

# How has Online Introduction to SPT changed the lives of therapists?

## Regulate

**"This course has impacted me personally by helping me learn to regulate my own nervous system** and the importance of this throughout sessions. It has helped me professionally be able to attune to clients and offer a new perspective to parents."

- Jennifer Biggs

## Inspire

**"My experience with the Introduction to Synergetic Play Therapy has inspired my work with children beyond what I expected.** One of the very key pieces that resonated with me from the beginning was authenticity, the permission to be strongly connected with myself and the value of this authentic presence as the most meaningful toy in the playroom." - Donna Vanderlip

## Deepen Understanding

"The Intro to SPT class is the best counseling class I have ever taken. There is no better training for counselors! **I have a deeper understanding of the counseling process and how to help children in the playroom.** It has given me a whole new perspective and changed my life both personally and professionally. Being authentic allows you to be free. There are just no words to describe it!" - Nancy Asher

## Empower

**"I now feel empowered to work in a more meaningful and respectful way** with children and their parents without suffering from compassion fatigue." - Lindi Leddin

**Need more proof? We have 10 pages of it...**

## More Testimonials

"Lisa Dion truly has a gift and I cannot wait to learn more about the SPT model. **The Intro to SPT course gave me a true understanding of what we all go through in being human** and the importance to "come back home." This was such a wonderful foundation for being a therapist in general and in learning more rationale behind working in this field."  
- Liz Keator

"I feel very grateful to have received this Intro training and am feeling inspired to continue this path as I begin my journey as a therapist. Through this course and the lens of the set up, **I am able to have more space for compassion and being in relationship.**"  
- Krystle Sivorot

"I gained an understanding of the SPT approach along with specific ways of being with a child and parents in the playroom that support relationship, self-awareness, and attachment to self, empowerment, integration of exiled parts and overwhelming experiences, and healing. **I also grew as a person in self-understanding.** The class both challenged me and supported my own growth. The one-on-one supervision was essential in this course. My consultant helped me apply concepts, gain a deeper understanding of the material, and supported me throughout the process of learning." - Jennifer Charnley

**"This course has been an amazing experience both personally and professionally.** The understanding of emotions, trauma, and behavior that I have gained through understanding how our nervous system operates is a valuable gift that will serve me as a therapist, as a mother, and as an individual in my relationships with others." - Susan Salazar

**"Love everything that I learned and my consultant!** Thank you!" - Kristi Cronan

"I have been interning as a school counselor at an elementary school and my supervision and previous training taught me close to nothing about how to actually interact in the room with the kids. **I learned essential and invaluable tools for working with kids from these SPT classes and consultations.**" - Francesca Stevenson

**"This was a wonderful course and I learned so much. One big takeaway was, of course, increased self-regulation!** I will recommend it to others." - Elizabeth Aubert

"This course has helped me reduce the feelings of burnout and also has helped with my own confidence/authenticity as a therapist. I have learned and applied already what I assimilated into my client work and in my personal life. **Since I accept and acknowledge parts of myself, I have less inhibitions and "shoulds" in the playroom.**" - Natalie Gavic

## More Testimonials

"When I first started my career working with children, a mentor told me warmth, empathy, and genuineness were the most important traits to convey. Those words stuck with me, but I didn't hear them often over the nearly 30 years of working with children. That is until I found SPT. I have studied many types of play therapy and all have been helpful. **However, SPT helped me come back to the foundation of being my authentic, genuine self.** I feel "green" again, like that new counselor, full of curiosity. I look forward to continuing on my learning journey with SPT." – *Lora Schultz*

**"A wonderful course that has added to my skill base.** I see how much it works in the room and I'm very thankful to have completed the Intro course." - *Kellie Cuper*

**"This course was life-changing!** The concepts are natural, easy to implement, and applicable to all areas of my life. The skills taught in the course enhanced my practice as a play therapist and I've seen a noticeable improvement in my ability to communicate with and support parents." - *Meredith Hammond*

"This course addressed many aspects of play therapy and gave me not only techniques, but a framework from which to understand and interpret play. I can say confidently that my therapy with children has been greatly positively impacted from completing this course. I am more authentic in the play therapy room which has helped me provide better therapy and avoid burnout. **I highly recommend it to anyone wanting to become a better therapist with a solid theory from which to engage in and interpret play.**"  
- *Kelsy Hoerauf*

"I continue to be (pleasantly) surprised with how much of what I learned each month was automatically being implemented into my client contact, as well as in my discussion and processing with student interns I supervised. Many concepts in this course aligned with my professional values, frameworks, and style already so they were natural implementations into practice. **But other concepts, ideas, techniques were game-changers and will continue to be implemented in the work I do every day with children, caregivers, interns, co-workers, and other professionals.**" - *Corey Snyder*

**"I feel it has been a good balance of challenging me as well as honoring who I naturally am as a person and therapist."** - *Jennifer Harbin*

"It's more than a play therapy practice, it's a lifestyle. **It's a belief in self, so that I can model (to myself) holistic love and acceptance from the inside out.** It is the gift of life. It is being in touch with myself so that I am available for myself (and others)."  
- *Sara Moore*

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"It's been amazing to me how long I have been in the field of play therapy, yet still have so much to learn. In every lesson there was a takeaway for me. I have been able to immediately apply the lessons. This work has helped me personally with learning how to regulate and be human in the session and, professionally, **I have seen this benefit the children and parents I am working with.**" - Rose LaPiereHarvey

"I am currently working with children in my Internship and this course **opened my eyes up to a new way of being with the child in the room.**" - Melissa Frick

"**This course has entirely changed the way that I do therapy** and understand the kids and parents I work with. I am a better therapist as a result of taking this course. Thank you!" - Annie Bukay

"**This course was an outstanding introduction** to the concepts and techniques of SPT." - Cynthia Burton

"This course left me wanting more. **Amazing new insights.**" - Arlene Holt

"**I loved learning SPT with Lisa Dion.** I graduated from the Somatic Counseling Program at Naropa and viewed this course as Somatic Counseling 2.0!" - Erin Flynn

"**The Intro to SPT course allowed me to explore myself as a clinician and gave me the confidence that I needed to work with children and parents.** The information that I learned during this course is a wonderful first step in becoming certified as a Synergetic Play Therapist. I would recommend it for anyone wanting a deeper understanding of themselves and the therapy process." - Megan Owen

"**The Intro to SPT class is the best counseling class I have ever taken.** There is no better training for counselors! I have a deeper understanding of the counseling process and how to help children in the playroom. It has given me a whole new perspective and changed my life both personally and professionally. Being authentic allows you to be free. There are just no words to describe it!" - Nancy Asher

"**I've been practicing SPT with my clients and have already seen amazing results.** I have also been able to become more aware of how I feel during my play therapy session and how that impacts the energy in the room." - Ana Gauthier

"**One of the most important things that I have gotten is the permission to JUST BE ME in the playroom with kids!** The realization that I don't have to "try too hard" but that my presence is most important. Also, I've learned many different ways that I can regulate myself which has impacted me both in my work and in my personal life - SPT really is a way of life!" - Heather Peddie

## More Testimonials

“Personally: Being authentic is more “nice” and “socially acceptable” than behaving the way I think is expected. Being authentic is the antidote to burnout, resentment, and depression. Showing my anger is less scary than not showing it. Professionally: setting boundaries in a congruent way, so I can run my practice the way that feels right, and ultimately more helpful. **It will make my practice better.**” - *Ofra Obejas*

“The impact has been felt from the moment I became aware of SPT. **It’s allowed me to be brave and vulnerable and try something new.** To trust my instincts and the child’s. It has taken my play therapy in a direction that feels right for me and the children I work with.” - *Danielle Johnston*

“Personally and professionally, **I have become more confident in my own abilities** and this has given me a platform to encourage and validate my personal sense of self. In this, I have found that I am more “in tune” to my clients and I’m able to identify progress through a different perspective.” - *Kyra Logsdon*

“I am 68-years-old and I have worked with children for over 45 years. My job as a Play Therapist has only been over the last 8 years. Lisa’s philosophy based on current research is aligned with my philosophy mainly learnt from experience and my love of working with children. **I am so delighted to have found a community of therapists who are akin.** It is with enthusiasm and confidence that I will continue to work with children and families knowing that I am not alone.” - *Bobbi Cruice*

“**This course has had a significant and profound impact on the way I relate to others both professionally and personally.** I have been able to extend my practice significantly and utilize the principles and practices in all aspects of my work in a management role. I feel my reflective capacity has increased and my ability to be centered and calm. My daughter and I connect on a level that we have not been able to before by engaging with her nervous system. I feel like I am being my authentic self and will be forever grateful.” - *Monica Robertson*

“**This course changed my whole perspective on play therapy, life, and myself.** Not only do I have a more compassionate perception of my clients and myself as a therapist, but I have learned the science to support this shift in perception.” - *Kimberly Dolan*

“This course has given me **insight into the entire process** from the initial contact to working with clients and parents.” - *Jessica Isbell*

“**This course inspired me to be more authentic and real** with my clients, gave me permission to regulate myself during sessions, provided the foundational knowledge of why this is so crucial, and inspired me to go on to study further in the Certification program.” - *Joann Lee Morris*

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**"I personally took a lot out of this course, not all of it was new, but what was new was extremely useful and impactful.** What wasn't new was an excellent reminder to go back to my roots of attachment and emotional work when working with children just like I have worked with youth and adults over the years but in a slightly different context. My entire team has felt the positive impact of this training on our work and we are very happy that we all did it at the same time. We will be able to continue to practice it together and that is very exciting." - *Mike Smith*

**"This course was a wonderful base** to learn more about play therapy and the way it affects our brains and lives." - *Courtney Hadjeasgari*

"The SPT lens and 'way of being' is one that 'fits' and is congruent with my own personal values and one that I have been able to easily integrate into both my personal and professional life. **The material and content have been exceptional, but it has also been an incredible process in which I have been able to develop further insight about myself** as a person, play therapist, and how to be more present and learn to self-regulate and attach to self. Highly recommend this course and in fact my friends and family have also benefited greatly from the skills and knowledge I've learned in addition to the children and families I have the privilege to work with. Thank you, Lisa, and to my consultant Mili, for this opportunity and experience." - *Melissa Teo*

"Being a new therapist, I have been looking for something that truly aligns with the way I want to incorporate myself as a therapist with young children. **SPT has spoken to me in too many ways to list and I am happy to have it as the foundation of my practice.** It has been very meaningful to gain a better awareness of myself in the room and how that impacts my kiddos, as well as being more aware of what the kiddos are bringing to the room. It has made my work with parents easier, which has been a source of anxiety for me. Thank you, I truly enjoyed this course and look forward to Certification!" - *Desiree Mansour*

**"This program has saved me in many ways.** But mostly it has helped me see clearer, be myself, show up and be fully present. It has impacted me on so many levels, both at home with my family and with my clients as well as colleagues." - *Danielle Oliveri*

**"It has changed the way I view my role as a play therapist.** I see myself more as a tool in helping a child learn to work through their many experiences up until they come to therapy as well as learning to deal with any experience they meet in the future." - *Lindsey Holsten*

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**"This course helped me to deepen my understanding of what is happening in the playroom.** It has given me tools to more fully understand what my young clients are trying to communicate to me and also how I can better be of assistance to them."

- Valeria Dolgin

**"Thinking about the therapeutic relationship in terms of the set-up is a useful paradigm shift** in approaching children in therapy. The focus on regulation and the nervous system fit well with my approach coming into the training and gave me more specific language to explain it." - Jennifer Hamman

"I've learned a successful method of working with children that actually is a 'one size fits all' method because it isn't prescriptive. **It's a powerful working method** that asks me to be my authentic self in my practice with children and has shown me ways I can do this. It's helped me feel empowered, valued and validated as a play therapist. **I think it's the most effective method there is, and I thank you for creating this experience.**"

- Shelley Hine

**"This course has been eye-opening and life-changing.** I have a better understanding of play therapy and how I can utilize my nervous system to help benefit my client's nervous systems. It has been a gift to learn how to be more of my authentic self throughout this course and how I can benefit my clients with it." - Jennifer Den Boer

"This course impacted me both personally and professionally. I have often doubted myself or told myself that I had to be doing things in a certain way in order to have the biggest impact or make the biggest difference, and I have lost myself along the way. **This course showed me that I AM the most important piece in healing and working through issues,** the way that I present my whole and authentic self. It has also shown me to be authentic in all of my interactions with others outside of work as well."

- Jessica Armstrong

"This course has taught me how to think in terms of regulation and not just as a metaphor in the playroom. **This course has been an entire paradigm shift in my practice and has made me a more authentic therapist and person.**" - Heather Kaloupek

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**"This has been an amazing and profound learning experience.** I felt drawn to this model of play therapy the minute I read about it. I felt that I had to do the six-month course and **loved every second of it.** I feel that professionally I am more confident and capable in my role as a therapist. Lisa is an inspirational teacher and the knowledge that she has provided on the course has allowed me to feel passionate and enthusiastic again about this work. I have enjoyed the training so much that I am continuing on to the Certification course. This was a big decision but again I know in my gut it will be a decision that will greatly benefit me both personally and professionally." - *Charlotte Lyne*

**"It's hard to put into words...the biggest piece i can feel is I AM enough.** This course took my infant self and rocked me through how to BE myself. I am so grateful for this experience. It helped give me an understanding of what I have been experiencing in the playroom and in life in general. I used to question why I am feeling this way as if I was doing something wrong...now I am brave enough to actually explore those feelings and integrate them into my work and life. Thank you." - *Alice Leckenby*

"Permission to be authentic deepened the Self development as a professional and as an individual. I thought of myself as authentic and this course helped me to gain insight in areas I was once blind. For example, I did not realize I was not reflecting danger themes and this stemmed from my own childhood experiences. Once that insight was there, **I was no longer in the 'way' of the healing process for my client.** Additionally, I no longer experience the hypo at the end of my day. I find myself better able to be present for my family in the evenings after work and have increased distress tolerance." - *Kristin Snyder*

**"I was able to grow in my play therapy practice because of the information I learned in this course.** It also helped me to integrate some of my own past trauma." - *Sarah Sanburn*

"I appreciated doing this course again for my re-certification. The review was invaluable. It's unbelievable how much one forgets over time. As well, there was a lot of new/updated material that was added over the last three years. **It has confirmed for me how SPT is so "alive" and growing all the time.** I am grateful for the professional and personal growth and honoured to be a part of this play therapy community." - *Mary Yan*

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**"I don't know where to begin; the impact is profound and universal.** This experience and the information from the course have helped define me as a student and future clinician, as well as a human being. I connect and personally identify with this information and it feels absolutely natural to me. As a mother, this has helped me identify themes, trauma, and experiences that have come out in my son and I have the tools to build his regulation and nervous system." - *Lynly Timmerman*

"Since starting the Online Introduction to Synergetic Play Therapy course, **I have a renewed energy for my work with children.** This has helped provide a framework for understanding what is happening for the client and myself within the play therapy room. I have also gained confidence in educating parents on how change is happening each week. Incorporating the modeling of self-regulation within each session has been an amazing skill set that has been beneficial for my clients and myself. I am eager to continue to build my skill set within the Certification process." - *Racquel Schneider*

"I work with a lot of children, and this course has helped me feel more comfortable in the playroom with them which I think has allowed them to feel more comfortable as well. **Really, this course has also helped me get more in touch with what is going on inside myself,** which has been really cool for both inside and outside therapy."  
- *Jana Carson*

"The most rewarding part was the validation that I can be authentic within the playroom instead of abiding by a theory that had me too much in my head. I love neuroscience so that has been a perfect fit for me personally. From learning much more about regulation and nervous system states over the course of these past six months, **I feel I have significantly improved as a provider which has allowed me to better help the clients I see and their parents.**" - *Blair Birkett*

"I enjoy that this approach allows the therapist to be authentic. **I feel that it gives us permission to be human.** I feel that it has taken some of the pressure off of me while working with students and it allows me to enjoy the moment and build that relationship."  
- *Cassandra Cook*

**"This course has helped me learn the value of connecting with my own feelings** as a way to better relate to and attune with my clients of all ages, not just kids!"  
- *Andrea Abke*

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"This course offered me so much in information, knowledge, and how-to's. More importantly, **it helped me learn how to BE with the child in the play therapy room.** I gained a much deeper understanding of the power of the energy I bring into the playroom, the energy I allow and accept from the child based on my own window of tolerance and previous 'shoulds' about what a therapist is supposed to DO as compared to the power of how to BE in relationship to that child. It made me realize how much I was limiting the process of the child by constricting my own emotions as a way to 'regulate' as opposed to allowing myself to experience my emotions and energy in order to accept the child's experience and emotions and co-regulate with them. This then translated into more awareness in every relationship I have. Sometimes to the point of 'holy cow!!!!'

- Terri Murray

**"This course has rerouted my journey as a therapist for children.** It has made me feel like the energy in the playroom that I didn't know what to do with before SPT now has a name, a place, and an understanding. **SPT feels like home** for me as a therapist - some place to orient to." - Kristina Dixon

**"This course has given me a framework from which to approach play therapy with young children, and with that framework, a lot of confidence.** I look forward to learning more, and continuing my professional, but also personal, growth." - Megan Lelli

"The course helped me begin to regulate myself in session as well as outside of sessions in my everyday life. **It's been amazing getting more connected with the wisdom of my body.**" - Mandy Barrett

**"I learned a lot of new information in this course. This course gave me a refreshing outlook on play therapy with children,** knowing that, as the therapist, I can regulate during sessions with the child and set boundaries when needed. Organically moving through emotions that arise during sessions feels very natural. As I've taken this course, I have practiced what I have learned and have seen some significant changes in the clients I work with. This also feels more natural and healthy for the children as well as for me. I plan to continue to practice and implement what I have learned. Personally, I enjoyed this course very much! I looked forward to my consultations once a month and felt they were very helpful!" - Sara Mann

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"A clear direction on embracing my authentic self in the playroom and being able to use my authentic self to work with children on integrating their challenges and at times my own.

**I've also felt like I have gained permission to respond to my own needs for regulation** and the insight that doing so is also helping the child." - *Amy Baillie*

"I have a client whose play is very aggressive and scary. One day, with a few minutes left, he wanted to go outside. He brought a bow and a sword from home. He said, "We're in the jungle." I was walking, crouched down behind him. As I was walking, I became overcome by the feeling of terror. **As soon as I named this, he stood up and we went back inside. I wasn't getting this until that moment.**" - *Diane Larsson Nehru*

"This course has helped me professionally as a kindergarten teacher. I am very excited about starting the new school year with all this new knowledge of regulation and the 4 threats to the nervous system. Last year, when I was able to stay regulated throughout the day, I noticed I had more energy for my family when I got home. **I'm hoping that I can make this a regular part of my teaching practice** and I'm excited about passing on some of this knowledge to my students and co-workers. It has also opened up more opportunities for me as I'm planning on getting my counseling degree so I can move into play therapy so I can support children one-on-one and in a different setting." - *Erin Bell*

**This course impacted me in many ways.** I learned so much and felt that this model fit my style when working with children. Personally, I have used more attunement at home with my children and identified when they amped up the conversation when I wasn't present." - *Jennifer French*