also uses PEI red sand in her Sandtray. Theraplay informed activities is another approach she uses often. In her experience, parent child work is powerful. Recently, she has been combining Theraplay informed activities with EMDR. For example, adding a form of dual attention stimuli (EMDR) while a child is being held and cuddled with their caregiver to install a resource for the child.

The pandemic and lockdowns created a big challenge with the schools being shut down. It was difficult for Sarah to see the children virtually. With younger ones, she moved to working with the parents on how they could



support their child. One of the good things that came out of the pandemic for Sarah, was that many professional trainings became virtual and more accessible. She used the time to train in Theraplay and EMDR. She even attended a two day live virtual training with Garry Landreth.

Another achievement during Covid was the creation of supportive puppet videos for kids/parents in the community she works in. Sarah felt that she previously wouldn't have created these if there was not a need created during the pandemic (Link to one of the puppet videos: <https://www.facebook.com/PRIDEProgramLennoxIsland/videos>).

She hopes to use new technology and techniques to get even more creative as she continues providing services.

Attending the three levels of Play Therapy Training with CAPT has given Sarah a sense of agency. The supervision offered during the training provided a great opportunity

to learn from the highly skilled CAPT supervisors. She has pursued external supervision with Liana Lowenstein, Dr. Amanda Bell, and Lori Walton who all helped her to catch errors and build confidence.

One of the most helpful things in her growth as a Play Therapist that she identified, was sharing video recordings of her sessions for supervision. Though Sarah felt this was a little uncomfortable initially, it is very valuable in her growth and encourages others to do the same in their supervisory relationships. The ability to be vulnerable during supervision, maintain a work life balance, as well as grounding yourself with self-care is of the utmost importance.

She encourages play therapy interns to keep reading, training, and get more creative!



Waiting in Silence

Theresa Fraser et al.

Virginia Axline (1969) addressed silence in the playroom by recommending that the therapist follows the child's silence. Van Fleet, Sywlak, and Caparosa Sniscak (2010) caution that silence can be interpreted by children as disapproval such as what occurs in intentional ignoring. So being comfortable in silence as well as knowing when to break silence is a therapeutic skill that is practiced with intention.

In a recent Play Therapy training, participants were tasked with homework. The homework was to engage in self-reflection. The students were asked, if we believe in the power of silence then what does waiting in silence mean to you? It is important as therapist that we can recognize our experience and how it is different than the experience of those who visit the playroom. These are their responses.

Stacy Darku (Nova Scotia)

Meaning of Waiting and Silence for the Black Girl

Waiting and silence means judgement.

It means watching and observing.

Is it me?

Is it my skin?

What are they thinking?

I am getting warm, I am sweating, my hands feel like pop rocks.

I watch my every move because I feel like they are waiting for me to fail.

The waiting and silence is broken.

My warm gets lessened, but it moves to my stomach.

The pop rocks start to fizz, but my hands start to sweat.

Their voice is kind and curious.

I am still worried.

They are tracking my every move.

Is this normal?

Their tone is changing; I think this is positive.

They comment on my feelings; I feel like they understand.

Maybe waiting and silence is different here.

Jill Hossack (New Brunswick)

Waiting is a function of time. Sunrise and sunset are both transformations, however the difference between each one is time. Waiting is patience and it can be difficult, but necessary if one is to expect results.

Silence is being quiet, a calmness, as in waiting for a sunrise or sunset. It is stillness and showing restraint in speaking or not saying more than is needed. It can also be a way of being with another person.

Waiting can be a positive experience when there is much time to be had or a negative one when there is little time to be had. No matter how waiting and silence are experienced, they are processes that require time.



Rose Degenhardt (Nova Scotia)



Tiffany LaBillois (New Brunswick)

Waiting can play a toll on my emotions and fuel my anxiety and a overwhelming sense of fear, anger and frustration. Yet, waiting can also be very therapeutic. In the stillness and quiet I've learned to ground myself and reconnect to our ways of being through culture and ceremony. Applying our teachings and our connection to land and ceremony help build the resources I need to build and add to my social emotional toolbox.

Practicing self-care helps me rejuvenate my inner spirit, breath and release the tension I carry around with me. Holding emotions keeps me closed and releasing them through movement, and affirmations opens internal space for me. I'm then clearer, patient, organized.

In waiting, I imagine possibilities and pursued opportunities. It's where I created a plan, reduced my stress, and regained control of the things I can directly change. It's a place where I allowed myself to positively self-talk and reminds myself that I am worthy. And I am committed to learning and growing! And, no, I don't have all the answers. And that's ok. What is important that I remember is that waiting requires patience, emotional support and other practiced skills like (the importance of breath, movement, connection, mindfulness, and refocusing) to help us through these moments, episodes and clippings in life. There can be an overwhelming sense of vulnerability in waiting and yet I find it really beautifully courageous. I believe waiting makes us vulnerable and it forces us to grow and explore new possibilities. In return, you're growing, finding purpose, and healing the wounds of generational trauma.

Michala Mitchell (Prince Edward Island)

Why does waiting in silence feel so awkward? Has it been a feeling I've had my entire life, or has it grown with my insecurities? Sometimes I equate waiting in silence to a kettle boiling. Sitting in silence and waiting for the unexpected makes me feel like the water- becoming hotter and more unruly within my thoughts. Anticipation climbs like the water swells – will the silence be broken? Will I become more uncomfortable? How will I feel when this is all over? While I endure this wild feeling, my thoughts begin to deepen and in turn I wonder, does the other person feel awkward? Should I do something to help this situation? Am I doing anything helpful at all? Why am I feeling so uncomfortable? The thoughts

turn negative, I begin to doubt my abilities and become frustrated with the idea that I'm making it about myself... when this isn't about me at all...or is it? These thoughts cruise through my brain as I endure and tolerate the silence. Just like the water swirls and swishes and grows hotter and hotter, so do I.

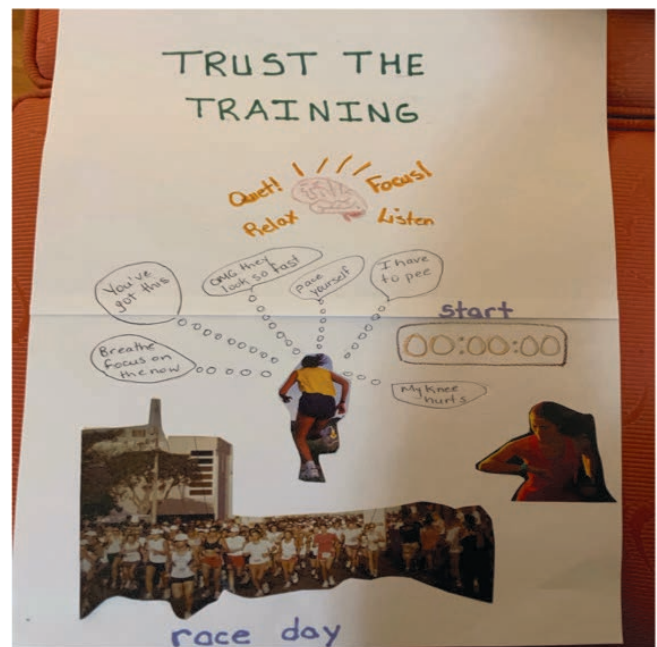


The urge to break the silence is overpowering. My insides rumble and roar. They continue to grow hot like the kettle climbing to its breaking point. With all my might, I resist the longing to make it all stop, just like one would fight the impulse to shut the kettle off to avoid the water being too hot. Even though it continues to creep in, somehow, within the depths of my soul, I remember that the kettle has a purpose, much like I have a purpose in this unique situation. I remember that the boiling of the water is part of the process, the process to which I need to trust. Trusting in the silence, allowing it to bring me or us to where we need to be in that moment, is where my thoughts need to go. Putting trust in the kettle to know it will go off when it's ready, is the trust I need to put into waiting. Waiting in the silence and trusting in the process, knowing, and understanding that it will stop, it will reach its boiling point, however that looks, and things will return to a normal I feel comfortable in again. Waiting in the silence is a process that needs to be trusted, and like the kettle going off, soon the silence will end and all will feel settled again.

Christina Rodrigue (Nova Scotia)

In silence, I feel seen, but sometimes I do not.
Silence feels frightening, and sometimes it does not.
Is it me who is uncomfortable or those I do not know?
Silence can create space for the things of the unknown.
How will others feel about this? I do not know.
Silence can feel safe and sometimes not.
How to feel comfortable when others may not.
Silence can be sacred when things are scary.
Finding safety in silence only just barely.

Debbie Supple (Nova Scotia)



References:

- Axline, V. M. (1969). Play Therapy. Ballantyne Books.
- Van Fleet, R., Sywulak, A.E., Caparosa Sniscak, C., (2010). Child-centred play therapy. Guilford Press,

CAPT is Now a Proud Member of the IC-PTA!



International Consortium of
PLAY THERAPY ASSOCIATIONS

Integrity • Quality

International Consortium of Play Therapy Associations (IC-PTA)

History and Development

The idea for the formation of an international organization to advocate for play therapy and promote standards for training and practice grew out of discussions with participants of the International Play Therapy Study Group. The study group was founded by Dr. Charles Schaefer, the founder of the Association for Play Therapy in the United States. Charlie's dream was to enhance the field of play therapy internationally by bringing together play therapists with diverse views, experiences, and backgrounds from all over the world. The annual week-long meetings, held mostly in the UK, stimulated innovative ideas and created relationships that led to multiple cross-cultural collaborations. These collaborations resulted in numerous projects that advanced the field of play therapy internationally; and most importantly, resulted in respect and appreciation for diverse perspectives on play therapy practice.

Out of study group discussions, the idea for IC-PTA began to take form in earnest about 10 years ago when two play therapists from Canada and Italy began a more formal conversation. Since that time, a core group of individuals met at the annual study group to discuss and formulate a plan for making this dream a reality.

IC-PTA was established legally in Switzerland in February 2022. The founding members--- all of whom were members of non-profit play therapy associations---consisted of nine individuals from seven countries (Australia, Canada, Italy, Japan, Switzerland, the United Kingdom, and the United States). Founding members invited the following six national, non-profit associations to participate as the Inaugural Board of Directors: APPTA (Australia), APT (USA), APTI (Italy), BAPT (UK), CAPT (Canada), and JAPT (Japan). The Inaugural Board of Directors was officially installed in October 2022 and is made up of representatives from each of the six associations.

Overarching objectives of IC-PTA include:

- Value and promote the integrity and quality of play therapy and therapeutic play practice
- Provide support for developing play therapy associations internationally
- Promote cooperation among national play therapy associations in order to strengthen and develop the field of play therapy worldwide
- Disseminate information on play therapy training and practice internationally, with a goal to learn from each other's best practices and contribute to the development of culturally-responsive, quality play therapy practices

For more information on IC-PTA, go to: <https://www.ic-pta.com>



100% SAFE
+ CLEAN!

**The World's
Safest Sand!**

**Sandtastik®
Play Sand**

- ★ IDEAL FOR INDOOR PLAY USE
- ★ MOLDS GREAT WHEN MOIST
- ★ ENVIRONMENTALLY FRIENDLY
- ★ CONTAINS NO FREE SILICA
- ★ CONTAINS NO FREE QUARTZ
- ★ 100% NATURAL



CHECK OUT OUR SAND!

White Play Sand

FINE GRAIN + SPARKLING WHITE

Imagine children inspired by the simplicity of soft granular sand. Watch as they dig, pile, sift and compact. This indoor / outdoor sand is perfect for use with sand & water tables, sand boxes, playgrounds and more. Get yours today!

Therapy Play Sand

COARSE GRAIN + NATURAL WHITE

A clean, coarse play sand for play therapy professionals, sand trays, sand & water tables, sensory activity tables and in-home or office applications. Watch as kids create a world full of wonder and meaning with play therapy toys while developing fine motor skills, intellect, visualization and social conduct.

Sandtastik Products Ltd. | sandtastik.com

P: 905.734.7340 **TF:** 800.845.3845 **E:** info@sandtastik.com

Become a dealer! Visit SandtastikProducts.com

Order online! We ship UPS Daily.