

Healing Hearts Centre Adlerian Play Therapy Certification Training and Association for Play Therapy (Singapore) Parallel Chart

Updated as of March 2023

	APTS Professional Members – Registered Play Therapists			Healing Hearts Centre Adlerian Play Therapy Certification
Accreditation/ License	Current and active member of a local and/or international mental health professional body			<ul style="list-style-type: none"> • Pre-requisite to be an Adlerian play therapist supervisor and trainer
Educational Degrees	Must hold an undergraduate or post graduate qualification in general practice disciplines such as counseling, marriage and family therapy, social work, psychology, psychiatry or other mental health related fields			<ul style="list-style-type: none"> • Pre-requisite to embark on AdPT 1 Introduction to Play Therapy training
Play Therapy Specific Education (cumulative hours should not exceed 5 years)	<p><i>Through the completion of play therapy specific training, the applicants are to demonstrate a well rounded education in play therapy competencies.</i></p> <ol style="list-style-type: none"> 1. 150 hours of play therapy specific training in four primary areas; 2. Not more than 50 of the 150 hours play therapy training hours may be online/non-synchronous; 3. Instructional hours must be accrued within 5 years; 4. The training can be obtained from institutions of higher education (either local or overseas) or APT(S) Approved Providers; 5. Recommended play therapy training areas and training hours as follows: 			<ul style="list-style-type: none"> • Play therapy basics equates to AdPT 1 - Introduction to Play Therapy (21 hours) • Play therapy theories, skills and methods equates to the following AdPT classes: <ul style="list-style-type: none"> ○ AdPT 2 – Introduction to Adlerian Play Therapy (14 hours) ○ AdPT 3 – Beginning Adlerian Play Therapy (40 hours) ○ AdPT 5 – Advanced Adlerian Play Therapy (40 hours) ○ Total – 94 hours • Play therapy special topics equates to the following AdPT classes: <ul style="list-style-type: none"> ○ AdPT 4 – Parent/Teacher consultation in Adlerian Play Therapy (16 hours) ○ AdPT 6 – Conceptualisation and Treatment Planning in Adlerian Play Therapy (21 hours) ○ Total – 37 hours • Total – 152 hours
	Primary Areas	Competencies	Recommended Minimum Training Hours	
	Play therapy basics	<ol style="list-style-type: none"> 1. Introduction to play therapy 2. Play therapy history, 	20 hrs	

		<p>approaches and processes</p> <ol style="list-style-type: none"> 3. Therapeutic powers of play 4. Attachment theory, neuroscience, developmental stages in play 5. Ethical practice in play therapy 		<ul style="list-style-type: none"> • Over the minimum hours for APTS registration. There are also other play therapy special topics or Adlerian play therapy specialised topics available.
	<p>Play therapy theories, skills and methods</p>	<p>Specialisation in at least one play therapy approach, for example, Adlerian, Child-Centered, Cognitive-Behavioral, Developmental, Ecosystemic, Filial, Gestalt or Theraplay,</p> <p>and to include the following:</p> <ol style="list-style-type: none"> 1. Assessment and conceptualisation of needs 2. Treatment goals and planning 3. Skills and techniques 4. Play themes, dynamics, stages and clinical considerations 	70 hours	

	Play therapy special topics	Play therapy with special populations and childhood related issues and mental health diagnosis/disorders. For example, depression and anxiety, trauma, divorce and separation, behavioral, learning issues, chronic illness, death and dying	35 hours	
	Applicant's choice	The remaining hours may be earned in any 25 hours choice of the domains listed above	25 hours	
Supervised Play Therapy Experience	<p><i>Through the supervised play therapy experiences, the applicants are expected to demonstrate play therapy clinical competencies such as engagement, assessment, treatment planning, play therapy stages and processes, ethical practices and self care.</i></p> <p>1. Complete a minimum of 40 hours of play therapy supervision and 240 hours simultaneous play therapy clinical experiences</p> <p>Of the required 40 hours, no more than 10 group supervision hours will be accepted.</p> <p>1. Group supervision consists of one supervisor and at least two but no more than 10 supervisees;</p>			<ul style="list-style-type: none"> • At least 50 hours of play therapy clinical experience with at least 3 clients required for AdPT certification • At least 10 supervision hours: <ul style="list-style-type: none"> ○ 1 video recording indicating AdPT Phase 1 work ○ 1 video recording indicating AdPT Phase 2 work ○ 2 video recordings indicating AdPT Phase 3 work ○ 2 video recordings indicating AdPT Phase 4 work ○ 1 video recording indicating parent consultation work ○ 3 hours demonstrating conceptualisation and treatment planning

	<ol style="list-style-type: none"> 2. Supervisors (local or overseas) must be recognised by their licensing or professional bodies as eligible to supervise, has play therapy supervisory experiences and/or approved by APT(S); 3. Meeting with your supervisor can be held via in person or online platform; 4. Supervisor must have observed at least 5 play therapy sessions either live or via video recordings; 5. Supervision hours and play therapy clinical hours must be accrued within 5 years <p>Note:</p> <ol style="list-style-type: none"> 1. Play therapy supervision should be conducted during or right after the completion of Play Therapy Basics Training Hours (refer to notes on Education) 2. Recommended 1 hour of supervision for every 6 client contact hours 	
Renewal		
Continuous Professional Development	<p>At least 30 hours of APT(S) approved continuous professional development in play therapy every 2 years:</p> <ol style="list-style-type: none"> 1. Either local or overseas 2. Via in person or online 3. For example: conferences, webinars, workshops. 	N/A
Supervision	<p>At least 20 hours supervision by APT(S) approved Registered Play Therapist- Supervisor every 2 years:</p> <ol style="list-style-type: none"> 1. Either local or overseas 2. Via in person or online platform 	N/A
Play Therapy Session Hours	<p>At least 120 hours of clinical work in play therapy every two years</p>	N/A

