

Intensive Filial Therapy Training

April 7-10, 2025

Etobicoke, ON

View and download the [Dr. Risë VanFleet Intensive Filial Therapy Flyer](#) for more detailed information about the international training program

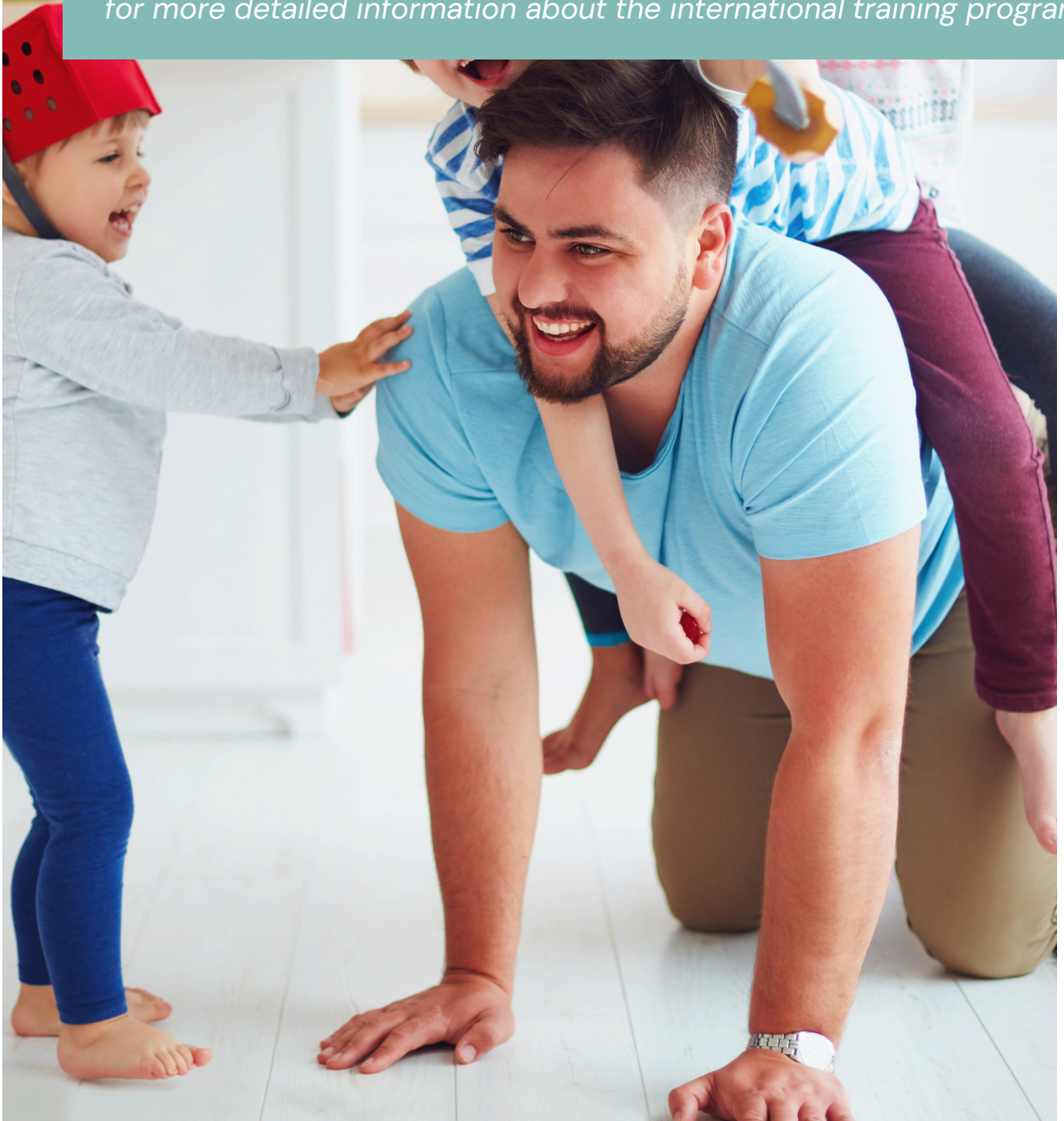


Table of Contents

01

About the
Instructors

02

About the
Workshop

03

Pre-Requisites

04

Training Methods

05

Location and
Schedule

06

Fees and
Registration

07

Contact
Information

Sponsored by:



About the Instructor

Heddy Swigger, MSW, RSW, CPT, CPT-S in Training

Heddy is a Certified Play Therapist (CPT) with the Canadian Association for Play Therapy. She has five years of clinical experience with children and families from the age of 2 to 18 years old. Heddy is a Registered Social Worker (RSW) with the Ontario College of Social Workers and Social Service Workers (OCSWSSW). She holds a Bachelor of Science degree with an Honours Specialization in Neuroscience as well as a Master of Social Work Degree. Heddy is the founder and clinical lead of Tessellate Child and Family Therapy and specializes in using Child-Centered Play Therapy (CCPT) and Filial Therapy (FT) to support children and families.

Heddy is a Certified Filial Therapy Instructor. She has completed the Advanced and Instructor Filial Therapy trainings with Dr. Risë VanFleet and has successfully co-led and independently lead the Filial Therapy Intensive numerous times.

About the Workshop

The Model

Child-Centered Play Therapy (CCPT) was developed by Virginia Axline and draws its foundation from the principles of Client-Centered Therapy by Carl Rogers.

CCPT rests on the belief that, if given the right environment, human beings will always innately move towards wellness. As such, the premise of CCPT is that, if a clinician can create a safe and therapeutic environment within the playroom, children will initiate the work they need to do to resolve the presenting problem.

Play is a child's primary language and mode of communication. Play serves important child developmental purposes, including motor, social, emotional, intellectual, and mastery skills. Through play, children attempt to organize and integrate their experiences and their internal world. It is by expressing, through play – the process of externalizing the images and symbols from the inner world, through a creative medium that is witnessed in sensory form and honoured by a skilled and trained therapist who is fully present – that a deeper level of growth and healing occur.

CCPT is an empirically supported approach for children 3–12 years and older that helps children express feelings, heal trauma, develop emotional regulation and problem-solving skills, as well as enhance self-esteem.

(Conley, 2023)

Learning Objectives

Participants will be able to:

- Describe at least 3 advantages of Filial Therapy over individual play therapy
- Demonstrate the use of empathic listening to at least 75% of comments that parents make during the intake and training sessions
- Explain at least 3 reasons that can be given to parents as to why Filial Therapy can benefit their specific situation
- List all of 5 components of the Filial Therapy parent-training approach
- Describe the “mock play session teaching method” used to teach parents the 4 Child-Centered Play Therapy skills
- Describe at least 2 reasons play therapy is useful for children from a developmental psychology position

Who Should Attend

- Psychologists
- Social Workers
- Mental Health therapists and counsellors
- Family Therapists
- Play Therapists
- Other experienced professionals working with children and adolescents and who meet the pre-requisites.

Pre-Requisites

REQUIRED

- Have prior training and supervised experience in Child-Centered Play Therapy
- Read the book *Child-Centered Play Therapy* (VanFleet et al)

PREFERRED

- Attended a live introductory workshop or distance-learning course in Filial Therapy
- Read the book *Filial Therapy* (VanFleet)

If you have any questions, please reach out to
heddy@tessellatetherapy.ca

Training Methods

1

Didactic Information

Instructors teach participants relevant information, including:

- History
- Theoretical Rationale
- Rationale and implementation of skills
- Including parents in the therapeutic process

2

Case Presentations and Videos

Instructors share case stories and videos to help students integrate their theoretical learning into practice.

3

Live Demonstrations

Instructors engage in role play demonstrations in front of the group to provide students with an in-the-moment example of learned skills

4

Role-Play Skills Practice

Participants engage in a number of significant role-play skills practice sessions that are fully observed by an instructor. Participants receive direct verbal and written feedback from an instructor.

Schedule

Monday, April 7th,
2025–Thursday, April
10th, 2025

9:00am to 5:45pm

Location

5409 Eglinton Avenue West
Suite 101
Etobicoke, ON
M9C 5K6

Ample free parking is located in the parking lot in front of the office



Fees and Registration

FEES

\$1581.20 CAD + HST

Registration fees are set by Dr. Risë VanFleet for all international Intensive Filial Therapy Instructors, as all use the same original international Intensive Filial Therapy Training Program. Fees have been converted to Canadian funds.

INCLUDES

- Training hours
- Training materials
- Refreshments

CANCELLATION POLICY

- Written cancellations received before 30 days prior to training date will receive a full refund.
- Written cancellations received before 14 days prior to training date are subject to a \$200 cancellation fee, with the remainder being refunded.
- Unfortunately, no refunds can be given after 14 days prior to training date unless another participant substitutes, subject to \$200 cancellation fee

Registration Form and Payment can be found at:

<https://form.jotform.com/243515810766257>



PLAY

Tessellate Child and Family Therapy

heddy@tessellatetherapy.ca
www.tessellatetherapy.ca
416-573-8512

