



### **Rationale for Personal Therapy Membership Requirement**

APPTA holds firm to the position of a requirement for evidence of completion of 50 hours of personal therapy to become a registered Play Therapist Member for a number of reasons.

The therapeutic study of and work with individuals or families, especially with children, can trigger strong feelings and unresolved issues in relation to the practitioners own childhood and attachment experiences. Personal Therapy is about ensuring that the therapist has worked through these unresolved issues.

Initially, the study of play therapy may be triggering and at a later stage, the work itself may elicit an emotional response, or link back to previous distressing experiences. If the therapist has undergone their own therapy, then they are more likely to have either resolved issues or worked through particular memories and experiences, so that they are better placed to be fully present for the child in therapy. Likewise, the issues of transference and counter-transference can be powerful in therapy, and more so in child therapy.

APPTA is of the view that the effective integration of professional knowledge, skill, and personal growth in Play Therapy practice is paramount for effective and ethical practise with child clients, families, the community and within the profession. Play Therapy practice requires commitment to the development of both personal qualities and professional abilities. The development of personal qualities and self-awareness are used to support practitioner self-reflection and are considered integral to the practice of Play Therapy.

Clinical Play Therapy practice and the development of therapeutic skills require the ability to reflect on practice. Personal Therapy will support members in developing reflective practice.

Play Therapy practice involves relational processes:

- Therapeutic relationship
- Communication skills
- Inter-personal communication
- Inter-professional relationships
- Therapeutic alliance

It is important for the integrity of the therapeutic process with the child/family to become aware of these processes and for the practitioner to reflect on their own intra and intra personal processes and how these influence other processes. Personal therapy can support insight into these processes.

### **Time frame for personal therapy.**

When applying for Registered Play Therapist member, 50 hours of Personal Therapy need to be completed within a time frame no longer than 5 years previous to the application. Students enrolled in a Play Therapy Course who have done personal therapy prior to enrolment in the course are required to fulfil at least 25 hours of personal therapy during the study period, even if this means completing more than 50 hours at completion of the study.

### **Statement of completed hours**

APPTA requires applicants to submit a statement from their personal therapist(s), stating the amount of hours of personal therapy completed with them, including start date and end date. The requirement is for 50 hours of personal therapy to become an APPTA Registered Play Therapist.

### **Personal Therapy Modalities**

Personal Therapy needs to be undergone by qualified professionals and can be in a modality of choice as long as the above mentioned processes are addressed.