

CANADIAN ASSOCIATION FOR CHILD AND PLAY THERAPY (CACPT)

in partnership with the

ALBERTA PLAY THERAPY ASSOCIATION (APTA)

INTRODUCES THE

2012 CONFERENCE AND ANNUAL GENERAL MEETING

Holiday Inn Calgary, McLeod Trail South

April 27 & 28, 2012

CALGARY, Alberta

Playing in the West -

Amazing Solutions for Children and Families in Need

CACPT and APTA are proud to present this year's Keynote Speakers:



John Allan Ph.D.

Serial Drawing in Play Therapy: Jungian Theory and Practice.

DATE & TIME: Friday April 27 – 9:00 to 12:00

The topic will include examples of two art interventions in Play Therapy, Non Directed and Directed. Images depict evolving stages through chaos, struggle and resolution. Jungian theory is explicated to give a framework in order to understand internal changes in the child over the play therapy sessions.

Biography of Dr. John Allan

John Allan is Professor Emeritus of Counselling Psychology at the University of BC and author of numerous articles and books on play therapy and school counselling. Dr. Allan was presented with the Lifetime Achievement Award by the Association for Play Therapy at their national Conference in Sacramento CA in October of 2011. His book "Inscapes of the Child's World: Jungian Counselling in Schools and Clinics" won the Canadian Guidance and Counselling Association's Best Book Award in 1988. John started his training in play therapy in 1963 and is best known for integrating play therapy with Jungian psychology.

Playful Trauma Focused Cognitive Behavioral Therapy: Integrating Play into an Evidence-Based Treatment.



Angela Cavett Ph. D.

DATE & TIME: Saturday, April 28 – 9:00 to 12:00

Empirically validated treatments are those treatments that have been shown through research to be effective for specific disorders. As clinicians we are expected by many sources (payers, parents, referral sources) to use treatments that have been shown to be effective. However, when working with children, play is essential for any treatment to be effective. This workshop focuses on an empirically-validated treatment for traumatized children, Trauma Focused-Cognitive Behavioral Therapy (TF-CBT). When play is included and adapted for the developmental level of the individual child, TF-CBT is more engaging and effective. Learn about each of the treatment components of TF-CBT and play therapy interventions that are consistent with each of the components.

Biography of Dr. Angela M Cavett

Angela M. Cavett, Ph.D., is a Child and Adolescent Psychologist and Registered Play Therapist-Supervisor (RPT-S) in private practice in West Fargo, ND. She is an adjunct professor at the University of North Dakota in the Department of Counseling Psychology. In her practice, she provides evaluation and treatment for children and adolescents across a range of behavioral health concerns. She has particular interests in play therapy, ethics, childhood trauma (i.e., child maltreatment, parental suicide) and attachment. Dr. Cavett provides training and supervision for mental health professionals related to children's behavioral health. She recently wrote two chapters about integrating play therapy into TF-CBT for the latest book by Cohen, Mannarino, and Deblinger, She is the author of *Structured Play Based Interventions for Engaging Children and Adolescents in Therapy* (2010).

Delegate Reception:

DATE & TIME: Friday, April 27 – 5:00 to 6:00

APTA and CACPT Annual General Meetings:

DATE & TIME: Friday, April 27 –6:00 to 8:00

Breakout Session Workshops



Ken Gardner
M.Sc., R.Psych (CPT-S)

Supervision Training Workshop

DATE & TIME: Friday April 27 - 1:00 to 4:30

This half-day Workshop is designed to help prepare participants to supervise child and play therapists. Participants will have the opportunity to explore various models of supervision. During the program, trainees will have the opportunity to work in small groups, debrief supervisory experiences, learn about practical playful supervision strategies, and review supervision videos.

Biography of Ken Gardner

Ken is a Certified Play Therapy Supervisor and a clinical psychologist who specializes in the areas of learning/adjustment issues, therapy for children with development challenges, achievement motivation, attachment, and play therapy. Ken has participated on numerous community boards, including the Alberta Play Therapy Association and the Canadian Association for Child and Play Therapy. In addition to having a sound background in treatment, Ken has extensive experience as a consultant and trainer and regularly teaches for College and University programs in the areas of play therapy, mediation, assessment and counseling. Ken Gardner is co-author of Play *Therapy Dimensions Model: A Decision Making Guide for Therapists*, which is now in its second printing

Biography of Lorri Yasenik

Lorri is a certified play therapist, and a founding member and former executive board member of the Alberta Play Therapy Association. She has presented nationally and internationally in the areas of play therapy, child psychotherapy, attachment, family violence, high conflict divorce and family mediation. Her PhD study is in the area of 'The Voice of the Child in Legal Matters'.



Eileen Bona, M.Ed., R.Psych

Animal Assisted Therapy

DATE & TIME: Friday, April 27 - 1:00 to 4:30

Eileen Bona has worked in the field of helping people for more than 20 years. She specializes in helping people, mainly children and youth, with a variety of life issues and multiple mental health diagnoses, specifically brain related conditions and challenges due to life trauma.

Due to the difficult nature of helping people with brain abnormalities and multiple diagnoses, 9 years ago, Eileen founded an animal-assisted therapy program on her ranch in Ardrossan, Alberta. Homeless, rescued and abused animals were donated and are now valuable partners in helping children and youth discover their true natures and gifted abilities.

Eileen is a Registered Psychologist and the designer of Western Canada's first college-accredited course in Animal Assisted Therapy. She is currently the Chair for the National Task Force on developing standards for Animal Assisted Therapy and has designed the first Master's level Canadian certificate in Animal Assisted Therapy. She is a past sessional instructor of Introductory Psychology at King's University.



Rhonda J. Kent, MA Counselling, RSW

Inspiring Hope in Children

DATE & TIME: Friday, April 27, 2012 - 1:00 to 4:30

This workshop looks at dealing with the foreshortened sense of future that children who have been traumatized or who have been through difficult life situations often experience. The use of media images and creative interventions will be highlighted. The focus will be on how we inspire hope in children and youth who have been through difficult life experiences and engage them in their future.

Rhonda J. Kent Biography

Rhonda J. Kent, BA Psychology, Diploma in Guidance Counselling, MA Counselling, Registered Social Worker. Rhonda has over 17 years experience working in the areas of domestic violence, suicide and grief and loss.

Rhonda is trained in EMDR and trauma work with children. She has worked extensively with children, teens and adults experiencing grief and loss and was instrumental in implementing a counselling program for children bereaved by parental suicide. Close to her heart has been counselling children and teens who are struggling with suicidal issues. She has used play and art therapy approaches while working individually with children who have witnessed or experienced family violence

Currently, Rhonda works as the Manager of Children Exposed to Domestic Violence Services for the YWCA Sheriff King Home and oversees all the domestic violence programming for children, adolescents and families. Rhonda also has a private practice called Regeneration Counselling and Consulting. Rhonda developed and facilitated a workshops for the Alberta Play Therapy Association (APTA). She was also part of a team that presented a 5 day Domestic Violence Conference in Varazdin, Croatia. Rhonda is a volunteer for both the Calgary Fire Department and Calgary EMS on their Critical Incident Stress Management (CISM) Teams. Rhonda currently serves on the Board of Directors for the Alberta Play Therapy Association.



Jean Dunbar M Ed, RSW, CPT

Children Exposed to Domestic Violence

DATE & TIME: Saturday, April 28 – 1:00 to 4:30

This workshop will summarize information and research on the effects of domestic violence on children including trauma, brain development and attachment issues. Risk assessment and parenting implications after violence will also be discussed. Therapeutic interventions including play therapy and creative approaches focusing on hope and resiliency with children and adolescents will be highlighted

Biography of Jean Dunbar

Jean is the Director of Family Violence Prevention at the YWCA of Calgary and oversees upwards of 15 domestic violence intervention programs with 200 clinical staff, including a woman's emergency shelter, visitation programming and treatment programs for men, women and children. She has worked in the domestic violence field for over 18 years in both group settings and individual play therapy with children and families exposed to domestic violence. She has co-authored several domestic violence manuals including *"Teaching Children about Healthy Relationships: A School Based Curriculum"*, *"Paths of Change, a Program for Children and Parents Exposed to Family Violence"* and *"Safe Visitation: Guidelines for Effective Supervised Access"*. Jean has presented on various issues related to domestic violence both nationally and internationally, most recently, in Shanghai, China. Jean is a Certified Child Psychotherapist and Play Therapist with the Canadian Association for Child and Play Therapy and is recognized as an expert witness for children exposed to domestic violence in the Court of Queens Bench in Alberta, Canada.



Carmen Richardson MSW, RSW, RCAT, REAT

My Top 10 Favorite Expressive Arts Interventions with Children, Teens and Families

DATE & TIME: Saturday, April 28, 1:00 to 4:30

This workshop will begin with a brief introduction to intermodal expressive arts therapy and its application to work with children, teens and families. While 10 favorite interventions will be highlighted, we will have the opportunity to explore and play with some of the art interventions in order to have our own sensory experience of the arts and what they can offer our clients.

Biography of Carmen Richardson

Carmen Richardson is founder and director of Prairie Institute of Expressive Arts Therapy in Calgary, Alberta and offers training/consultation to professionals and community agencies. Carmen is a Certified Trauma Consultant/Supervisor and Certified Trainer with the National Institute for Trauma and Loss in Children. She brings over 25 years' experience to her private practice where she works with children, teens, and families, offering individual, family, and group therapy.



Janet McQuarrie

Theraplay® and the Experience of Emotional Regulation

DATE & TIME: Saturday, April 28, 1:00 to 4:30

Theraplay® is a treatment method that fosters healthy attachment, self-esteem and trust. It makes use of activities, games, rhymes and songs that parents and children often do together. It is based on four principles which provide the opportunity for the development of strong parent-child relationships and the basis for a secure attachment: nurturing, structure, engagement and challenge. It is a strength-based adult led, interactive, attuned and physical approach to play therapy and resembles parent-child attachment rituals. Theraplay® incorporates intense empathic physical interaction. It teaches and allows the parent to provide the child with attuned responses that can lead the child to a true sense of being connected and understood.

Theraplay® is particularly effective for families where opportunities for a parent and child to securely bond and attach have been compromised. This compromised ability to engage in a healthy relationship has typically affected parenting, self confidence and the child's attachment experience of the parent as a competent and loving person. Neurologically, a child's secure attachment relationship assists the immature brain to organize its own processes. The core of attachment is the regulation of emotion.

This presentation will provide an overview of the therapeutic intervention of Theraplay®. There will be a review of some current research and literature describing the effects of trauma and insecure attachment experiences on the child's emotionally developing brain. Discussion will include how Theraplay® can support healing and the experience of secure attachments leading to a child's greater ability to engage in emotional regulation.

Biography of Janet McQuarrie

Janet has been a certified Theraplay® Therapist since 1996. Janet has worked in the Children's mental health field for 28 years. Since 2000 Janet has been the Supervisor/Co-ordinator of Play Therapy at Blue Hills Child and Family Centre, a Children's Mental Health Agency north of Toronto. Janet has ensured that a focus on play therapies and expressive arts therapies has been integrated systemically as a core intervention to support the healing process for children and families with stories of trauma and insecure attachment.

At Blue Hills Janet has extensive experience practising Theraplay®, Child focussed play therapy and sandtray. She also provides play therapy to First Nations children on reserve in south-central Ontario. Janet has presented workshops on Theraplay® with CACPT, APT and the Ontario Psychological Association.



Theresa Fraser M.A. (Counselling Psych), CPT

As President of the Canadian Association for Child and Play Therapy, Theresa will co-present this workshop with Janet McQuarrie on Theraplay®.

Biography of Theresa Fraser

Theresa is a Child Youth Worker and Certified Child Psychotherapist and Play Therapist. As a Life Skills Coach, Theresa worked with children and their families in treatment centres, schools and community based programs for twenty years. She also was the supervisor of a community based adult mental health program and operated a group foster home for the eight years. She then began working as a Case Manager for a treatment foster care agency. She and her husband continue to foster with this treatment foster care agency today.

Theresa works with foster/adoptive children who have experience trauma and attachment disruptions. She recently published a book for adoptive parents and will be co-presenting a workshop at the British Association for Play Therapy on attachment work with this population.

Theresa has also earned a Diploma in General Social Work, Certificate in Child Abuse Awareness, and B.A. in Liberal Arts from the University of Waterloo. In 2009 she obtained a Master's Degree in Counselling Psychology.

In 2008, Theresa was named the Trauma and Loss Clinician of the Year by the National Institute of Trauma and Loss. Her book, **Billy Had To Move: A Foster Care Story** was published by Loving Healing Press in Michigan, U.S.A. in 2009.

Contact the following for more detailed information:

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