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## Introduction to Synergetic Play Therapy Testimonials

✨ “I’m learning Synergetic Play Therapy with Lisa Dion after over 20 years of providing play therapy and 10+ years of providing play therapy training and supervision. I’m here today to tell you that what she is teaching is a game changer. Every one of us needs to understand in an embodied way what it means to combine neurobiology and relationship as the foundation of all the work we are doing with clients, but also with colleagues, friends, family members and SELF. Much of what I’m learning, I’ve known and done intuitively for years but it is SO liberating to connect the dots and have an understanding through the neurobiological lens of WHY we need to utilize and trust what we feel in our own bodies when in connection with another person.” – Lynn Louise Wonders

✨ “The Introduction to Synergetic Play Therapy course was a pivotal training in my professional development as a Certified Child Life Specialist. It supported the work I was already doing as a CCLS by providing valuable research and science to validate many of the best practices of child life and gave me the knowledge and framework to better justify my work to multi-disciplinary team members. It gave me the skills and practice of self-regulation to be able to “feel with” patients and families without the negative side effects of burnout and compassion fatigue that often plague our field. SPT helped me tap into and trust my felt experiences and intuition in working with children and families in highly stressful moments. This course expanded the way I perceive and provide support during stressful events and procedures, it strengthened my ability to be with children experiencing all emotions without the need to rescue them from challenging feelings, and it gave me skills in play that have transformed the way I work with children. I often refer to my professional life as before SPT and after SPT, with the later being where I have experienced the richest interventions and outcomes working with children and families. I highly recommend this course to anyone looking to deepen their practice and gain skills for helping children and families build new neural pathways of resiliency.” – Cara Smith

✨ “It’s been over 2 years since I took the Synergetic Play Therapy Course. One of the best choices I’ve ever made. The magnitude of deeply attuning with our clients.. and ourselves .. is immeasurable!”  
– Jackie Flynn

✨ “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 experience has been validating to my entire human experience, and offered a clear framework to better connect with myself, client, and world! I know this was only the tip of the iceberg into integrating these powerful concepts, and I'm so hooked, I've already signed up for certification to continue my journey!” – Jessie Brockmeier

✨ “This class was a perfect combination of understanding the current science/research, gaining clinical understanding and learning new practical skills in order to find the perfect balance of how to work with clients and their families.” – Kaity Sollenberger

✨ “I feel more comfortable overall doing play-therapy. I have learned about specific tools and items that are especially helpful to have in the playroom. I will also strive to ground myself more between sessions. After this course I am already feeling more confident with knowledge of different types of play. I have been a therapist for almost a year now and although my background is in social work, I have not had experience with doing therapy. This course will be a major contributor on my way to gaining the knowledge and experience I am striving for in my new profession.” – Alena Kanter

✨ “This course really was more of an experience. I connected with myself on a deeper level and feel it is going to help me immensely in my work. Lisa explained the content in a simple way that I was able to understand, including multiple learning tools to solidify concepts. It was phenomenal!” – Kayla Barnett

✨ “I am an LCSW in an elementary school and this training will be very beneficial as I carry these practices into my groups and individual sessions with children.” – Kaylee Keuthan

✨ “I loved every minute of it. It was so gentle, yet invigorating. I wanted it to last longer. The entire team was so supportive. Lisa was amazing. What I loved is that everyone lived what they were teaching - congruence, co-regulation, being human, stopping to assess our own interception. It was truly very authentic, very inspiring and quite transformational.” – Cyndi Jordan

✨ “This course gave me permission to go beyond the agency/insurance expectation of what a session should consist of, in order to meet my client's needs and understand how to foundationally start with a client and truly meet them where they are at in order to connect.” – Shannon Walk

✨ “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/other professionals.” – Corey Snyder



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✨ “Ha sido una experiencia muy enriquecedora y transformadora, cada clase fue una lección de vida y me confirmaba el porqué hago lo que hago y el camino que he elegido es el correcto. SPT me ha ayudado a integrar todo lo que he aprendido y darle mayor estructura y mayor base científica.” – Ginna Rueda Aparicio Guatemala

✨ “This online SPT training has been one of the most influential trainings that I have ever taken. SPT incorporates so many things that I already know to work with my clients, has added new things that I have not already learnt and things that I have not previously thought about, and has put it all together in a way that allows me to use the training in my day to day work with my clients. This training has been so valuable that I am planning on taking the certification course.” – Kim Kendall

✨ “This course explained regulation in a way I have never experienced before. I use the tools and knowledge within all areas of my life.” – Courtney Payne

✨ “This course was eye opening for me in many ways. Lisa has put the newest information from the various fields into a whole new perspective. There are new 'anchors' in my work now that I can rely on and there is a lot more of the feeling: I know what I am doing. It allows me to be more active as a therapist while staying non-directive and trusting the child's own process.” – Kamila Hollá

✨ “This course was a game changer for how I am as a therapist. It provided me with a foundation that I didn't know was missing in my work not only with children, but also with adults. I am excited about my work again.” – Sarah Boulac

✨ “If you are working with children who have trauma, you MUST learn SPT. It will change your entire approach and leave you energized instead of drained. SPT helps with life balance as a therapist. The best self-care is being authentic and congruent, which is the foundation of SPT. BE YOU!” – Marsha Williams

✨ “SPT has been groundbreaking for me in terms of my continuing education. I honestly think I learned more about play therapy in the 6-month intro program than I did during grad school. Lisa does a wonderful job explaining "right-brained" concepts like play in a "left-brained" way that makes sense to me and the parents of the child clients I work with. Not only has this knowledge helped me in my professional career, but also in my personal life. I have learned so much more about myself and how I move through the world. I cannot recommend this course enough.” - Taylor Daniel

✨ “I would highly recommend this course to anyone thinking of working with kids in a therapeutic context. So much of the material is applicable to working within relationship. There are many examples that focus on work with children/youth directly with most examples using a human experience or those directly related to the playroom.” – Kimberly Embleton



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✨ “I thoroughly enjoyed SPT intro! The learning and concepts are taking my life and my coaching to a next level I couldn't be more grateful for! I'm grateful for the decision I made to join this program and for what it taught me in understanding myself, others and us both in relation to each other! Thank you Lisa for your brilliant light. Shine on!” – Susan Gruen

✨ “The Online Intro to SPT was a thoroughly fulfilling and inspiring process. The learning, application to my practice, and collaboration I received was such a valuable experience. My only regret is that I would have received this course earlier.” – Rosalie Piedra

✨ “This experience has been validating to my entire human experience, and offered a clear framework to better connect with myself, client, and world! I know this was only the tip of the iceberg into integrating these powerful concepts, and I'm so hooked, I've already signed up for certification to continue my journey!” – Jessie Brockmeier

✨ “SPT has provided me with a deeper way of being with children in the therapy space. A more insightful understanding of neurobiology, humans and a way of experiencing life. SPT training is a dynamic and heartfelt approach with the integration of theory and practice. It will take your breath away as you deeply experience a link to the work you do with children and families.” – Katie Hepner

✨ “SPT is the missing piece in play therapy. I gained an understanding of who I am in the playroom – a humanness that wasn't there before.” – Frances Donohue

✨ “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 consultation 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



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✨ “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 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

✨ “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

✨ “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

✨ “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 being authentic, the permission to be strongly connected with myself and the value of this authentic presence as the most meaningful toy in the playroom. I have seen so much of what I have learned here play out in my sessions, both in relationship to the children and with myself. It is invaluable - I am more than excited about going forward with the Certification program. Thank you so very deeply for what you have offered, Lisa.” – Donna Vanderlip

✨ “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,



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professionally, I have seen this benefit the children and parents I am working with.” – Rose LaPiere-Harvey

✨ “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

✨ “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

✨ “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



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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

✨ “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

✨ “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

✨ “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 how to be authentic in all of my interactions with others outside of work as well.” – Jessica Armstrong

✨ “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

✨ “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





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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 client’s 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 offered me so much 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 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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✨ “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