

Play Therapy Certificate Program

What is Play Therapy?

Play therapy and its various forms and schools (like filial therapy, family play therapy and child-centered, eco-systemic, developmental, relationship, group and cognitive behavioral play therapy), is a special therapeutic approach for working with children, adolescents, their families and/or care providers. Play is the natural medium of children. Usually, children have not developed the cognitive or verbal skills that adults use to discuss feelings, emotions and experiences in therapy. A safe and structured playroom environment is established where children are encouraged to play in ways that reveal concerns, problems and issues they are struggling with.

Play therapy allows:

1. Children to communicate ideas, feelings and experiences through play.
2. Children to recreate and resolve events (such as trauma, divorce, abuse or death of a parent or family member) in play.
3. Children can rehearse and master life skills and other techniques through play.
4. Children work through various problems in play.

A qualified play therapist is able to guide the play of children in ways that are therapeutic and healing. Parents, family members or care providers are often included in the play. This allows the play therapist to observe and interpret the full range of systemic/relational dynamics that are important to the child or adolescent. The play therapist is then able to enter into the intra-psychic and systemic reality of the child resulting in appropriate suggestions/interventions.

The Certificate program also integrates, play therapy, art therapy, dance, movement, and other creative approaches. At the School, students will learn to do play therapy with adolescents, adults, couples, and families. Five (5) classes are required for the certificate. The total program cost is \$7,000.

Use of Play Therapy

Many clinicians and educators use play therapy in psychotherapy with children and adolescents. The Association for Play Therapy, Inc. (APT), 401 Clovis Ave, Suite 107, Clovis, California, 93612, 559-298-3400, in existence since 1982, confers three credentials: RPT (Registered Play Therapist), RPT-S (Registered Play Therapist Supervisor), and SB-RPT (School-Based Registered Play Therapist). These credentials signify the registrant has met a set of requirements highlighting his/her play therapy education and training. To become a RPT or RPT-S, a clinician must have earned a Master's degree in an appropriate mental health profession from a regionally accredited educational institution, two years and 2,000 hours of supervised clinical experience, 35-50 hours of clinical supervision, 350-500 hours of clinical play therapy with clients, and 150 APT CE hours of instructions. Please contact the APT at 559-298-3400 for exact requirements pertaining to you and for details on the SB-RPT credential requirements.

Training, Supervision and Certificates

Only students enrolled in or graduated from a graduate mental health program are eligible to receive APT CE hours. Clinical supervision is provided for supervisees to reach eligibility for Registered Play Therapist (RPT) or Registered Play Therapist-Supervisor (RPT-S). The School provides the 150 APT CE hours of instruction in the areas suggested by the Association for Play Therapy, Inc. (APT):

1. Play Therapy History – 4-5 hours

2. Play Therapy Theories – 40-50 hours
3. Play Therapy Techniques or Methods – 40-50 hours
4. Play Therapy Applications – 40-50 hours

The School also offers 30 didactic-contact-hours APT CE per class.

Current courses include:

- Play Therapy: Expressive Arts / Multicultural Issues
- Family Play Therapy
- Play Therapy: Techniques and Methods
- Sand Play Therapy I, II, and III
- Play Therapy: Theories and History
- Play Therapy: Systemic Clinical Supervision
- Jungian Theory and Play Therapy
- Play Therapy: Clinical, Legal, and Ethics Issues
- Play Therapy: Dance and Movement Therapy
- School Based Play Therapy
- Play Therapy: Diagnosis and Assessment.
- Play Therapy and Art Therapy
- Family Art Therapy

The APT allows up to 50 APT CE hours of instruction for registration to be distance education. School classes are available in independent study formats.

Additional Offerings

The Colorado School for Family Therapy offers conferences that include presentations, workshops and play therapy supervision groups (limited by the APT to ten supervisees) each day. Contact the School for current scheduling. Supervised play therapy intensives are held over a two-day period allowing students/clinicians to work with clients (both children and families), in a live group supervision setting. Supervision and clinical practice hours can be used for Certificate credit, APT registration and State licensure.

DISTANCE PLAY THERAPY PROGRAM

What are the rules?

Up to 50 of the 150 didactic play therapy training hours (APT CE) required by the Association for Play Therapy (APT), Inc. designations of Registered Play Therapist (RPT) and Registered Play Therapist Supervisor (RPT-S) can be earned via non-contact training. Also, Registered Play Therapists and Supervisors must earn 18 APT CE hours of play therapy specific instruction every 36 months. In addition, Registered Play Therapist Supervisors must earn 6 APT CE hours of supervisor training every 36 months.

How does the distance learning classes in play therapy education work?

After paying for course registration, a student receives a syllabus with the required textbooks and class assignments. Students are assigned an instructor that assignments are mailed or e-mailed to. Telephone contact between students and instructors is also maintained. Students keep track of their reading, videotape viewing, and telephone conference time.

How many training hours are available?

Courses are offered in 30 contact hours, 20 contact hours, and 10 contact hours formats. The student chooses which type of class they want based on the number of hours of continuing education or play therapy education needed.

Each course offers 30 APT CE hours.

How much do the classes cost?

Each class costs \$700.00. Textbooks and videotapes are purchased separately, but videotapes are only required for 30 contact hour classes (APT CE).

Are other types of distance learning classes available?

Yes – contact the School for inquiries. For example, classes in family therapy for students interested in Marriage and Family Therapy (LMFT) licensure in their state or AAMFT Clinical Member status are available.

Are the distance learning classes approved by the APT?

The School is approved by the Association for Play Therapy (APT) to offer continuing education specific to play therapy. APT Approved Provider 98-038. The School maintains responsibility for the program.

How do I register for a distance learning play therapy education course?

Students can contact the School (720) 253-4831 or Leslieinstitute@cs.com. The choice of payment can be check, money order, VISA or MasterCard. The student will receive a course syllabus and order form for books.

How soon can I become a RPT or a RPT-S?

Students should contact the Association for Play Therapy, 401 Clovis Ave, Suite 107, Clovis, California, 93612, 559-298-3400,-or email info@apt.org to discuss the registration requirements unique to them.

Distance Learning Play Therapy Education Classes

- Play Therapy: Specialized Populations
- Family Play Therapy
- Play Therapy: Techniques and Methods
- Family Sand play Therapy
- Play Therapy: Theories and History
- Play Therapy: Systemic Clinical Supervision
- Jungian Theory and Play Therapy
- Family Play Therapy: Expressive Arts
- Dance Therapy and Play Therapy
- Family Art Therapy
- School Based Play Therapy
- Play Therapy: Diagnosis and Assessment.
- Play Therapy and Art Therapy

What distance learning classes in play therapy education are available?

The APT recommends instruction in four areas:

1. History of Play Therapy (3-5 hours)
2. Play Therapy Theory (45-50 hours)
3. Play Therapy Techniques and Methods (45-50 hours)
4. Play Therapy in Special Settings and/or Specialized Populations (45-50 hours).

Cancellation Policy

The student may cancel their enrollment at any time prior to midnight of the third business day after signing the School contract. All refunds will be made within thirty (30) days from the date of cancellation.