

# INTENSIVE FILIAL THERAPY TRAINING at GROVE CENTRE

FOR MENTAL HEALTH PROFESSIONALS SEEKING TO DEVELOP  
COMPETENCY IN FILIAL THERAPY

**AN INTEGRATED FAMILY THERAPY AND PLAY THERAPY INTERVENTION TO  
STRENGTHEN FAMILY RELATIONSHIPS BY ENGAGING CAREGIVERS AS PARTNERS  
IN THEIR CHILD'S THERAPEUTIC PROCESS.**

*Intensive Filial Therapy Training Program developed by Dr. Risë VanFleet that features  
the work of Filial Therapy originators, Drs. Bernard and Louise Guerney and  
governed by the International Institute of Filial Therapy Professional Education (IIFTPE)*

*View or download the Dr. Risë VanFleet [Intensive Filial Therapy flyer](#) or go to [grovecentre-trainings](#)  
for the flyer and detailed information about this international training program*

**August 19 – 22, 2023**

Burnaby, British Columbia

6:1 PARTICIPANT-TO-LEADER RATIO

*Sponsored by:*



GROVE CENTRE  
FOR CHILD AND  
FAMILY THERAPY

*Presented by:*

**Christopher Conley**  
MA, RCC, RMFT, CPT-S, RPT-S

Registered Clinical Counsellor  
Registered Marriage & Family Therapist  
Certified/Registered Play Therapist Supervisor  
Certified Filial Therapy Therapist & Instructor

## ABOUT THE INSTRUCTORS

### **Christopher Conley**

MA, RCC, RMFT, CPT-S, RPT-S

Christopher is a Certified Play Therapist Supervisor (CPT-S) with the Canadian Association for Play Therapy and a Registered Play Therapist Supervisor (RPT-S) with the (American) Association for Play Therapy. He has over twenty-five years of clinical experience with families and children ages 18 months to 18 years. He is a Registered Clinical Counsellor (RCC) with the BC Association of Clinical Counsellors, Registered Marriage and Family Therapist (RMFT) with the Canadian Association for Marriage and Family Therapy, and Clinical member of the American Association for Marriage and Family Therapy (AAMFT). He holds a Master of Arts degree in Counselling and Psychological Services.

Christopher is a Certified Filial Therapy Instructor who provides intensive Filial Therapy training to mental health professionals. He has completed the advanced and instructor Filial Therapy trainings with Dr. Risë VanFleet and co-instructed with her an intensive Filial Therapy training program in Pennsylvania. He has conducted several intensive Filial Therapy training programs in British Columbia.

Christopher has written articles and has conducted workshops nationally in Canada on topics including play therapy, filial therapy, parent education and classroom management. He is a board member of the International Institute of Filial Therapy Professional Education and is a past board member of BCPTA and CAPT.

## Heddy Swigger

MSW, RSW, RPT

Co-Instructor

Heddy is a Certified Play Therapist (CPT) with the Canadian Association for Play Therapy. She has five years of clinical experience with children and families from the age of 2 to 18 years old. Heddy is a Registered Social Worker (RSW) with the Ontario College of Social Workers and Social Service Workers (OCSWSSW). She holds a Bachelor of Science degree with an Honours Specialization in Neuroscience as well as a Master of Social Work Degree. Heddy is the founder and clinical lead of Tessellate Child and Family Therapy and specializes in using Child-Centered Play Therapy (CCPT) and Filial Therapy (FT) to support children and families.

Heddy is in the process of becoming a Certified Filial Therapy Instructor. She has completed the Advanced and Instructor Filial Therapy trainings with Dr. Risë VanFleet and co-facilitated with her an intensive Filial Therapy training program in Pennsylvania.

## ABOUT THE WORKSHOP

Filial Therapy is a highly effective empirically-supported intervention integrating family therapy and play therapy to address child and family problems. Therapists learn how to train and supervise parents as they conduct special child-centered play sessions with their own children (ages 3-12+), an approach designed to resolve presenting problems while strengthening family relationships.

Filial Therapy has been used successfully with many children and family problems. A research history spanning more than 50 years has consistently shown Filial Therapy to be cost-effective in facilitating positive and long-lasting child and family change. The use of this relatively short-term, evidence-based approach has increased dramatically worldwide in recent years due to its effective, empowering approach to strengthening families. Filial therapy has been used in many different settings and has been embraced by many cultural and ethnic groups throughout the world because of its respectful involvement of parents as partners in the process of family change.

## LEARNING OBJECTIVES

Participants will be able to: 1) describe at least 3 advantages of filial therapy over individual play therapy; 2) teach the 4 child-centered play skills to parents using mock play sessions; 3) help parents understand the value of play and their involvement in their children's treatment; 4) observe parent-child play sessions and provide constructive feedback to parents to improve their skills; 5) discuss themes of the play sessions with parents to further understanding of the child and the relationship; 6) help parents generalize the use of the play skills to everyday life situations; 7) monitor home-based play sessions between parent and child to ensure maintenance of skills; 8) discuss some of the primary research that has been done on this powerful family play therapy approach; 9) help parents process their own feelings and dynamic issues that are elicited by the parent-child play sessions.

## WHO SHOULD ATTEND

Psychologists, social workers, mental health therapists and counsellors, family therapists, play therapists and other experienced professionals working with children and families and who meet the prerequisite.

## PREREQUISITE TRAINING/READING

Participants are required to have prior training and supervised experience in Child-Centered Play Therapy, have read the book *Child-Centered Play Therapy* (VanFleet et al) and preferably attended a live introductory workshop or distance-learning course in Filial Therapy and read the book *Filial Therapy* (VanFleet). Please include a brief description with your registration of your professional background and how you meet the prerequisites.

## TRAINING METHODS

Training involves didactic information, case presentations, video and live demonstrations and role-play skills practice. Participants receive direct verbal and written feedback from the instructor.

## CONTINUING EDUCATION

CE credits can be provided for both CAPT and BCPTA. Other CE credits available. Christopher Conley is approved by the Canadian Association for Play Therapy to provide continuing education and foundation training specific to play therapy. The BC Play Therapy Association also recognizes Christopher Conley as an approved provider of play therapy training. Christopher Conley maintains responsibility for this program.

CAPT Continuing Education and Foundation Training Approved Provider 09-101, 27 hours

Attendance for all contact training hours is necessary to receive attendance certificate, partial hours cannot be provided. Successful completion of student evaluation is necessary for foundation training credit hours toward certification from CAPT.

## FEES & CANCELLATION POLICY

**Early registration fee** (fully paid by July 8): **\$1,050.00 CAD + GST**

**Regular registration fee** (paid after July 8): **\$1,280.00 CAD + GST**

Special one-time \$200 USD discount already applied. Registration fees are set by Dr. Risë VanFleet for all international Intensive Filial Therapy instructors as all use the same original international Intensive Filial Therapy Training Program. Written cancellations received before 30 days prior to training date will receive a full refund. Written cancellations received before 14 days prior to training date are subject to a \$200 cancellation fee, with the remainder being refunded. Unfortunately, no refunds can be given after 14 days prior to training date unless another participant substitutes, subject to \$200 cancellation fee.

Registration fees include training hours, training materials and refreshments. Lunch is not included. Fees in Canadian funds. Registrations are accepted on a first-come-first-served basis. Please review cancellation policy. Registration fees can be paid online on payments page at [www.grovecentre.ca](http://www.grovecentre.ca).

## REGISTRATION

Please email your registration information to ensure space is available and for review of prerequisites. ***Please note prior training and experience in Child-Centered Play Therapy is required to register.*** Please feel free to email or call with questions about prerequisites. Registration is complete once payment is received online on payments page at [www.grovecentre.ca](http://www.grovecentre.ca). Please do not make payment until you have received confirmation of your registration. Download registration form at [www.grovecentre.ca](http://www.grovecentre.ca) on training page.

## TRAINING LOCATION & SCHEDULE

7382 Winston St, Suite 105, Burnaby, BC V5A 2G9

**Saturday August 19 – Tuesday August 22, 2023 • 9:00am – 5:45pm**

Parking: on street (limited) and in 2 rows at rear of building. See website for directions and parking information.

Covid vaccinations required to attend training. Contact us with any special needs as we are committed to making training accessible to all interested participants. Contact Christopher with any questions at [train@grovecentre.ca](mailto:train@grovecentre.ca).



GROVE CENTRE FOR CHILD AND FAMILY THERAPY

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