

# How has the SPT Certification program transformed lives?

## Confidence

“Not only has this process given me the **confidence** to be the kind of therapist I’ve always wanted to be, but this process has **changed me as a human being**. I am so grateful to be on this lifelong journey and part of the SPT community.” - *Leah Band*

## Transformative

“**I have seen tremendous shifts in children happen quickly** by using Synergetic Play Therapy, from overcoming fear to resolving attachment issues and trauma. **The neuroscience piece** of SPT makes the play therapy growth process understandable to parents and keeps them in the process.” - *Johanna Simmons*

## Supportive

“Certification has given me a community that **took me out of isolation**, gave me a mirror that showed me the **strength** I hold, and created a space that safely nurtured the wounds I held and now allows me to heal others at a deeper level than ever before. Since learning SPT, I have not had the thought, “What am I doing in here?” **I feel like I have all the skills and knowledge to know exactly what I am doing in each session.**” - *Kellee Clark*

## Life-Changing

“**This experience was life-changing.** It not only renewed my vigor for work with children, changed my perspective of what was possible during the play therapy process, but changed the way I viewed the world and my relationship with others.”  
- *Jessica Kimak*

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## More Testimonials

“SPT has changed my life in a profound way. It has taught me to think differently about how to support children, how to be in relationship, and how to think more critically about the world around me. But **the most profound learning from SPT has been about myself:** That I have worth and that I can walk this planet being fearlessly authentic.” – Amy Bobb

“The very act of being an SPT therapist provides endless practice in congruence, authenticity, attunement, and nervous system regulation. It’s an ongoing practice, a way of being that **improves my life every day.**” – Jody Catlow

“**I have seen tremendous shifts in children happen quickly** by using Synergetic Play Therapy, from overcoming fear of dogs (and now having a family dog) to resolving attachment issues and trauma. The neuroscience piece of SPT makes the play therapy growth process understandable to parents and keeps them in the process.” - Johanna Simmons

“**This course has changed my life.** It has given me confidence in myself as a play therapist.” – Lauren Van Velson

“My SPT journey has been so much more than just becoming a better therapist. **I didn't expect to learn so much about myself and to grow and trust myself the way that I have.** It really is life changing. Anyone who wants to grow and challenge themselves as a therapist and personally, I highly recommend this course.” - Esha Turner

“**SPT for me is the essence of being congruent** and the ability to facilitate congruency for my client. SPT also strengthens in me the ability to have unconditional positive regard for myself and the client.” - Dina Amouzgar

“**I’m grateful to continue to grow, learn, and find support through SPT.** It’s an ongoing process and I need to re-visit and adjust as I gain more experience as an SPT Therapist.” - Lauren Forsythe

“I feel like I have a framework for understanding what is happening in the play, and what is happening for me. **I feel more confident** in describing the therapy to parents and I believe that incorporating the modeling of self-regulation is an amazing skill to use with these kids when before I’ve felt lost and unsure of what to do in my sessions, other than track and reflect. I feel like we’re working together.” – Megan Vandersluys

## More Testimonials

**"I better understand how to take care of myself while taking care of my clients.** I have felt more comfortable being my authentic self in the playroom. I study neuroscience more. It is a helpful Certification if you are a play therapist and respect the work of people like Dan Siegel, Allan Schore, Stephen Proges and other leading researchers in the field of neuroscience." - Keri Sawyer

"Participating in the Synergetic Play Therapy Certification Program reframed my perception of myself and my clients. It expanded my awareness of my values, dreams, and identity. **It provided me with an opportunity to learn about how I'm wired in a community of acceptance.**" - Lindsay Quella Kara

"The SPT advanced class has been **a truly transformative experience!** Lisa and Kathy created so much safety to fully be myself as they guided my process of learning and growth. Through this class, I have been able to integrate my experience and shift perceptions, which has allowed me to be more present with my clients." - Kim Buller

"I love SPT! It feels so natural and helps me understand the challenges my clients are working on. I love using sand in play therapy. I love helping little ones learn to regulate. There is nothing like seeing a client move from the working stage to empowerment. **It feels like this is what I was meant to do.** Thank you!" - Lila Adams

"SPT Certification has given me such a confidence boost! I feel I'm now equipped to handle any scenario that shows up in the playroom and that I have the skills to support my clients and their families through their challenges. But the best part of this course is that I have a deeper relationship and connection with myself. **SPT challenges us to be authentic and this challenge has changed my life!**" - Katrina Bevelander

**"It was life-saving for me.** The amount of knowledge available keeps me humble in my work. I know and understand that this will take practice and I slowly connect the dots each day. It has helped me all around strengthen myself, my family, my business, and my outlook on life. I've learned to truly BE with my people. I'm showing up! I've learned to truly BE with myself. I'm learning more and more every single day. It will transform you into a higher frequency equipped to continue the climb. I am so very grateful to have connected with this model and lifestyle. It was the missing piece for me." - Anjuli Thompson

## More Testimonials

“I have been involved with Synergetic Play Therapy and SPTI for many years, and I am still inspired by the vision of SPT and the message I hear that relationship, connection, and authenticity are important healing factors in our lives and that all aspects of ourselves and our experience are workable, even lovable, in fact. **I'm so grateful to be part of this community.** The support of these trainings not only helps me be an even better therapist but also a gentler and more genuine human being...and that seems to be supporting everything! So awesome.” - Chandra Lontz Smith

“The education, supervision, and support I am receiving through my training in Synergetic Play Therapy have been phenomenal. **I am coming into myself as a therapist in new and amazing ways.** And the shifts I am experiencing with my clients have been profound. To have permission to be authentic with myself and my clients is truly liberating, not just for me but for them as well. With Lisa's support and guidance, as well as the community of talented and mindful therapists at SPTI, I feel more confident and inspired in my work as a therapist than ever before.” – Sanam Pejuhesh

“I have become far more confident in why I am doing what I am doing in the playroom and being able to explain it to others. I have seen children process their challenges in a far quicker speed than ever before. **It feels magical at times.** I have had teachers and parents also express seeing the change in the children. I also feel more authentic in my abilities, though I still have much work to do! If someone was considering Certification, I would tell them to GO FOR IT! It has been as much for me as for the children and families I work with. The supervision has been amazing and the entire program has been so worth it! Even though it is coming to a close, I feel like the journey is still just beginning for me.” - Lora Schultz

“I work at a supportive housing program and provide counseling to children who struggle with symptoms of complex trauma. By practicing Synergetic Play Therapy, I have seen symptoms decrease in a short amount of time and have been able to help my clients heal from vast amounts of abuse, abandonment, neglect, attachment issues, grief, etc. **SPT has given me a renewed sense of hope** in knowing that healing can happen and that children are not "broken" just because they experienced misfortune.” -Mary Margaret Hagen

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"I really transformed into a more confident self-aware and informed therapist, informed on how to play with clients (in a way) that will help them integrate their challenges. It has resonated in the playroom by me being authentic me and reflecting what is going on in the play and in the client's life. Outside the playroom - self-awareness and ease about life (life mistakes, life challenges, and life's good times), being more present in life. This is the best thing I could I have done to help further myself, my career, and profession. SPT has provided a scientifically-backed model that truly helps the client move through their challenges in an attuned, compassionate, accepting, and loving way. **I have learned and grown exponentially as a therapist.** DO IT!!" - Celina Baca

"I am connecting with the children that I see on a level that I never dreamed possible. I am more interoceptively sensitive than I've ever been. I am more confident in my skills as a therapist, in my ability to share and teach important and high level concepts to other people, and in my own intuitive experience in the therapy room. **Every single one of my close relationships has changed for the better since I started the SPT Certification Program.**

I am closer to my wife, my family, and my friends than ever before. I am more able to expand and energetically hold the people in my life when they need me to be present and authentic with them. I am more able to energetically hold myself when I am experiencing difficult times and hard feelings or circumstances. I am more in touch with my own body and sensory experiences than I have ever been and I feel safe inside myself. If you are looking for a truly transformative and life-changing experience that draws you closer to your own Self and your own authentic way of being in the world, then SPT Certification is the right program for you. If you want to be with children in a way that is deeper and more profound than you have ever experienced in the playroom, then immerse yourself in the world of SPT and notice the magical changes that happen. SPT Certification has changed my entire life for the better and if you are thinking about it, go for it! You will be grateful that you took the risk!" - Heather Fairlee Denbrough

## More Testimonials

"I have a new perspective in my personal and professional life. I know myself at a deeper level and can attune to others without burning out. SPT has increased my bandwidth at home and in the playroom. I can attune to the client quickly and accurately through attuning to myself. While attuning to myself, I can additionally keep myself regulated to prevent burnout. The practice of having one foot in and one foot out has made me a more effective and efficient therapist for my clients as well as a healthier and happier me. Also, SPT has helped me speak the language of my extremely "left-brained" parent population - translating play into more linear/logical terms and tracking progress and empowerment. Having a like-minded professional community has been invaluable. Even though I'm so far away from other SPTers, I feel close and know I can communicate at any time to ask questions, share in celebrations and tribulations, as well as continue learning. The learning and depth never end and it's fascinating! Due to becoming more attuned to myself and aware of my own nervous system, I have seen my personal anxiety decrease and my ability to rise and meet my goals increase. I feel like I am working at my optimum level as a therapist, business owner, mom, wife, volunteer, and athlete. **Last year, I was excited about starting Certification but felt like the testimonials might be too good to be true. They're not.** The SPT Certification process is literally life-changing. This was the piece that was missing for so many years. It's worth every penny." - Grace Lacuone

"I have changed how I view and interact in all of my relationships, not just those I experience in counseling. Also, I have become more mindful and present in my daily life. **I feel connected to myself in ways I could only hope to achieve before I started this program.** I cannot believe the changes I am seeing in both the children and parents I am working with. Children feel closer and more connected to me at a quicker rate. The trust I feel from them is astounding. And I love how I can leave at the end of the day carrying so much less heaviness and trauma. Regulating in every session really helps me manage how much trauma and emotional baggage I take with me. I'm able to express myself more clearly in relationships and am willing to be more vulnerable. I am better able to recognize what I am feeling in very charged moments, regulate through that, and express myself in more meaningful and connected ways, particularly with my husband, but also with other close relationships in my life. Before I started this program, I was feeling a bit lost in my work as a play therapist. I was beginning to give up and burn out. By taking this course, I became rejuvenated. I feel like Lisa gave me a road map-- I suddenly had a way of viewing my cases and what was going on in the playroom that really resonated with me. For the first time, my work felt authentic-- something that I really felt had been missing. I feel so much more confident in my work and how I'm doing it. I know this Certification helped me get there." - Rosey Rouhana Weiss

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SPT has gifted me with a broader lens to see my life's journey and a way to integrate the tender underbelly of Self. **SPT invites me to show up as me in the playroom and to be truly present with the child.** SPT has influenced my relationships; when ruptures arise, I am better able to self-regulate and return to self if I have wandered down paths of anxiety and fear. In essence, I am learning to rock myself through the discomfort. If someone was considering the Certification program, I would encourage them to be open to having their notions of healing and transformation jostled in the most gentle yet poignant ways, such that when you finish the training, you have learned to lean into your being as Wisdom itself." - Sarah Joy Hopkin

**"One of the most significant transformations I experience is a deeper connection with myself,** a more clear awareness of the ways in which this connection serves the therapeutic process. I have witnessed in myself a greater trust in what I believe about children and what I can do in relationship with children in the playroom. I both physically and psychically experience times when I wander away from the core of self-connection while in the playroom. When this happens, I am learning to stop for a moment, breathe and ask myself where I am, then release into presence with the child again. I am learning to feel my way through the play rather than think my way through which is so incredibly meaningful every time. I am aware of a more profound connection to my body and to my own healing in connection with my body. As a result, I have pursued counselling that helps me connect with the ways in which my nervous system has some trauma to integrate and this feels life-changing. Go for Certification even if it feels hard to implement in your current work situation. It will be an invaluable enlightening experience that will open doors to your therapeutic work with clients as well as with yourself." - Donna Vanderlip

**"I've had a big breakthrough in self-compassion and acceptance.** Before, I would be careful and selective in sharing myself with others. Now I show up more as my authentic self wherever I go, which feels liberating, empowering and really good. I feel more connected and peaceful with myself and others. My young clients seem to go deeper in sessions and my window of tolerance has widened. I consistently witness a lot of progress one session to the next and kids typically complete full treatment. It has helped me to be more regulated more of the time. I'm going bigger in my personal goals with more confidence and a sense of support just by knowing I've got this community and mentorship. I got far more out of this program than I expected. Well worth it and it applies to all my work with clients of all ages and demographics, not just play therapy— but it certainly boosted my confidence for working as a play therapist and my practice has grown as a result." - Ki Speer



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“I am able to go deeper with children in the playroom and really feel into their experience. This is incredibly valuable and all the video watching (ie. homework) really helped! I am better able to make sense of the play and I find children go into the working phase quite quickly, and in a way that is safe, because of SPT. I am more aware of “me-we” in my personal relationships. **I find I am more aware of my ability to positively transform relationships.** (The Certification program) is not about the money; it’s about being where I’m supposed to be in my life right now. For me, I listened to that sense inside and it was absolutely valuable.” - Heather Pattison

“I am aware of the feelings I experience. I find it much easier to be mindful and sit with and regulate through difficult emotions and situations. I have learned to be authentic. As a result, the personal relationships I have are much stronger and healthier. My overall self-confidence has grown tremendously. I am much more positive. **For the first time in my life, I am realizing how to truly keep myself mentally and emotionally healthy.** The precepts I have learned through the Synergetic Play Therapy Certification process are universal. They have helped me in all areas of my life. Even my Yoga practice has deepened. This is the most powerful learning experience of which I have ever been a part. The clients I serve have benefitted from this process. I am able to connect with them on a much deeper level. The clients have had more positive treatment outcomes. The changes the clients have made are deeper. Additionally, the average course of treatment has been reduced. The parents with whom I work have benefited as well. I have learned to explain the therapeutic process and the child’s needs in a way the parents can relate to and use to strengthen the effectiveness of their interventions. I am able to and enjoy letting people be themselves while I am comfortable being myself. The interactions I have with people are more positive and congruent. I have found that people are more comfortable around me. This includes family and friends. I now look at challenging and even painful situations as being positive. I now truly view them as opportunities for growth and change. I truly believe one of the reasons this process has been so powerful in my life is because I was open to learning different perspectives and because I invested wholeheartedly in the process. I actively engaged in the ideas and exercises that were difficult and uncomfortable. My suggestion is to be open-minded and to participate in the process without reservation. Synergetic Play Therapy has given me the tools, skills, and confidence I need to help children at a very real and deep level. The kiddos with whom I work are progressing faster and making lasting changes. I have found that these same skills have greatly enhanced the work I do with teens, adults, and families. The Synergetic Play Therapy tenets and training have greatly supported my own self-care and mental health as well. The communication and relational skills I have gained have greatly enriched the relationship my fiancé and I have. Synergetic Play Therapy is a real life-changer.” - David Anderson



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**“The SPT Certification program stretched far beyond the client/clinician relationship.** It offered a new lens through which to consider the interdependence of all relationships...and a way to hold on to Self when the tumult of life rocks the very essence of your being.” - Certification Participant

“After the Intro Course, you can practice SPT. But after Certification, you embody it. **It becomes a way of being with yourself and others that's like an extra language.** My career stepped up dramatically during the course (as did many of my cohort). My clients are responding beautifully to my increased sensitivity to their nervous system.” - Certification Participant

“What you learn in the program not only alters the way you approach your clients; **it alters the way you approach life.**” - Certification Participant

“I am grateful for finding the SPT community, **it was the best thing I accomplished for myself professionally and personally.** I have more confidence with my clients and I am better able to help them work through challenges they have. If you are searching for a methodology that reflects what the research on nervous system and trauma reports will help clients through their challenges, SPT allows you to help your clients work through their challenges and grow and thrive.” - Certification Participant

“I loved the learning experience of the Certification. **SPT has given me a new language** and a new way of sensing and appreciating what is going in my sessions with clients that I did not have. The Certification program has given me new skills which have given me the courage to become more authentic and grounded in my work with clients.” - Certification Participant

“I signed up for a course that would **revolutionize the way I work in the playroom,** but I didn't see how much this would change my world. The journey back to authenticity of self has completely broken the mould that was created. I am grateful that I was able to embark on this with a wonderful bunch of people who are supportive every step of the way. I think for the first time I am truly excited about where my professional journey is going. For the first time, I am 100% present and creating the path to who I want to be. The SPT journey is an amazing ride and the results show up every day.” - Certification Participant

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"This opportunity has not only allowed me to develop what I feel is a whole new level of skills, but also has **allowed me to become a better mom, provider, and person!** I feel that throughout this process I was able to implement the information, resource with other providers, and was really able to become more confident." - Certification Participant

"SPT taught me very clearly what is happening with the nervous system in the playroom, which I believe is fundamental to understanding the dynamics of what is taking place. The SPT community is an amazing group of clinicians and **everyone is so supportive of one another.**"  
- Certification Participant

"This training will not only deepen your work with clients, it will also help you to deepen your relationship with yourself. **It will also broaden and deepen your outlook and perspective on life.** Just do the training - you won't regret it!" - Certification Participant

"It's hard to put into words, actually! It is more of a felt sense, really, and **a journey with yourself!** It's an opportunity to really discover your potential and unearth your capacity to affect change just by being so authentically you!" - Certification Participant

"**SPT is an opportunity to come home to yourself,** to learn how to be a 'lightkeeper' for yourself and others. It is an opportunity for growth as a person and a therapist, to learn a gift we can pass on to the children and families we work with. You will never see the world the same way again." - Certification Participant

"The Certification experience was **one of the most profound learning experiences of my life** - possibly the most profound. I learned more about myself, my work, and my needs than I ever realized I would, and everything in my life has been touched by the knowledge that I've gained through delving into SPT. If you want to know yourself and your place in your work and the world, go for Certification!" - Certification Participant

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"One of the most powerful aspects of the training for me has been the ways in which I felt moved to connect with myself, my place of being. As I went along, I felt increasingly more comfortable being myself in the playroom, settling into the relationship with each client in a way that felt deeply authentic. When this happens, **I feel the healing magic**. I learned a lot and took my skills to a level I didn't think possible. The length of time, practice, supervision and homework really help it to sink in." - Certification Participant

"SPT is **a great experience** if you desire to integrate neuroscience, self-care, and play therapy into your therapeutic model." - Certification Participant

"The SPT program **changed the way I do my work**. SPT really works! I have seen faster progress with my clients since implementing SPT in the playroom." - Certification Participant

"Be prepared to feel supported as you **transform your life from the inside out**-brain, body, soul, relationships, career, and therapist. I am a profoundly different person having learned SPT." - Certification Participant

"This Certification journey is about so much more than learning how to be a good therapist. **This journey is also about YOU**. It's amazing how much I got to know myself as a result of taking a play therapy course. Yes, this Certification has made me a better therapist, but also a healthier person. I feel tremendously blessed to have gained this life-changing and life-giving knowledge, but I am even more grateful that SPT is now a part of me and goes with me into all areas of my life. I feel empowered, equipped, and confident that what I have learned in these last nine months will have lasting impact the rest of my life. I am not the same person as when I started this experience and neither are my clients - and for that I am truly grateful. Also, learning about the brain and getting to geek out about the brain is super cool!" - Certification Participant

"**This experience changed me**. I walked into this course lacking confidence in my abilities as a play therapist and feeling rather disillusioned with my work. SPT made so much sense to me, right from the beginning. I've never found a model in play therapy that resonated with me so fully. Now, thanks to SPT, I feel like I have a road map. I know what I'm doing, I know what I'm looking for, I know how I'm helping. And I can't believe the results I see from the children and families I work with. I am so much more confident and happy in the work that I do now, thanks to this course."  
- Certification Participant