



ANNUAL REPORT

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

2022

Vision

Connecting children, youth, adults, families, and communities with play therapy education and certification.

Mission

To strengthen voices, health, and well-being with individuals, families, and communities by providing support, connection, education, and certification to assist play therapists in promoting the healing therapeutic powers of play and play therapy.

Values

Connections/Outreach/Mentorship

Growth and Advocacy

Inclusion and Respect through cultural humility

Education, Ethics and Professionalism

Integration, Diversity, Equity, recognizing different worldviews, flexible, responsive

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CAPT FINANCE REPORT

Year End 2022

CAPT continues to maintain an exceptional turnout for the Foundation Training program, this has been in part because CAPT is able to offer the training on an online platform. CAPT has not had to pay expenses on any facility rentals and the other costs that are associated with this.

CAPT did not offer the Relational Therapeutic Play (RTP) Training in 2022, this is a program that is being restructured and will hopefully be offered later in 2023.

Looking forward for CAPT; we will continue to promote training and workshops, continue to build membership numbers, as well as look for other ways to streamline the CAPT expenditures.

CAPT has invested \$10,000 in the canadianplaytherapy.com website in 2022, which will continue to help CAPT to be accessible to members and the public.

The 2023 Budget was approved by the Board, we look forward to continuing to invest in CAPT systems. In 2022, a \$70,000 profit was approved by the Board during the budget process, but the actuals for the year resulted in a \$14,000 loss. This was due to additional work required to maintain the functionality of the CAPT member database, additional cost for Association Management services as part of the change in Association Management providers, and canceled training due to low registration.

CAPT remains in a strong cash position, with strong membership numbers and training revenue to look forward to, from my perspective CA is in a good place financially.

CAPT will continue to build up our resources and capacity in 2023, as well as look for ways to grow our membership, advertising, and review certification and membership fee structure.

CAPT will also explore setting up a reserve fund of \$100,000 in 2023.

Respectfully Submitted, Helena Kogas, Treasurer

CERTIFICATION COMMITTEE

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

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

1. We continue to receive and review certification applications, and certify CPT and CPT-S. In 2022, 15 applicants were certified as CPT and 4 as CPT-S. In addition, 5 more CPT and 2 more CPT-S were added in the first few months of 2023. The number of newly certified CPT and CPT-S continues to grow from year to year. As we can see that they are from different provinces in Canada! Let's celebrate for each newly certified member and for the CAPT community!

CPT-ON Katie Bauer
CPT-SK Nathalie Brissette-Chenery
CPT-ON Julie Casey
CPT-AB Kristi Forbes
CPT-ON Fatemeh Heshmati
CPT-ON Alyson Hirtle
CPT-BC Michelle Kwapis
CPT-NB Mora MacDonald
CPT-NS Cynthia Manley
CPT-NB Ricky McIntyre
CPT-ON Anna Raworth
CPT-AB Kimberley Sesink
CPT-NL Venessa Trask-Nichols
CPT-NL Lori Wareham-Mulrooney
CPT-MB Abigail Wideman

CPTS-ON Billie-Jo Bennett
CPTS-ON Rachel Tara Koblitz
CPTS-ON Stephanie Rabenstein
CPTS-ON Danny Seto

2023 to date (April 26, 2023)

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CPT – ON - Heather Becker ON
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CPT – NL - Paula Hennessey

2. We continue to review and update the CPT Certification Standards and Procedures based on members' feedback while using the new format and forms on the website.
3. To support the members from the beginning of the certification journey to the time of submitting their application package, we have developed various ways to meet the members' needs. These include the following:
 - The Application Guide - for members on how to complete the application documents. This is a detailed guide that explains all the requirements for completing each form and has been based on the frequently asked questions the certification committee receives. Our vision is to create a centralized space where instructions are clear and easy to follow.
 - Monthly scheduled virtual Q & A sessions for members where all certification related questions can be asked. During these Q & A sessions, members can ask, discuss, and have their specific and personally relevant questions answered. This is a great way to build community and connect with the certification committee. We have had tremendous success and hope that more members will join us during these sessions.
 - We regularly receive and respond to email inquiries regarding certification standards and procedures, and we conduct phone conversations with members.
 - When we receive special requests regarding certification, we treat each with respect and seriousness, thus each request would be discussed at the committee meeting, and the decision would be forwarded to the individual.
4. After several years of dedicated work from the authors and our committee members, we are now proudly presenting to the play therapy community the first edition of the Supervisor's Resource Book. We hope this document will assist each CPT-S to provide even more high-quality supervising work to their supervisees.

In summary, we, a group of compassionate and dedicated CAPT volunteers, are grateful to be trusted by CAPT members to do the work to support our members, and we will continue to work diligently to support our members in matters related to certification.

Respectfully submitted by: Hannah Sun-Reid, Certification committee chair

EDUCATION COMMITTEE

The Education Committee consists of Justine Elliot, Ryan McLeod, Emily Smith, and Whitney McGeary. The Education committee meets almost monthly throughout the year and currently has 4 members.

In 2022, the Education Committee was without a Chair, as the previous Chair stepped down. This has impacted some of the work of the Committee but looking forward to 2023 the Committee is looking to add new members, and a new Chair.

The Education Committee supported the Call for Instructors for the 2023 Foundation Play Therapy Training Days, and the selection process.

Unfortunately, most of the On-line advanced training in 2022 did not move forward due to difficulty gathering adequate attendance. The Committee will explore launching new On-line trainings in 2024, look for Calls for Proposals this fall.

Respectfully submitted by the Education Committee (no Chair)

Training Management Report

The training management team is appointed to support the Education Committee and their policies and direction and to report directly to the President and the Board of Directors of CAPT. The training management team for 2022 was comprised of the following members and remains under contract until December 2024:

Theresa Fraser, CPT-S and Past President of CAPT On-line Training Coordinator

- Provides support in the development of on-line curriculum, outlines and learning outcomes.
- Works with the training team (Kip Sharpe) to ensure that the CAPT Learning Management System (LMS) framework is designed and updated to provide adequate supports for students and instructors based on previous evaluations.
- Uploads the instructor training documents to allow students easy access to courses, tests, and certificates and conducts instructor and student orientation sessions on the use of the LMS.
- Dialogues and coordinates with CAPT training management and technical support prior to populating the LMS on technical questions or concerns.
- Meets daily (sometimes share this with Kip) with the students and instructors of each class to ensure that they are well connected and have access to all the necessary information.
- Created an instructor's handbook with consultation from Kip and Elizabeth

Kip Sharpe CAPT On-line Training and Systems Manager

- Serves as the On-line Training Office Manager of the association and works with the On-line Training Coordinator to achieve the organization's mission.
- Provides training operations management and set-up for the Members and Instructors for on-line training, while adhering to the Board/Committee planning, financial accountability, support in the evaluation of the attendees and instructors, and evaluation of program performance.
- Remains on call for 7 days a week on all Canadian time zones for students and instructors should there be any system or registration concerns.
- Ensures a regular assessment of the on-line training activities, registrations etc.

Elizabeth Sharpe CAPT On-line Training Management

- Is available to communicate with students, instructors, Committee members and suppliers.
- Oversees the budgeting of each on-line training.
- Manages the contracting, promotion and scheduling of topics and instructors.
- Communicates with the Committees and Board of Directors on matters directly related to online training.

Foundation Play Therapy Training Days

The 2022 Foundation Play Therapy Training Days continued throughout May, June, and August with good attendance for each course presented. CAPT continued with a focus to honour and integrate diversity and inclusion in our adult learning and in all play therapy spaces. The CAPT play therapy instructors bring with them years of experience and exemplary teaching from a didactic and experiential viewpoint. Case studies presented continue to be reported as one of the most valuable aspects of teaching and networking continues to be one of the highlights of CAPT's offerings. Lifelong friendships and professional relationships are formed through CAPT's steadfast and reliable presentation of its play therapy training.

The on-line presentation has proven to be inclusive and diverse in extending the borders of attendance to far-reaching parts of our country. With increases in the costs of travel and hotel bookings, this training has proven to provide our members with more options. **On-line Certificate Trainings 2022**

These on-line advanced certificate trainings were offered to those seeking CEUs with CAPT in 2022. Unfortunately, with our members coming out of Covid shutdowns and escalating client loads, it was very difficult to gather adequate attendance at these training courses to move forward with them. They had to be cancelled due to low numbers and not because they weren't excellent topics and instructors, just because of the times. Perhaps in the future CAPT will revisit them.

Parents are the Other Client

Working with Caregivers in the Play Therapy Space

Taryn Barnes, MSW, RSW, CPT, EMDR Certified Therapist

Enriching the Therapeutic Relationship with Animals & Nature

Julie Casey, MSW, DSW, PSW,

Certified Animal Assisted Therapist

Using Play Therapy with Individuals with an Autism Diagnosis

Jodie Hiebert RSW, CPT-S

It was decided to postpone offering these three-day advanced trainings until 2024 and then revisit.

Relational Therapeutic Play (RTP) Training

2022 got off to a great start with a few productive meetings on how we could recreate our RTP training and revisit how it might be presented in the future.

After the lockdowns, there were so many activities being reintroduced that CAPT's volunteer resources were maxed out with meaningful activities. (Play Therapy Week plans, the fall/winter Playground magazine, continuation of strategic planning with CAPT's Board of Directors and lots of committee work to mention only a few). We postponed our meetings until January 2023. Currently, the International Consortium of Play Therapy Associations is investigating an international definition of what Therapeutic Play is. This definition will help to inform curriculum planning.

Plans to get together in May 2023 to introduce some courses in the fall for RTP. Stay tuned for this!

Thank you to our wonderful instructors who are dedicated and willing to continue to provide their time, make sacrifices, and dedicate their play therapy expertise to our new members. We always remember how very busy and engaged you are in your own lives. Non-profit associations will not survive without this kind of dedication and loyalty.

Respectfully submitted,

Elizabeth A. Sharpe CAE
On behalf of Theresa Fraser and Kip Sharpe
Training Management Team

MEMBERSHIP COMMITTEE

The membership committee consists of Lindsay Crowe, Helena Kogas, Kenda Riggs, and Ineke Guadagnin. We meet virtually quarterly and connect via email to support our committee work.

1. This past year the Membership Committee focused on supporting the Renewal of Membership process. We also have reached out to those members who have not renewed to gain valuable information about our membership needs and how we can best support CAPT members.

2. We continue to focus on engaging new CAPT members. ***CAPT continues to grow, and we are happy to share we currently have 500 members across Canada!*** Efforts will be focused on welcoming new members, acknowledging retiring members, as well as increasing member engagement through mediums such as: Playground Magazine, the CAPT e-Newsletter, and exploring social connection options. Additionally, we continued to focus on increasing our membership perks is a priority for the committee.

3. In the coming months we plan to review policies related to lapsed membership renewals and the fulfillment of continuing educational requirements for Certified members.

The Committee is excited to continue our work in this coming year and will continue to schedule regular meetings to support the achievement of our goals.

We are hoping to continue to grow our committee! If you are interested in joining the Membership Committee, we would be happy to hear from you.

Respectfully submitted: Lindsay Crowe, RSW MSW CPT, Membership Committee Chair

RESEARCH COMMITTEE

1. the Research award was advertised with no applications this year
2. The Chair position will be replaced
3. University research in play therapy to be observed and listed on CAPT website

Respectfully submitted: Nancy Riedel-Bowers, MSW, RSW, PhD, CPT-S, Research Committee
Chair

DIVERSITY AND INCLUSION COMMITTEE

Our focus this year has been to develop connections, an outline, and a timeline to bring a two-day Indigenous-focused training to Indigenous communities. The difference between this endeavor and programs offered in the other educational streams of CAPT is that the focus is not interventions to work with and support the Indigenous communities as a play therapist but how to utilize what we know about the powers of play therapy and combine with the longstanding cultural beliefs and practices of Indigenous communities. The goal is for the members of the community to then utilize their practices through a play therapy lens and further use their practices to promote positive mental health in their communities.

One of our members, Chenoa LaCaille, has connections at BeauSoleil First Nation, where they are excited to partner with us and host the first pilot project of the two-day training. Chenoa, Kevin, and Donna plan to travel to Beau Soleil this Spring/Summer to further plan for the pilot project with the community. The goal for the pilot project is this Fall of 2023. We will assess after the pilot project to decide next steps but ensuring that other areas of Canada are included have been discussed as a priority. As well, Chenoa has connections with Mandy Simcoe at DBCFS who is very keen to continue to offer the training in Indigenous communities across Ontario.

Another member of our committee, Whitney McGeary, has been energetically establishing connections with individuals in the west. As a result, she is now both on the D&I committee and the Educational Committee to act as a bridge as an important liaison as much of our work, like all work between committees of CAPT, has extensive overlap.

It is also now a priority for our committee to contribute to each issue of "Playground". Most recently, Donna Starling wrote an article about a photographer, who happens to have Autism, and whose knowledge about expression through his work has strong insights for play therapists who may wish to use photography in their work. Whitney McGeary will be writing an article for the Fall submission.

The focus for our committee has been on working together with Indigenous communities. We are also beginning to talk about potential future work and ensuring other diverse communities in Canada are included in what we do.

Respectfully submitted: Donna Starling, MSW, RSW, CPT-S, Diversity & Inclusion Committee Chair

MARKETING COMMITTEE

The current Marketing Committee members include Caileigh Flannigan, Liz Christie, and Nicole Perryman. Scott Kettles, Executive Director, is an integral part of the committee and attends and hosts each meeting.

The committee meets monthly, and has played an integral role in supporting marketing and advertising initiatives for CAPT. Over the past year, the marketing committee focused on developing the initiatives planned for 2021 such as revamping the website, initiating the ambassador program, and increasing social media presence.

Throughout the year, Scott Kettles consulted with multiple advertising and website design companies. The marketing committee reviewed and assessed four proposals, and suggested Andrew Perry and Surge Labs as potential organizations to work with CAPT to revamp the website. Surge Labs started the first phase of the website revamp, and a new website was launched during Play Therapy Week February 5-11, 2023. The new website features a better flow and function for each page, provides hyperlinks to past magazine subscriptions, and is user-friendly. The Marketing committee hopes to work with Andrew Perry and Surge Labs over the next year to re-brand and strategize the development of the Associations' presence in the community.

The marketing committee has worked together to develop CAPT's social media presence through daily posts in Facebook ® groups and the initiative. The current Facebook ® reach has fluctuated from 170 to 480 people during the time, reaching an audience of 2,270 members. During Play Therapy Week, the marketing committee engaged the community with events, information, and building activities to engage the CAPT members.

For the upcoming year, the marketing committee will discuss redeveloping the ambassador program and working with colleges and universities to support the association in many ways. The ambassador program will help to unite CAPT members and potential members across the country, to promote play therapy, and to build awareness on the impact of mental health issues nationally and regionally.

Respectfully submitted by the Marketing committee

INTERNATIONAL CONSORTIUM OF PLAY THERAPY ASSOCIATIONS (IC-PTA)

Past President Theresa Fraser with Bill Burns (past Executive Director with APT) and Claudio Mochi of Italy (INA- International Academy of Play Therapy) met in 2011 to discuss the birth of an international association that would support non-profit play therapy associations.

In 2023 this Consortium was created. Founding members include USA, Canada, Italy, Switzerland, Australia, United Kingdom, Korea, and Japan. Elizabeth Sharpe (Past Executive Director of CAPT) was a great support in reviewing consortium draft bylaws.

The organization currently meets monthly, which can be a challenge given countries are in different time zones. IC-PTA welcomes individual members as well as associate countries as they begin to develop resources for countries around the world to create their own Non-profit Play Therapy Associations. With the support of member associations, the first International Play Therapy week occurred in February 2023.

Theresa Fraser and Kevin St. Louis are CAPT founding members. Theresa currently sits on the following sub committees: Therapeutic Play, Website and Publicity.

Respectfully submitted by; Theresa Fraser, MA, CPT-S

Play Therapy Week (International and Canadian) - ADHOC Committee

Access full article reviewing Play Therapy Week activities in the Spring/Summer issue of Playground Magazine:

<https://canadianplaytherapy.com/publications/playground-magazine/>.

It was a huge success with the support of members. Planning for the next Play Therapy week will begin in July.

The committee is hoping that a video can be created about Play Therapy in the future like the Andrew Video that has been created by the American Association for Play Therapy. We will formally request funds and an RFP for a video commercial to be professionally created if CAPT has the funds to do so in 2024.

Respectfully submitted by; Theresa Fraser, MA, CPT-S, Chair of CAPT Play Therapy Week Committee

NEWLY CAPT CERTIFIED MEMBERS

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CPTS – ON - Anna Raworth

CAPT BOARD OF DIRECTORS

2022- 2023

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Kevin St. Louis, President	Omeme, ON
Theresa Fraser CPT-S, Past President	Pictou, NS
Nicole Perryman CPT, Vice - President	Ajax, ON
Kenda Riggs, Secretary	Torbay, NL
Helena Kogas, Treasurer	Oakville, ON
Lindsay Crowe CPT	Bradford, ON
Justine Elliot	Edmonton, AB
Caileigh Flannigan CPT	Cobourg, ON
Ineke Guadagnin	Belleville, ON
Jodie Hiebert CPT-S	St. Catharines, ON
Ricky McIntyre CPT	Saint John, NB
Hannah Sun Reid CPT-S	Cobourg, ON

EXECUTIVE DIRECTOR

Scott Kettles

