

Intensive Child-Centered Play Therapy (CCPT) Training

April 2-4, 2025



Table of Contents

01

About the
Instructor

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.

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:

- Understand language as images in a child's play
- Identify the underlying theoretical principles, goals, and stages of the model
- Understand the intake, assessment, and treatment process
- Confidently and effectively recommend CCPT to parents
- Demonstrate CCPT skills with competence and confidence
- Describe appropriate playroom setup and toy selection and the rationale
- Identify themes of play sessions and the process of understanding the meaning of play therapy sequences
- Understand how to engage parents in the child's therapeutic process
- Discuss some of the primary research that supports the efficacy of this approach

Who Should Attend

- Psychologists
- Social Workers
- Mental Health therapists and counsellors
- Family Therapists
- Play Therapists
- Other experienced professionals working with children and adolescents

Pre-Requisites

REQUIRED

- Have prior training and supervised experience working with children in a therapeutic environment

PREFERRED

- Encouraged to read the book *Child-Centered Play Therapy* (VanFleet et al)
- Master's degree in counselling psychology, clinical social work, or equivalent

NOT REQUIRED

- Prior play therapy experience

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 Foundation
- Rationale and implementation of skills
- Recognize and understanding themes
- etc.

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

Wednesday, April
2nd to Friday, April
4th, 2025

9:00am to 5:00pm

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

\$700.00 CAD

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/243516451170248>



PLAY

Tessellate Child and Family Therapy

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