

PLAY THERAPY Frequently Asked Questions

1. What is play therapy?

The Association for Play Therapy (APT) defines play therapy as "the systematic use of a theoretical model to establish an interpersonal process wherein trained play therapists use the therapeutic powers of play to help clients prevent or resolve psychosocial difficulties and achieve optimal growth and development."

2. Who should take play therapy courses?

Mental health professionals (including licensed therapists, therapist interns, and allied health professionals) who work with children, adolescents, and their families without the ability to verbally express their thoughts and feelings can benefit from play therapy.

3. How do I enroll in play therapy courses?

Visit the [Play Therapy webpage](#) and scroll down to COURSES. Click + next to COURSES to expand the list. Click on course title for more information. Click ADD TO CART to enroll.

Each course is offered at least once every two years. See Play Therapy Courses 2023-2025.

4. How many continuing education (CE) credit hours will I earn?

Courses are offered live online or in person. Most courses offer 7 hours of CE credit. Most live online courses offer 5 hours of APT Live Webinar credit and 2 hours of non-contact credit. In person courses offer 7 hours of contact credit.

5. When will I receive my certificate of attendance for CE credit hours?

Email Jessica Bradford (jebradford@ucsd.edu) to request a certificate of attendance for CE credit once grades are posted for a course.

6. How do I apply to become a Registered Play Therapist (RPT) or Registered Play Therapist Supervisor (RPT-S)?

Visit the [Association for Play Therapy](#) (APT) for information about becoming a credentialed play therapist. UCSD Extended Studies is an APT Approved Provider of play therapy continuing education. APT Approved Provider: 98-046.