

# **CAPT Certification Standards for Certified Play Therapist (Approved June 2023)**

## **1: Membership:**

1. Maintain status as a member-in-good standing with CAPT and comply with the CAPT Code of Ethics.
2. Maintain status as a certified, licensed, or registered member-in-good standing with a Canadian or provincial professional regulatory body that permits the ability to provide clinical mental health services and/or psychotherapy.
3. CPT members are required to provide proof of valid liability insurance through a professional insurance provider annually.
4. CPT members are required to produce a recent (within 12 months of Certification enrollment), Police Certified Criminal Record with Vulnerable Sector check, which is updated in the event an offence occurs on your record.
5. CPT members are required to sign the attestation form.

## **2: Education:**

1. Full membership in a Canadian regulatory professional body that governs psychotherapists.  
If residing in a province or territory that is unregulated, a minimum of a Master's Degree in an appropriate mental health discipline from an accredited institution is required.
2. Must have completed under-graduate or graduate level courses in the following areas:
  - a. General concepts and principles of child development: biological, psychological, and social development
  - b. Behavioural disorders/psychopathology: abnormal psychology
  - c. Theories of personality: understanding of personality development
  - d. Legal, ethical, and professional issues: applicable provincial and national legal practices, including family law/child welfare/mental health legislation and discipline specific ethical codes and standards of practice.
  - e. General concepts and principles of psychotherapy: individual, family, and group psychotherapy.

## **3: Foundation Play Therapy Training:**

1. Must have completed at least 180 hours of graduate-level course work specific to the area of play therapy from the CAPT Foundation Play Therapy Training, from CAPT Approved Providers, from an institute of higher learning, or from other training programs or workshops, that will include the following areas:
  - a. Play Therapy Theory and Approaches (60 hours)
  - b. Play Therapy Techniques (60 hours)
  - c. Play Therapy Special Populations (60 hours)
2. All Foundation level training must be completed within 10 years from certification application date.
3. If part of Foundation Play Therapy Training occurred outside of the CAPT Foundation Play Therapy Training or CAPT Approved Providers (<https://canadianplaytherapy.com/training/approved-provider-program/>) the applicant may challenge some of the Foundation Play Therapy Training hours by submitting this request to the Education Committee.
4. Foundation Play Therapy Training completed after January 2021, all training must be completed through the same CAPT approved training program. For exceptions, please seek approval from Education Committee by submitting (<https://canadianplaytherapy.com/wp-content/uploads/2023/02/CAPT-Revised-Approved-Provider-Application-Form-2019.-1.pdf>)
5. The challenge process includes an evaluation of the educational experience with suggestions for the applicant to ensure that these educational experiences are equivalent to those in the approved and accredited CAPT Foundation Training. Details on this process are located on the Prior Learning Assessment and Exemption (Form C) on the CAPT Foundation Play Therapy Training page on the CAPT website

6. In each of the 3 categories specified above, 45 of the 60 hours (75%) must be taken as face-to-face live training (this includes in-person and virtual live trainings). Up to 15 of the 60 hours can be pre-recorded trainings or webinars. The training can be completed at various times and in any respective order as the applicant's choosing. The applicant must complete all of the training with the same training provider. It is the applicant's responsibility to ensure that each of the 3 categories of Play Therapy Foundation Training are met with the respective required hours: Theory and Approaches (60 Hours), Play Therapy Techniques (60 hours) and Play Therapy Special Population (60 hours).\*\*

\*\* If you have completed all or part of your training between March 2020 and December 2022, please see the Certification Standard Adaptations due to COVID-19

[https://canadianplaytherapy.com/wp-content/uploads/2023/02/CAPT\\_Certification\\_Standards\\_for\\_CPT\\_with\\_COVID\\_adaptations..pdf](https://canadianplaytherapy.com/wp-content/uploads/2023/02/CAPT_Certification_Standards_for_CPT_with_COVID_adaptations..pdf)

#### **4: Clinical Practice Hours:**

1. Must complete 1500 direct on-site hours of supervised general clinical practice, not more than 1000 hours of which may be accrued prior to the completion of a Master's Degree or licensure with a regulatory body, and
2. Must complete an additional 500\* hours supervised practice specific to play therapy.  
\*These hours may only be accrued after membership with CAPT attained and after Foundation Play Therapy training has been started. (It is recommended that for approximately every 10 hours of direct clinical practice, 1 hour of supervision is received). These hours must be completed while under the supervision of a formal CAPT supervisor (CPT-S) or CPT-S-in-training. These hours cannot be included within the supervised general clinical experience hours. The hours specific to play therapy can only be accrued after the applicant has graduated with a Master's Degree or licensure with a regulatory body.

#### **5: Clinical Supervision Hours:**

1. Must participate in a minimum of 50 hours of clinical supervision specific to the practice of play therapy that is conducted by a certified CAPT supervisor (CPT-S). CPT-S supervision hours can only be accrued after Foundation Play Therapy training has been started and membership with CAPT has been attained.
2. A minimum of 10 hours of the 50 hours must be from the same CPT-S.
3. A minimum of 10 hours of the 50 hours need to be direct, one-on-one supervision by a CPT-S (or a CPT-S-in-training). That is, the supervisee's clinical work is directly observed by the supervisor, either by one-way mirror, videotape, or co-counselling (please note COVID adaptations if applicable).
4. A maximum of 20 hours of the 50 hours can be group supervision run by a CPT-S with the group being no larger than 6 people. (Please note: group supervision is regarded as any group with 2 or more individuals).
5. A maximum of 20 hours of the 50 hours of clinical supervision may be completed by a CPT-S-in-training directly observed and/or supervised by a CPT-S. Virtual supervision or recordings are accepted.
6. Written verification of these hours is required to be recorded on the Clinical Supervision Tracking Form.

#### **6: References:**

1. Must submit 1 reference from a CAPT supervisor (CPT-S) who has supervised this candidate for a minimum of 10 hours. If the reference is completed by a CPT-S-in-training, the supervising CPT-S must also sign the letter. In addition to this letter of reference, all hours of clinical practice and supervision must be verified in writing using the Clinical Supervision Tracking Form.
2. Must submit 2 references from colleagues who are familiar with the applicant's clinical practice. At least 1 reference must relate specifically to the applicant's practice in play therapy.

#### **7: Interview and Submission of Video Recordings:**

1. The Certification Committee, or any CPT-S providing more than ten 10 hours of supervision to an applicant, may request the applicant to submit unedited video recordings of their therapeutic work (2 therapy sessions).

2. The Certification Committee may request that the applicant participate in an interview with the Certification Committee in support of their certification application.

**8: Submission of Essay:**

1. Applicant must submit a 750 to 1000-word essay to one of the CPT-S providing the applicant with at least 10 hours of supervision. The essay must demonstrate how their theoretical orientation informs their approach in a specific case example. The essay is to be included in the application for CPT.

**9: Requirements Once Certified:**

1. CPT members are required to obtain 12 hours of continuing education every year to maintain certification with CAPT. This continuing education must be related to the theory and practice of play therapy.