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*Play is the process, the journey
and the language that
communicates how our
experiences have impacted us.*

Theresa Fraser CCW, CYC-P, M.A., CPT-S, R.P.

For more information:

Visit the CAPT website www.canadianplaytherapy.com

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locate a nearby CPT or CPT-S

Why PLAY THERAPY?

Why CAPT?



The Canadian Association for Play Therapy believes in the value of play therapy and its contribution to an individual's mental, emotional, social and psychological well being. The Association believes in advancing and promoting the understanding and value of play therapy, high standards of professional and ethical practice and advocating for our members.

The Association maintains a strong, professional organization and promotes professional training, certification and current research in play therapy.

*Credit and thanks to the Association for Play Therapy
for supporting a portion of the content of this brochure.*



Why PLAY?

Play is essential to human growth, development, learning, and cultivating relationships.

Play is a natural process that:

- Builds trust and mastery
- Fosters learning and acceptable behaviours
- Regulates emotions
- Reduces anxieties
- Promotes creative thinking and problem-solving
- Encourages open communication
- Elevates spirit and self-esteem.

Play is our first language. Just as adults use words to communicate, children use play. When playing, we express thoughts and feelings that might otherwise remain hidden.

*“It is not the number of
Play Therapy techniques that you know,
but the love and caring that you show”*

Dr. Evangeline Munns Ph D, C Psych, RPT-S



*“Play Therapy involves the tools to play
and the relational witness to our journey.”*

Theresa Fraser CCW, CYC-P, M.A., CPT-S, R.P.

Play Therapy is a powerful tool for addressing cognitive, behavioural, and emotional challenges. Regulated professionals therapeutically use play to help clients better process their experiences and develop more effective strategies for managing their worlds. Mental health agencies, schools, hospitals and practitioners use Play Therapy as a primary intervention or as supportive therapy for:

- Behavioural issues caused by bullying, grief and loss, divorce and abandonment, physical and sexual abuse, and crisis and trauma.
- Mental health disorders, such as anxiety, depression, attention deficit/ hyperactivity (ADHD), autism spectrum disorders, academic and social impairment, physical and learning disabilities, and conduct disorders.

Research suggests Play Therapy is an effective mental health approach, regardless of age, gender, or the nature of the problem, and works best when a parent, family member, or caretaker is actively involved in the treatment process.

Why PLAY THERAPISTS?

To become a **Certified Play Therapist** you must hold a Masters Degree in an appropriate mental health discipline or have full membership in a regulatory professional body that governs psychotherapists. Play therapists have obtained considerable general clinical experience and supervision. Examples include professional counselors, psychologists, marriage and family therapists, clinical social workers, school counselors, psychiatric nurses, etc.

Certified Play Therapist (CPT) and Certified Play Therapist-Supervisor (CPT-S) are regulated professionals who have additionally obtained specific play therapy education, training, and supervised experience.

*“Play is the natural process all children use
to be able to safely experience and explore
their world to learn, develop, and achieve
their milestones. What better match than for
a clinician to have the knowledge of how to
safely enter that world and assist the child
to utilize play to grow, develop and heal.
That is what trained Play Therapists bring to
the field. That is “Why Play Therapists.”*

Greg Lubimiv MSW, CPT-S



Why PLAY THERAPY?

