

Play Therapy Statements

Student Statements About Antioch University Seattle's Play Therapy Certificate Program

"This long overdue program is especially beneficial to those working with children who fall through the cracks of conventional verbal therapies. I applaud Cary for her vision and leadership to pioneer it here. Cary brings into the classes her wealth of experience, which injects life into textbook theories. The class on the neurobiology of play is particularly helpful because it explains empirically the importance of play in the context of healing and growing. Additionally, the classes on sandtray therapy demonstrate the power of play for both adults as well as children. I highly recommend this program."

-Cohort I Student (Kim)

"The Play Therapy classes taught at Antioch have been a valuable edition to the education I have received in other CFT/Drama Therapy classes. I now have a much better understanding from a neurobiological standpoint as to why creative art therapies are effective in healing trauma and I am excited about integrating play therapy into the work that I will be doing with adults as well as children."

-Cohort I Student (Christine)

"The Play Therapy program has been a highlight in my studies of Couples and Family Therapy and Art Therapy at Antioch! I've gained practical skills, knowledge, and confidence that support me in my internship, with my clients, and in thinking about my plans for the future."

-Cohort I Student (Bobbie)

"AUS's Play Therapy program led by Cary Hamilton is a true gem for the mental health community in WA State. The focus on cutting-edge neuroscience and empirically supported research speak to the level of competence of Cary and her play therapy cohort. As a student therapist, my acquired understanding of sand tray therapy from this experience will inform my evolving style of practice for years to come. Moreover, I was psyched to learn that Siegel's work was featured."

-Current Student (Zach)