

Building Better Relationships



From Emily Jernberg, PhD, daughter of Theraplay® founder Ann Jernberg, PhD and Certified Theraplay Practitioner

The last few years have been tough for families and individuals. Children's mental health is in crisis. Trust in our institutions and even the future of our environment is being eroded. Violence has erupted in what ought to be our most sacred and safe spaces. Add to that the multiple effects of the ongoing pandemic, and who could blame a person for feeling fractured, alone, hopeless, and anxious?

How do we maintain a sense of hope and trust? How can we feel safe enough to turn towards our fellow humans and to attend to their needs while also keeping in mind our own value and meeting our own needs?

Theraplay can be part of the answer. When experience has taught that it's not safe to let others in, Theraplay's focus on attachment and connection allows us to both offer others security and to focus on experiences of trust and safety, ourselves. We can also remind ourselves of our common humanity, inspiring a sense of belonging.

When we see others oppressed by self-doubt and feeling too paralyzed to take action, we can delight in, and then show them, their beauty and strengths so that they can remember their value. We can also receive it from each other when we're feeling doubtful.

We need to find courage to grieve the losses and even to feel the despair that's inevitable at times, but we also need to focus on our strengths.

I want to share with you some of my own experiences growing up as the daughter of Ann Jernberg, the founder of Theraplay. I was incredibly lucky to be surrounded by Theraplay therapists, as well as my parents. I loved to attend my mother's training because I got to be a "demonstration child". There's nothing like being passed around in a circle of amazing adults like Phyllis Booth, Terry Koller, or enthusiastic trainees, each telling you how special you are. These kinds of experiences sustain me when things feel dark. I hope that each of you, too, has your own version of feeling loved and special that you can tap into during these difficult times.

Are you ready for a playful comparison? Sometimes, I see planet Earth with its many problems as being like a client, and we're the Theraplay therapists who provide Structure, Engagement, Nurture, and Challenge: We courageously strive to keep each other and our planet safe, sometimes even when there are difficult forces to be reckoned with; we find appealing ways to connect with each other, even when we get signals that we're not wanted; we care for each other even when there's a feeling that it's not deserved; and we challenge each other to do our best, and then we high-five each other when we've accomplished it.

My mother's childhood was overshadowed by trauma from her experience as a young Jewish girl, first in Germany fleeing from the Nazis, and then in the process of escape from some harrowing situations until she arrived in America at age 10. Her world felt very dark and the future uncertain. It amazes me that she overcame the pain of her formative years to come up with a therapy that redirects challenges toward building strengths, empowerment, and connection with a spirit of lightness and fun.

I feel strongly that now is a time for us, too, to take action to help not just individuals and families but, by reaching out to each other, to help whole societies, countries, and our planet not just survive but move towards thriving by tapping into our embodied Theraplay skills.

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Mission Statement

The Theraplay Institute (TTI) has been an innovator and educator in the field of children's mental health for over 40 years. Our clinical model, Theraplay®, has been continuously updated during this time to reflect scientific advances in treating the neurological, developmental and social-emotional challenges that affect children and their families.


TTI trains clinicians and are leading experts in the fields of attachment, parent-child relationships, and trauma-informed practice. We practice and teach others how to provide best practice therapy for issues arising out of, among other things, adoption, trauma/abuse/neglect, developmental disorders, ADD/ADHD, attachment insecurities, and medical trauma. We also help families with children who have not received these diagnoses or suffered from trauma, but who exhibit angry, disruptive, defiant behavior or shy, withdrawn or clingy behavior.

Theraplay is a child and family therapy for enhancing and building attachment, self-esteem, trust in others, and joyful engagement. It is based on the natural patterns of playful, healthy interaction between parent and child and is personal, physical, and fun. Theraplay interactions focus on four essential qualities found in parent/caregiver-child relationships: Structure, Engagement, Nurture, and Challenge.

Initially earning our reputation for work with very young children, in recent years we have continued to

innovate by combining Theraplay with other evidence based treatments such as Dyadic Developmental Psychotherapy (DDP) and Eye Movement Desensitization and Reprocessing (EMDR). This has enabled us to treat a wider range of children, including adolescents. Theraplay has also been used with groups of Alzheimer's patients, teen mothers, mothers in substance abuse recovery programs, and others.

We believe that building better relationships creates the foundation for strong families and ultimately resilient and thriving communities.



We build strong families and emotionally healthy children and adults through Theraplay training, treatment, advocacy, and research.



From the Executive Director

Like many of you, I am a firm believer that the most vulnerable population is children. The most vulnerable among these are those who have faced adversity. The children who have grown up or lived in homes where they were not valued for the wonderfully precious humans they are comes to mind first. But as I think about the state of the world, I can't help but to grieve for all of the children, teenagers, adults, families, and elders who are experiencing pain and trauma on a daily basis. And all of this is why the world needs Theraplay.

I came to Theraplay in 2013. At that time, I was fairly fresh out of graduate school, working in community mental health, and struggling to make sense of the daily violence that occurred in the Chicago neighborhoods where I was serving children and families. I was armed with my CBT worksheets, board games that identify emotions, art projects, and a worn out deck of Uno that helped me break the ice with even my most internalizing clients. I strolled into those homes in dress clothes and the most beautiful heels my previous life as a law school student provided. What I didn't have back in 2013 was an understanding of just how unequipped I was. I didn't understand at that time why my clients weren't making progress with my worksheets. I was frustrated that my supervisors kept pushing for me to include the parents in my work. And I was foolish for wearing those heels around the neighborhoods of Englewood, Garfield Park, and West Englewood. Clients a fraction of my age escorted

If adults don't feel safe given these stressors, it's no surprise that our children don't either.

me to my car for my 'safety.' Safety? How little I knew about safety was the tip of the iceberg of the knowledge and experience I was lacking.

Fast forward 10 years and I can't help but think about how my understanding of safety has changed everything for me. Growing up in a home and community that kept me physically and emotionally safe, I never had to worry about the various atrocities that could come my way. I was fortunate to live in a community where I didn't fear shootings, stabbings, or strange adults who might bring me harm. It is not lost on me that all these years later, part of why I was struggling to help my clients progress wasn't because I didn't have the right games or supplies, it was because I didn't understand the most essential of needs: safety.

The last few years have caused the world to lose its sense of safety. The COVID-19 pandemic removed the predictability of what comes tomorrow and the day after that. It caused us to spend two years looking at screens, rather than one another's faces. Whether COVID is to blame is debat-

able, but the last two years have seen a war in Ukraine, inflation that hasn't been seen in 40 years, and mass shootings at a frequency never before experienced. If adults don't feel safe given these stressors, it's no surprise that our children don't either.

Fortunately, we aren't navigating all of this alone. Theraplay is a global community that brings people together through engaging connection and play. As Karyn Purvis often said, "Play disarms fear." If we can play, we can start to rebuild safety.

This past year has been one like no other. The Theraplay Institute has spent a full year in its new office in the city of Chicago. Our new home has allowed our clinic to grow. We are now serving more children and families than we ever have. We're running regular child and family support groups, and we're about to embark on our first ever summer camp.

Our new home has brought our staff back together. After being told to work from home on March 10th, 2020, we didn't know when we'd see each other in person again. That slowly changed as we entered 2021 and we are now regularly working in and out of the office, allowing our staff to collaborate and share ideas in our communal administrative office. I'm very proud that in the midst of the Great Resignation, TTI has lost only one staff member (who went on to become a board member!) and the team has grown to 12 employees.


This year over 1600 people in 16 countries took a Level One Theraplay training - with many more participating in modules, special programs, Group Theraplay training, and overviews and introductions. These numbers rival those of

2019, which by many standards, was our most successful year since we incorporated in 1995. Similarly, our practicum numbers have rebounded and we're bringing in practitioners in countries where we didn't previously have a presence, or if we did, it was a burgeoning one. We have nearly doubled membership engagement in our Theraplay Association to over 40%. Practitioners have access to increased membership benefits, including annual membership gifts, free access to all web supervisions, discounts on media items, and discounts on all training, including our monthly specialty topics.

I would be remiss not to talk about the safety that our Board of Directors has provided over this past year. After the departure of our previous Executive Director, Kay Schieffer once again stepped in as our Interim Executive Director. She and the Board went through the arduous process of interviewing and hiring the next leader of this organization for the third time in four years. I am honored and humbled to have been selected from the multitude of exceptionally qualified candidates. It isn't lost on me that what our community needs, both within the Theraplay world and across the therapeutic environment, is safety. This is something I spoke about significantly during my interview process. Safety and stability are essential for the creation of a solid foundation upon which our organization can grow.

Without your support, we couldn't do what we do. Thank you for your guidance, confidence, and trust as we work toward building a community that is based on safety. We have weathered a very challenging few years with a strong team and supporters like you. I am confident that 2023 will continue to rebuild the safety we all so desperately need.

Mandy Jones, Executive Director

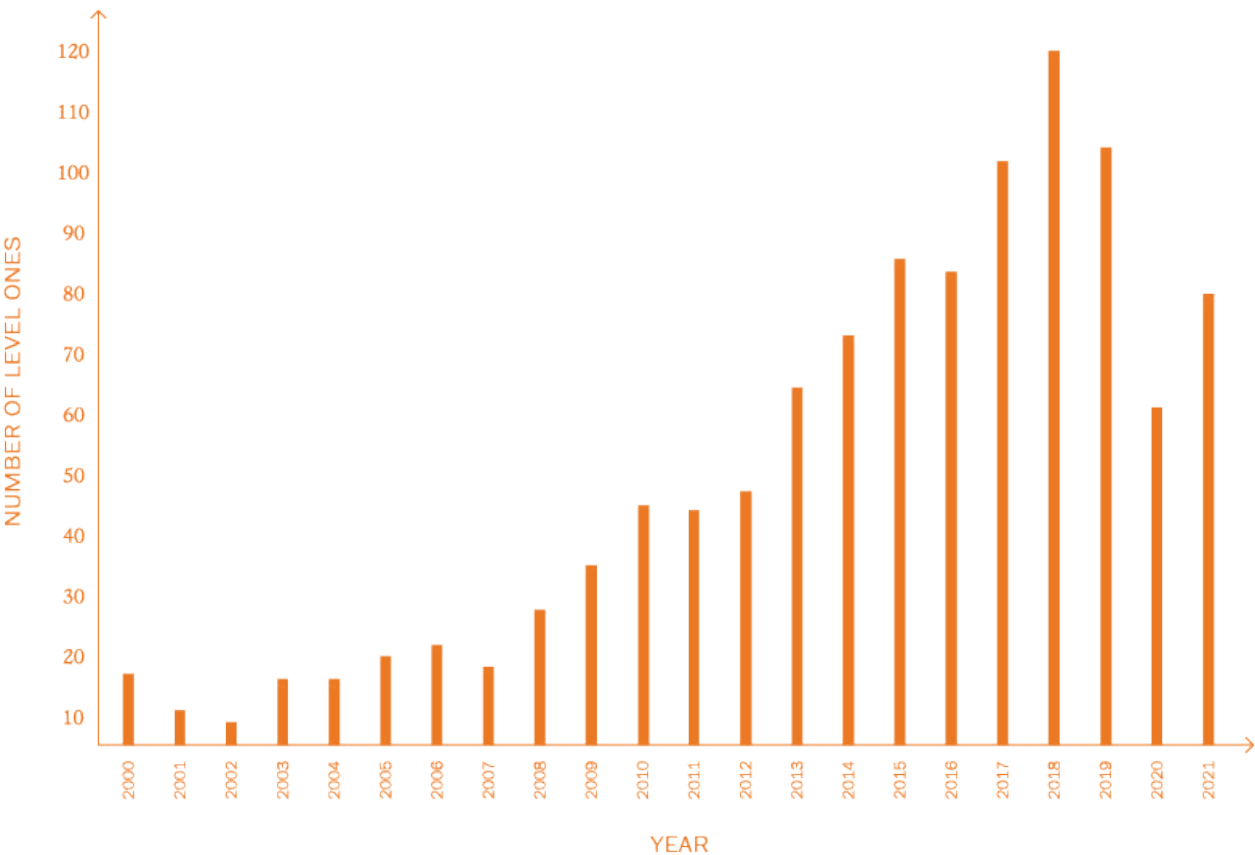


Without your support,
we couldn't do what
we do.

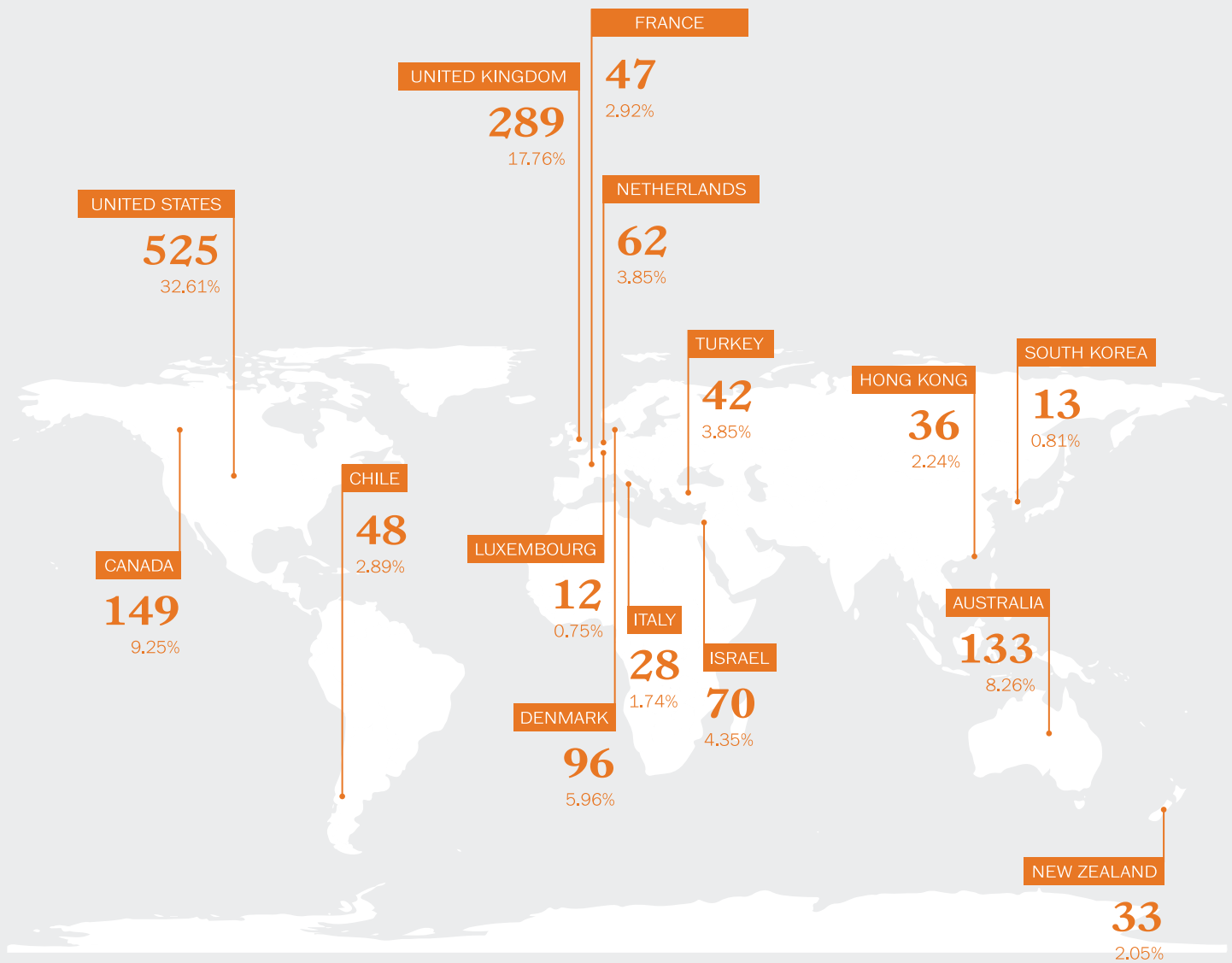
Theraplay Around the World

The modality of Theraplay as an intervention was created in Chicago in the 1960s. Word of its effectiveness spread quickly throughout the city, the state, and across the country. By the 1980s, we were training in countries around the world. Innovative mental health professionals from around the globe traveled to the US to be trained then found ways to bring this knowledge to others in their homelands. Since the 1980s, The Theraplay Institute has trained professionals in more than 62 countries. A number of those countries have been so successful in creating Theraplay programs that they have become affiliates. Each affiliate has a slightly different operational structure that fits the needs of their mental health community, economy, and political climate. While this particular graph only shows Level One participants around the world for this past fiscal year, it is a good representation of where in the world Theraplay has had the greatest growth. With each new practitioner who is trained, they are then able to support numerous children and families in their practice. It is because of the effectiveness of the modality that practitioners, children, families, and communities continue to reach for Theraplay. The connection that comes from the intervention is ultimately what joins us - despite differences in language, geographical distances, and time.

Total number of Level Ones trainings per year

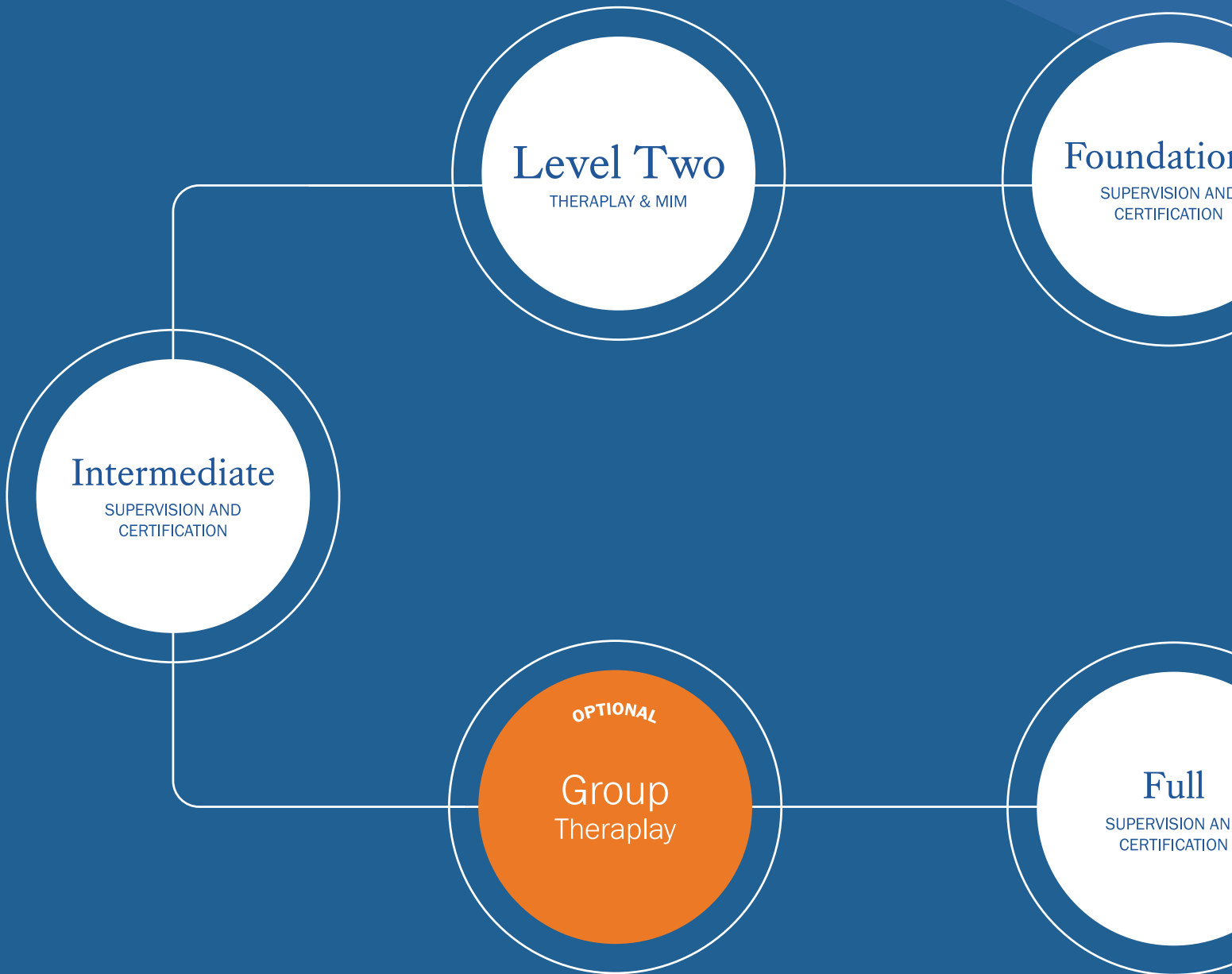


Professionals trained in Level One
globally 2021-2022



TOTAL NUMBER OF
US Training Participants 2021-22

525 Level One
139 Module
333 Special Presentation



The Theraplay® Road Map

We offer a wide range of education opportunities for certification and professional development. This is a broad overlook at the path to certification.

Level One

THERAPLAY & MIM

Participants can choose between Level One or Modules (in the US). Both are suitable for pursuing Theraplay certification.

Start Here

Modules

VIRTUAL COURSE

M1

M2

M3

M4

M5

M6

OPTIONAL

Special
Presentations

Congratulations

You are a fully Certified Theraplay Practitioner!



Development of the Theraplay® Training Modules

In March 2020, COVID-19 brought many of The Theraplay Institute's operations to a halt. We knew that children and families were in need of services, even if they couldn't meet with their clinicians in person. Additionally, clinicians desperately needed resources for how to engage their clients over a screen. Theraplay, as a modality, is uniquely positioned to support connection between caregiver and child without the need for elaborate therapeutic supplies. However, the emphasis on touch and blowing objects created challenges for the intervention. TTI's approach was to pivot and develop a virtually-based training opportunity where we could not only train practitioners in Theraplay as an intervention, but also connect with participants using the very same activities the practitioners would then use in their practices. We took what was our standard Level One Theraplay and MIM training that had been traditionally delivered over four days in-person, and adapted the content to be learned in smaller, digestible chunks over a period of time. We knew that because Theraplay requires significant co-regulation and attunement that is felt so differently in-person as compared to across a screen that we must have an opportunity to practice those skills in-person. Furthermore, we hoped that the time it would take us to develop the modules would align with a slowing in the spread of COVID-19, which would then allow us the safety to train in-person, even if for small periods of time.

We rolled out Module 1: Theraplay Theory and Concepts in July 2020. Each module was piloted three times, with participants receiving detailed surveys asking for their feedback on everything from the digital platform to the PowerPoint, to the handouts, and to the videos. The first two times were taught

by then-Program Director, Mandy Jones, and Project Lead, Andrea Bushala. The final pilot was taught by a third trainer who had a deeper knowledge of the specific content area. After all feedback was collected from participants and trainers and edits made, each module was then considered "complete" and ready to be delivered by any trainer.

Each month for the following six months saw the roll-out of another module.

The modules vary in their length and all combined provide nearly 10 additional hours of training beyond what is taught in Level One. The purpose for this was two-fold. (1) We knew that time would pass between completion of each module and thus required time for some review at the start of each module. (2) We knew that some content was missing from Level One, based upon years of feedback from practitioners, supervisors, and trainers. This was the opportunity for us to add that much needed content into the introductory level of training.

The modules must be taken in order and TTI recognized from the outset that not every country affiliate would recognize them as introductory Theraplay training equivalent to Level One Theraplay and MIM training because of the reduction in in-person instruction. As such, those outside of the United States were and continue to be limited to taking Modules 1 and 2, which consists of introductory Theraplay knowledge but not enough so that one could implement Theraplay-based interventions into their practice. A side benefit of the development of the modules has been that for practitioners who have completed Level One or have completed all six modules, they may go

back and take any of the modules to refresh or deepen their learning. We have found this to be a great resource, especially for those in practicum and who are struggling with specific concepts. Lastly, for those unable to travel for 4-5 days at a time, the modules have increased accessibility to learning the modality.

Prior to COVID-19, we never would have conceived of a world where Theraplay training was done virtually. While we certainly aren't happy that COVID-19 happened (and continues to spread around the globe), we can say that it has presented us with challenges and opportunities for growth and innovation. The development of the Modules allowed us to financially bear the revenue loss brought on by COVID-19 affecting every element of our business. Additionally, it provided support and hope for practitioners and families alike when they suddenly found themselves physically and emotionally isolated. While we were not sure about the future of the Theraplay Modules when we first created them, I think it is safe to say that they are here to stay!

The Modules

The six modules that make up the modular series include:



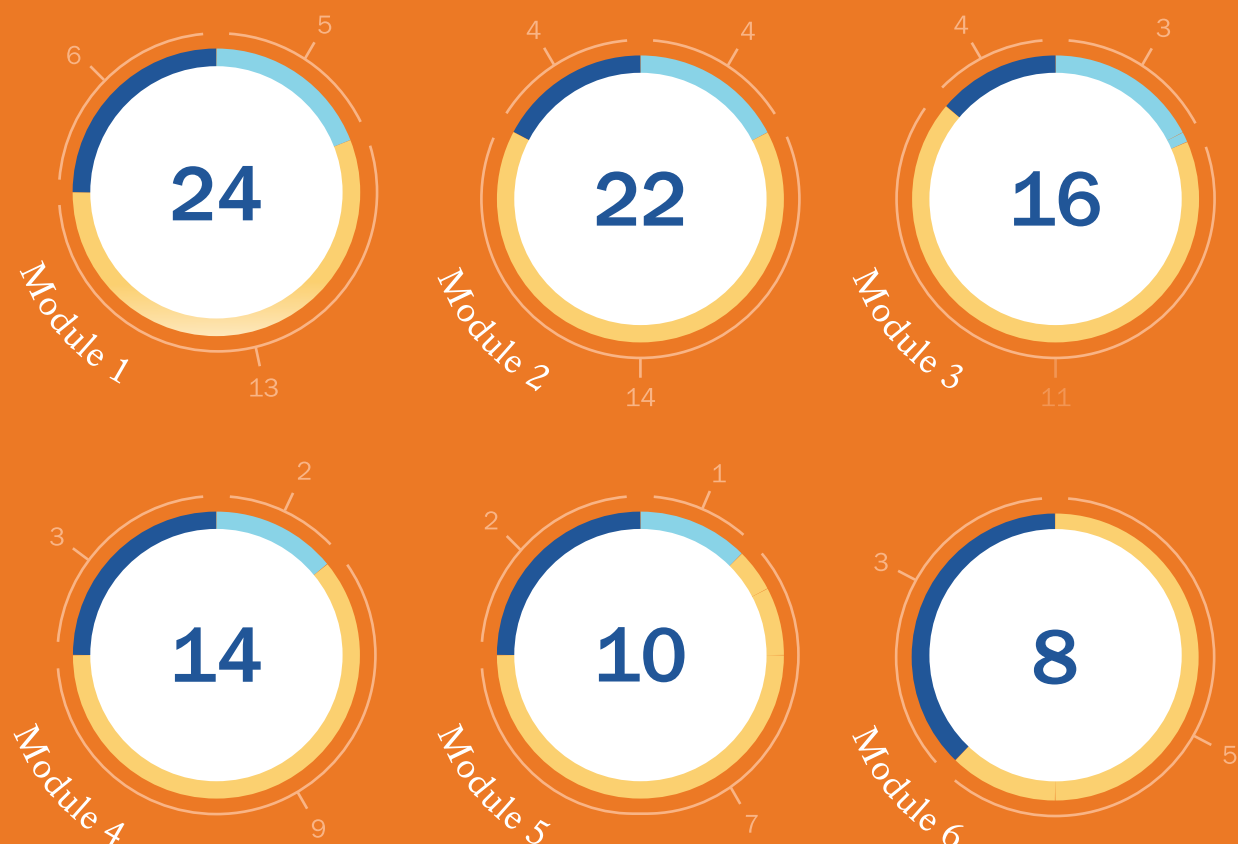
Special Programs

In the summer of 2019 The Theraplay Institute started planning for it's quadrennial international conference. The venue was booked, speakers were scheduled, and we were actively taking registrations for the conference. Little did we know what was to come in March of 2020. In April of that year we made the difficult decision to cancel our conference. We managed to pivot the in-person programming to TTI's virtual Summer Learning Institute in July 2020 - and realized the importance of providing our practitioners and those who have taken Theraplay training with ongoing opportunities to enhance their work with children and families.

This is the second year of the Special Program Series which offered opportunities to learn about a variety of topics - including the Polyvagal Theory, Safe and Sound Protocol, Theraplay and the Neurosequential Model of Therapeutics, and Fetal Alcohol Spectrum Disorder. Our community members work in such diverse ways in their communities, and we hope to continue to support professional development needs and interests.

Total number of Modules trainings per year

2020 2021 2022



This graph presents the total amount of each module held in 2020, 2021, and 2022.

The Theraplay Practicum and Certification

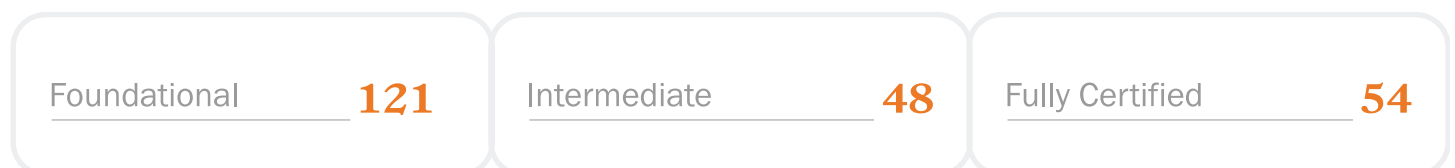
The Theraplay Institute's certification program provides eligible trainees with the opportunity to become certified in Theraplay under the guidance of a Theraplay Supervisor. The supervision program is part of certification and requires trainees to meet online with a certified supervisor who will provide guidance in applying Theraplay concepts with families. Through supervision, trainees can build confidence in their work with families and clients benefit from receiving high quality services. Theraplay trainees can and often access supervision opportunities even if they are not pursuing certification, contributing to a higher quality of practice and end results for clients.

Stats

As of June 2022 there are:



Practitioners awarded certification at each level this year:



Testimonials

1

From ZG, MSW, LCSW, Certified Theraplay Practitioner, United States

How do you use Theraplay in your work?

I primarily work with children who are in foster care, children who have been adopted, and/or children who are going through a divorce. I often use Theraplay as a starting point to help secure relationships, establish felt safety, and break negative feedback loops within familial interactions. I use Theraplay to help address the relational and attachment wounds that children and families experience.

Can you describe your experience in the Theraplay practicum program and how it has impacted your work?

I am so grateful for my Theraplay practicum experience. I connected really well with my supervisor. She helped me build so much confidence early on while also acknowledging and supporting my areas of growth. My practicum experience allowed me to normalize the hiccups that arise as an early Theraplay Practitioner and helped me to work through them in a supported way. I would not be the practitioner I am today without my Theraplay practicum experience.

Is there anything else you would like to share?

I am so grateful for the community of Theraplay Practitioners that I'm connected to through The Theraplay Institute. Although I'm officially certified, I feel like I continue to learn how to practice Theraplay to support healing every day.

2

From JV, MA, HCPC Dramatherapist, DDP, SEP, Certified Theraplay Practitioner, United Kingdom

Can you describe your experience in the Theraplay practicum program and how it has impacted your work?

It took me 4 years to qualify as a Theraplay practitioner because I was busy with so many other aspects of my role at Family Futures but I loved the process - it took me time to get it and stop trying to be a dramatherapist and when it did it was fabulous and has been inspirational.

Is there anything else you would like to share?

Just I am proud to be a Theraplay therapist, supervisor and trainer.



The Theraplay Association Membership Program

TTI's Theraplay Association is a vibrant global community of Theraplay practitioners at various stages of certification as well as those just starting off their Theraplay journeys.

Practitioners are required to maintain ongoing association membership with TTI (or with a local international affiliate) in order to keep their certifications in good standing and to support long-term fidelity of the Theraplay model. With membership comes the opportunity to access discounted rates for our special programs, discounts off tools and products to support their clinical practice, listing in our online public resource directory and certification status page, and free access to web supervisions to improve practitioner skills.

This past year we increased membership engagement through improved benefits and direct outreach to members, and TTI's new Membership Coordinator will liaise with members and continue improving the member experience in the months to come.

Current Active Members



231
MEMBERS



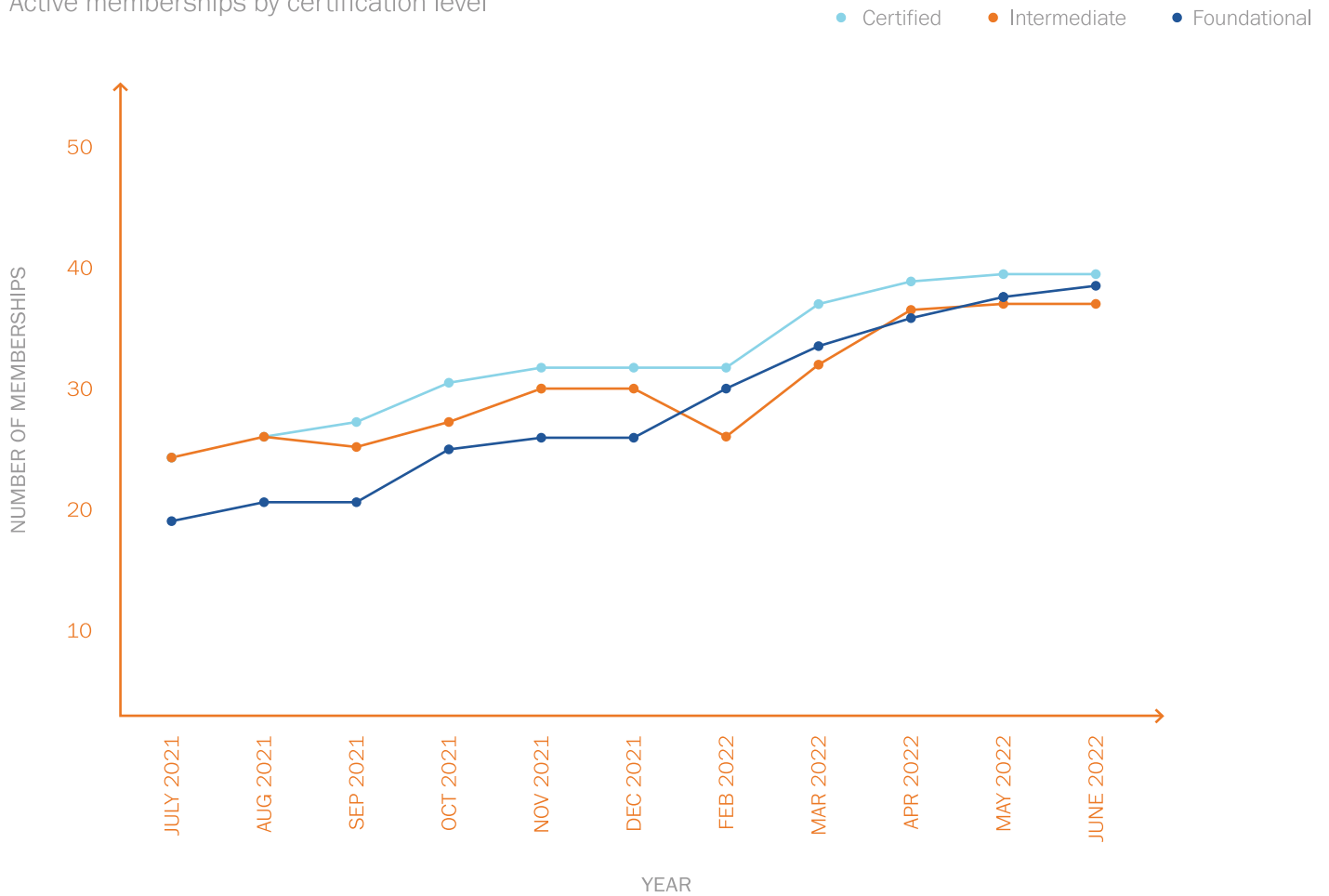
54
MEMBERS



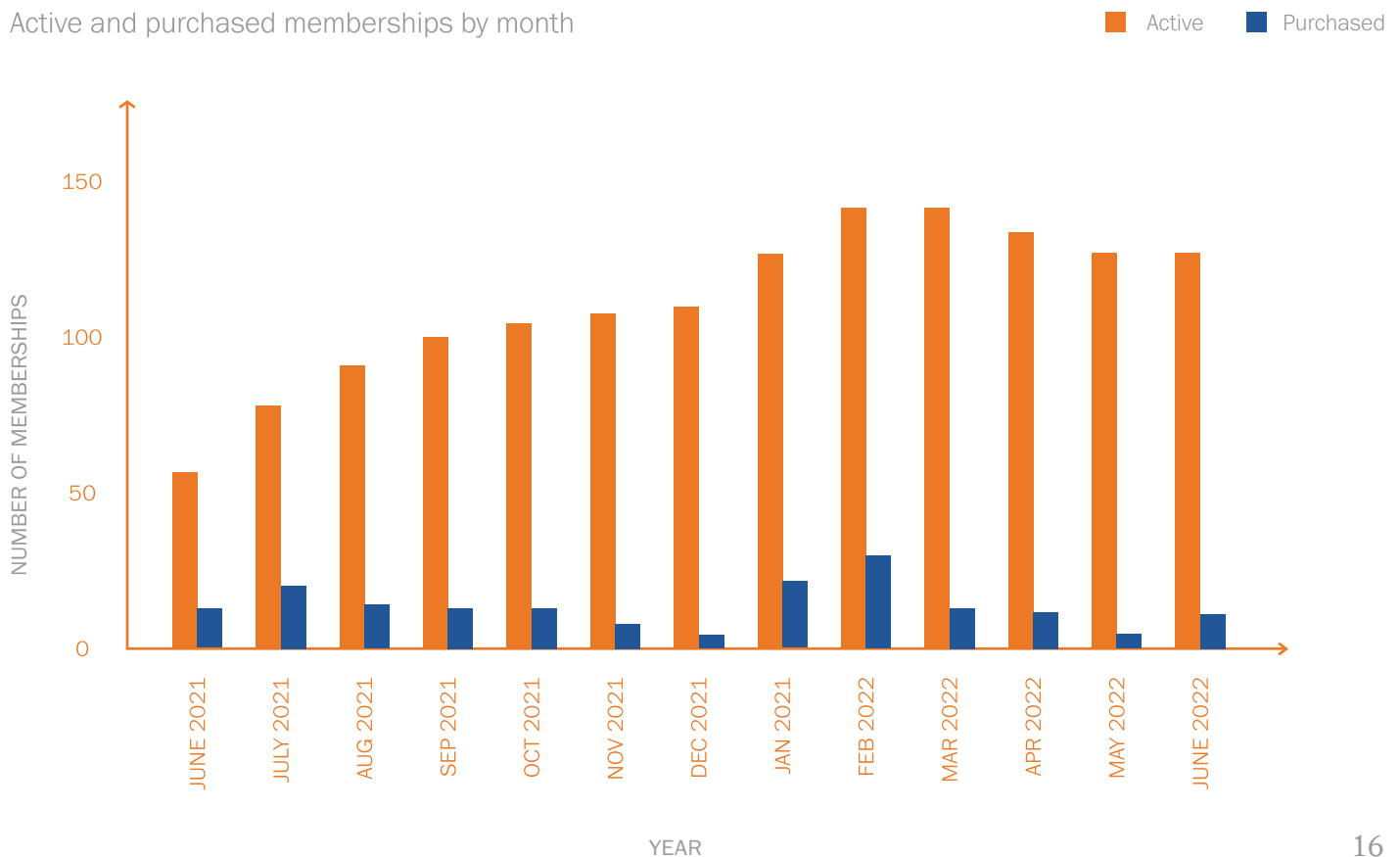
160
MEMBERS

Above is the current amount of active members as of September 2022.

Active memberships by certification level

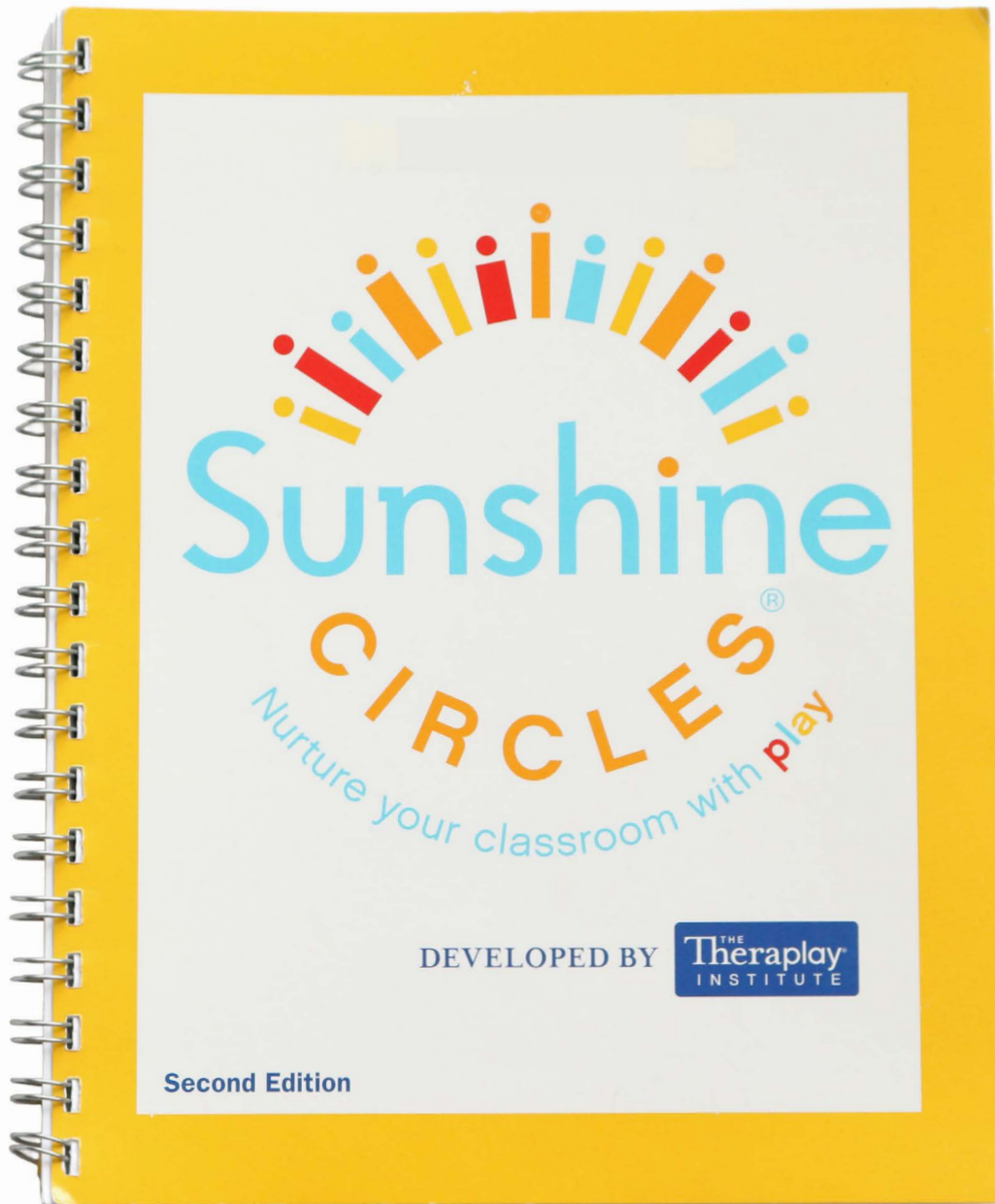


Active and purchased memberships by month



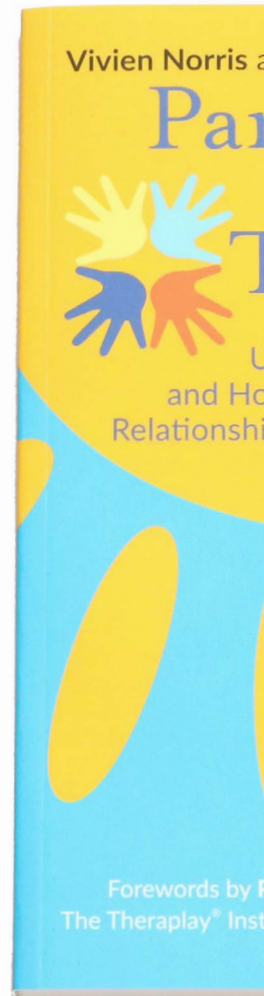
Media Tools and Resources to Support Theraplay Practice

The Theraplay Institute offers a number of printed and digital resources designed to support practitioners, parents and caregivers, and teachers working with children and their families. Here are just a few examples!



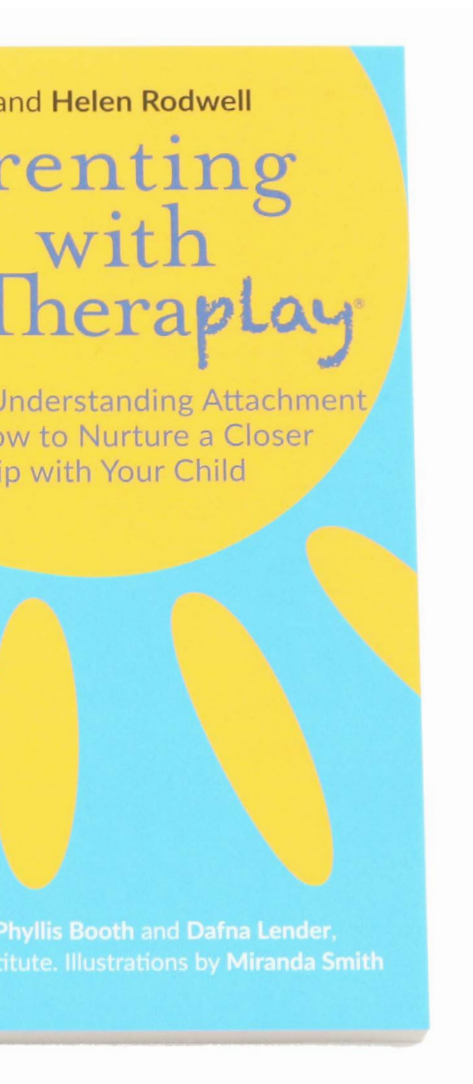
Sunshine Circles Manual

Sunshine Circles Teacher Resource Manual supports teachers and educational professionals in leading adult-directed, structured Theraplay groups incorporating playful, cooperative, and nurturing activities to enhance the emotional well-being of children in their classroom.



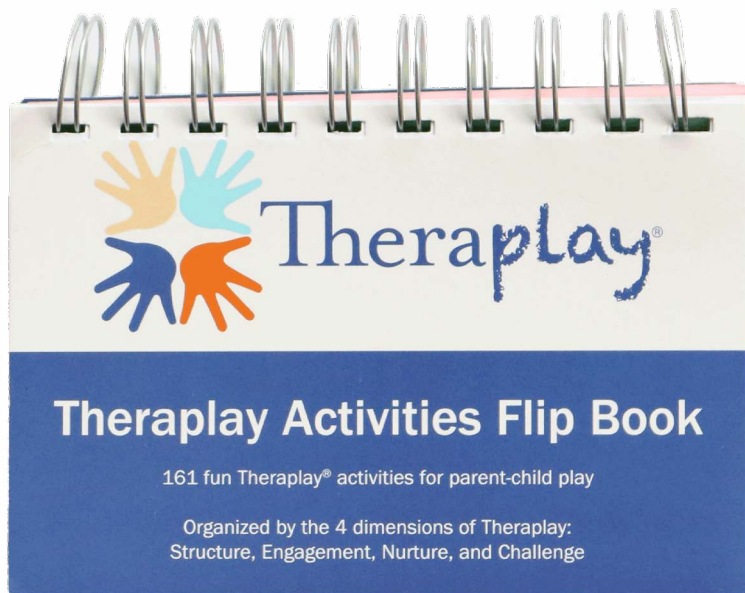
Parenting with Theraplay

Parent resources such as *Parenting with Theraplay* and *Understanding Attachment: The Relationship with Your Child* provide an insight into the fundamental principles of Theraplay that can be applied in everyday life.



Theraplay

h as Parenting with Theraplay:
ment and How to Nurture a Closer
r Child offer parents and caregivers
ndamentals of Theraplay and how it
ryday family life.



Theraplay Activities Flip Book

The Theraplay Activities and Theraplay Group Activities flip books support practitioners in creating effective treatment plans for their clients.



Theraplay Impact

Practitioners around the world support the children and families in their communities with Theraplay. Communities are beginning to recognize not only what trauma means but the long-term negative impact it can have on a person's quality of life and the health of the community at large. Kankakee, IL demonstrates what it means when a community becomes both trauma-informed and Theraplay-supported.

Kankakee, IL

Kankakee County is located about an hour south of Chicago and has a population of approximately 110,000 residents.

In 2016-17 the Erikson Institute captured social, emotional, and mental health data for children in Kankakee County through an Early Development Instrument Project study. Data showed significant rates of vulnerability for children's development in social competence and emotional maturity (strengthening the case that environmental trauma and stress, anxiety, or depression can affect a child's ability to meet their full potential. This data helped local community leaders develop an action plan, identify areas in need of resources, apply for funding, retool current programs, and develop new ones, including Theraplay training and programming. Kankakee has also seen impacts of the pandemic similar to many small communities around the country.

The STOP School Violence Prevention and Mental Health Training Program was developed by director of Kankakee City Life Aaron Clark and implemented by Kankakee County State's Attorney Jim Rowe. As part of this program The Theraplay Institute began conducting training programs in Kankakee County in 2018.

- KSD has nearly 200 staff members training in Theraplay. The majority of those trained are PK-3 teachers and paraprofessionals but they also have social workers, speech pathologists, OTA, PTA and administrators who have completed the training.
- Eighty-six educators, clinicians, and child-care workers are training in Group Theraplay. These individuals come from KSD, YWCA, Bourbonnais Park District, and other community organizations.

Kankakee School District (KSD) will create and distribute Theraplay Kits to all pre-Kindergarten through 3rd grade teachers at the start of the school year to help support running Sunshine Circles in their classrooms. Integration of Theraplay is an initiative for this coming school year. Summer learning teachers also received these kits!

- During the 2022-23 school year, 40 high school students who have received training in Social Emotional Learning and Theraplay will volunteer in a mentoring program for younger students
- During the 2022-23 school year project leaders will work together to establish qualitative and quantitative measures to assess the impact of the Theraplay programming. Data will be collected and assessed in the subsequent two school years.
- During the 2022-23 school year project leaders will be working to develop a county-wide implementation plan and establish an ongoing support community for those trained in Theraplay and working with children and their families.

For more info, contact Rebecca Parks, the Business Development Coordinator at the Kankakee County School District, at rebecca-parks@ksd111.org.



Theraplay Impact

Practitioners around the world support the children and families in their communities with Theraplay. Communities are beginning to recognize not only what trauma means but the long-term negative impact it can have on a person's quality of life and the health of the community at large. The Cayman Islands demonstrates what it means when a community becomes both trauma-informed and Theraplay-supported.

Cayman Islands

The Cayman Islands, a three island British Overseas Territory located in the Caribbean Sea, has a population of about 69,000 people. It is 264 square kilometers, the predominant religion is Christianity, and work permits are available for non-citizens. There is a health service for government employees and private insurance available for the private sector.

The Cayman Islands is a small community with high mental health needs. There are limited resources, and access to psychological services can be expensive through the private sector or there are long waiting lists for government-provided services. All services are located in the main city of Georgetown and families living outside of the area (or on the islands of Cayman Brac or Little Cayman) have a difficult time accessing resources and support.

The National Drug Council Cayman Islands has been performing bi-annual surveys of students between the ages of 11 and 18 in the Cayman Islands since 1998. The purpose of the anonymous survey is to describe trends in smoking, drinking, drugs, bullying, and other risk behaviors among Cayman Islands students. These surveys support public health professionals, governments, and schools to develop programs and policies that improve the health and well-being of adolescents. In the past few years they added a section to the survey asking questions about family attachment (i.e. whether adolescents knew an adult they could go to outside of school that they could trust, if they had opportunities to have fun in their family, and if their parents knew where they were when they weren't home). Further analysis by Aspire Therapeutic Services indicated that several of the measurements reflected that there was an increased risk for suicide/attempted suicide and presentation of clinical mental health issues such as social phobia, generalized anxiety disorder, panic disorder,

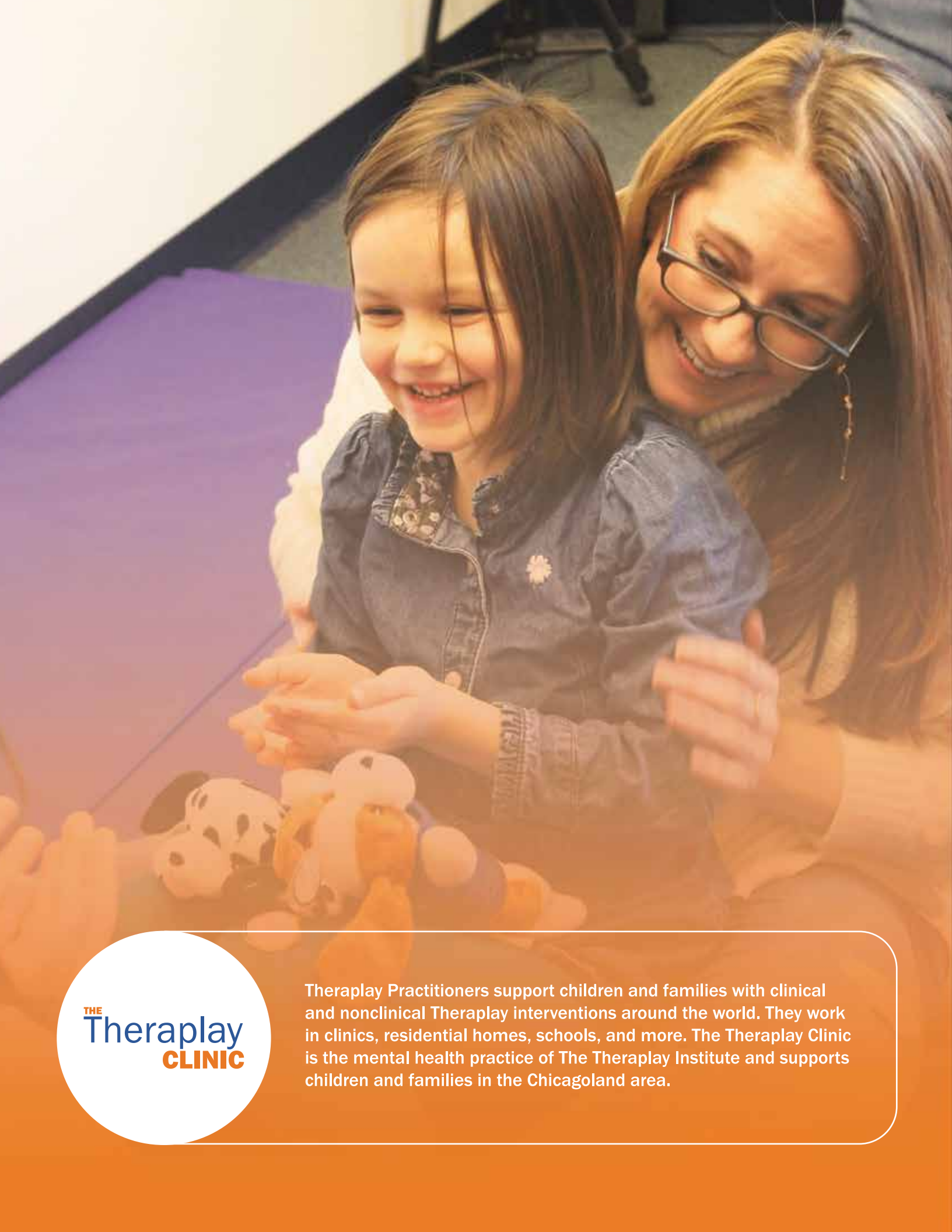
and depression.

Theraplay services in the Cayman Islands began with one clinician providing Theraplay-informed services through the private sector. Aspire Therapeutic Services, a Theraplay-trained mental health clinic, has been partnering with local community organizations and community leaders to establish community programs and increase access to Theraplay services and programs. In February 2020, the first Theraplay Level One training was held in the Cayman Islands. Twenty-six people were trained; including occupational therapists, psychologists, and family support workers. Several continued with their Theraplay training in various ways after that. A local community nonprofit organization, Alex Panton Foundation, introduced Sunshine Circles into school programs, and Aspire continues to support building a strong foundation of attachment-focused therapy in the Cayman Islands. Additional providers continue to seek out Theraplay training and resources.

More than one private service is now offering Theraplay-informed services and the community is seeing a shift toward attachment-based services and away from behavior management.

Aspire Therapeutic Services continues to offer Theraplay services to the Cayman Islands community as part of a Stepped Care model - using community interventions and education, generalized support services, and school programs. Education in Theraplay, trauma, and the importance of healthy attachment continues to expand in the community. Aspire hopes to support ongoing access to Theraplay training and services in the area.

Contact Dr. Erica Lam, Foundational Theraplay Practitioner at Drlam@aspire.ky, to learn more.



THE
Theraplay
CLINIC

Theraplay Practitioners support children and families with clinical and nonclinical Theraplay interventions around the world. They work in clinics, residential homes, schools, and more. The Theraplay Clinic is the mental health practice of The Theraplay Institute and supports children and families in the Chicagoland area.

The Clinic Story

The Theraplay Clinic is a team of 8 clinicians who are passionate about strengthening the relationship between children and their families to promote child mental health. Our clinic specializes in working with children and families from a relational and attachment-based lens. While the clinic works with children of all ages, most of the children seen range between ages 2-14 years old. The Theraplay Clinic is a growing part of the larger organization that is expanding from individual and family therapeutic services to group programs including a week-long summer camp and groups for children, parents, and families!

From the very early days of Theraplay, clinical practice and application has always been a part of our organization. Past and current clinicians are working towards (or have achieved the status of) Certified Theraplay Practitioner. Our clinicians demonstrate the gold standard of Theraplay practice which may be provided as a standalone treatment or paired with complementary modalities or systems of care.

Mental health issues treated include:

- Attachment disorders
- Adoption/foster care
- Anxiety
- Attention Deficit Hyperactivity Disorder
- Coping skills
- Depression
- Developmental delays
- Divorce
- Grief and loss
- Identity issues
- Self harm
- Self esteem
- Developmental Trauma

Testimonial

Partnering with The Theraplay Clinic has helped build the therapeutic support that our youth and caregivers need. The programs that I work in at my agency are short-term, clinical programs to help youth with elevated mental health symptoms stabilize in their foster homes and support caregivers when navigating challenges that arise. All of the youth we work with have experienced trauma, and can struggle to connect and attach to their caregivers, which we know is needed to heal. We have referred several youth to Theraplay services and have seen the impact of the work. For one young child who engaged in Theraplay, my teammate was able to see how the caregiver showed an improvement in her ability to attune to the youth and his needs which has strengthened their bond and helped with stabilization in the home. The Theraplay Clinic has helped meet the unique needs of our youth and form a healthy attachment to their caregivers.

Aly Moser, LCSW, MPH

Director of Clinical Community Programs at Kaleidoscope

Programs and Services



Individual and Family Therapy

The therapist and family will work together to identify the most pressing need and develop goals. The therapist will utilize their clinical knowledge and skills to develop a treatment plan that will best support the family. This treatment plan may include Theraplay, Child Center Play Theraplay, Art Therapy, Sandtray Therapy, and more.



Intensive Theraplay Intervention

For families who live in an area without a local Theraplay Practitioner, The Theraplay Clinic offers a three or five day long Intensive Theraplay Intervention. The family works with 2 Certified Theraplay Practitioners over the course of several days to address attachment issues, behavioral issues, and/or developmental trauma.



Parenting Connections

From December 2021 until June 2022, The Theraplay Clinic hosted this free group once a month to allow parents and caregivers of children to connect and share successes, challenges, and strategies. This program has been paused for the summer and will be re-evaluated in the coming months.



Kid Connections

This adult-direct, structured play group leads a group of children through playful, cooperative, and nurturing activities that enhance the emotional well-being of children. By engaging in these activities, children have the opportunity to practice cooperation with peers, self-control, trust of others, warm relationships, and exploring their world with co-regulation and support.

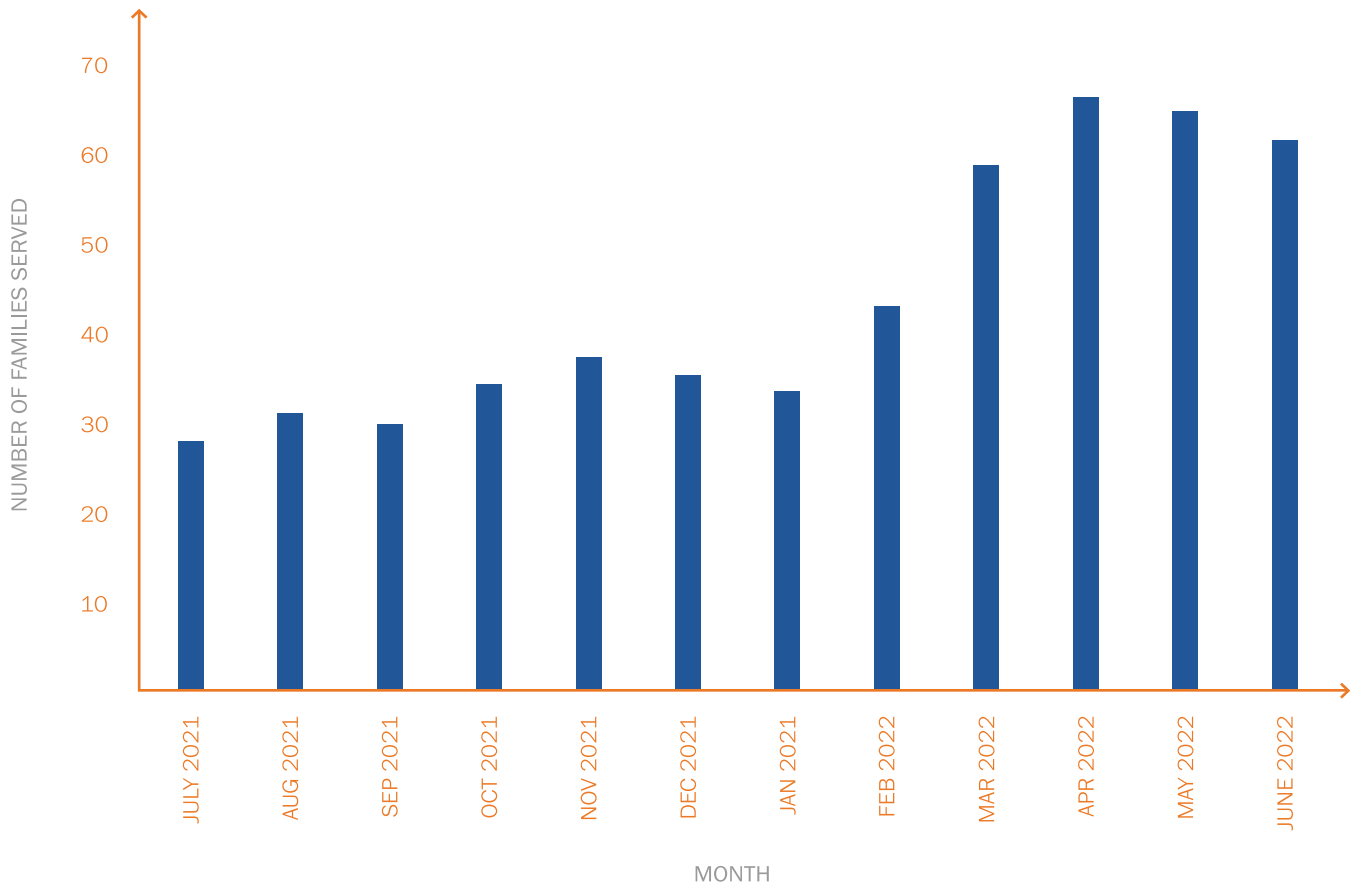


Camp Theraplay

This full-day, week-long structured Theraplay day camp incorporates playful, cooperative and nurturing activities that enhance the emotional well-being of children. With a 2:1 camper to staff ratio, Camp Theraplay is specifically designed to support children with developmental differences, emotional needs, and/or behavioral challenges.

Clinic Stats

Families served each month



TOTAL NUMBER OF
Families Served

110
FAMILIES

TOTAL AMOUNT OF
Scholarships

\$3,055

Amount of scholarships given out

Thresholds
Mother Baby
Group

\$43.75

Camp
Theraplay
Scholarships

\$1411.25

Spring Kid
Connection
Scholarships

\$100.00

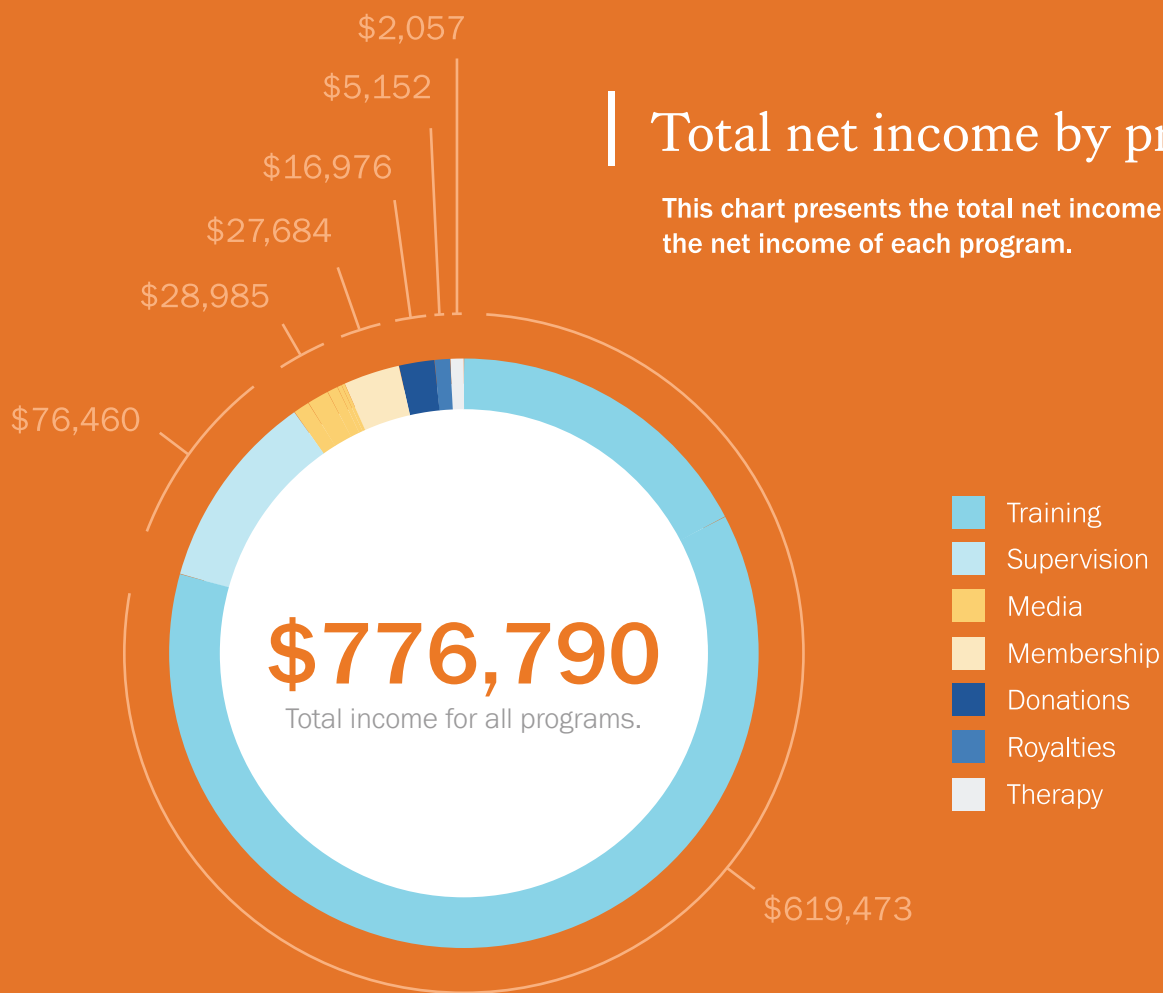
Fall Kid
Connections
Scholarships

\$1500.00

Finances

Total net income by program

This chart presents the total net income as well as the net income of each program.

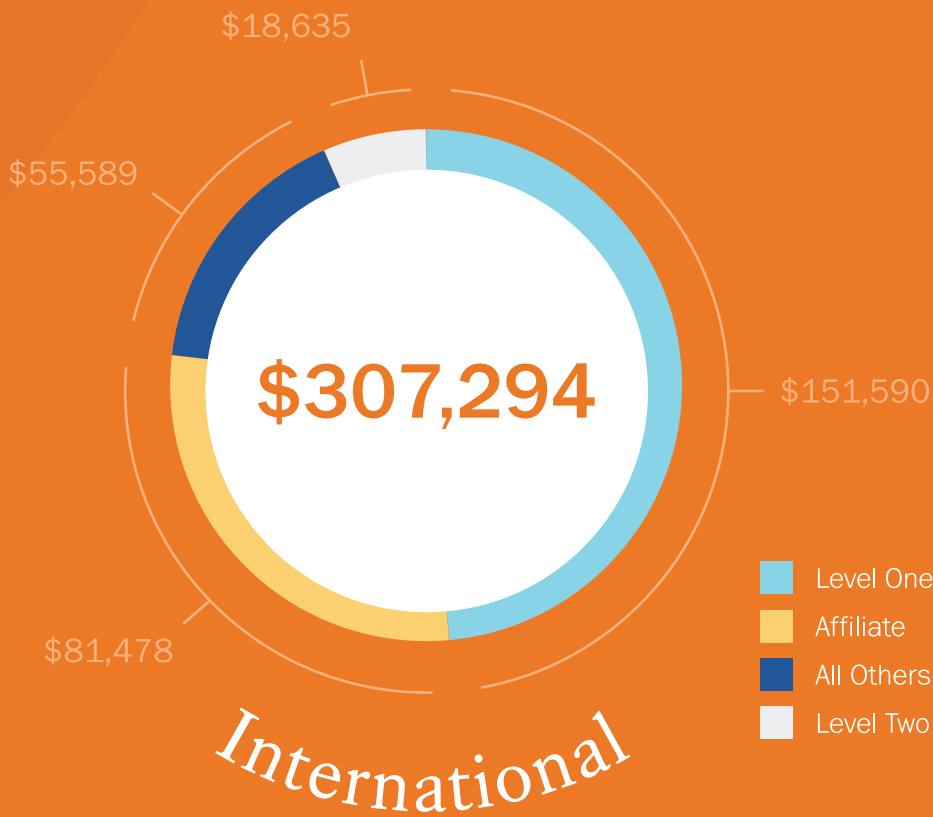
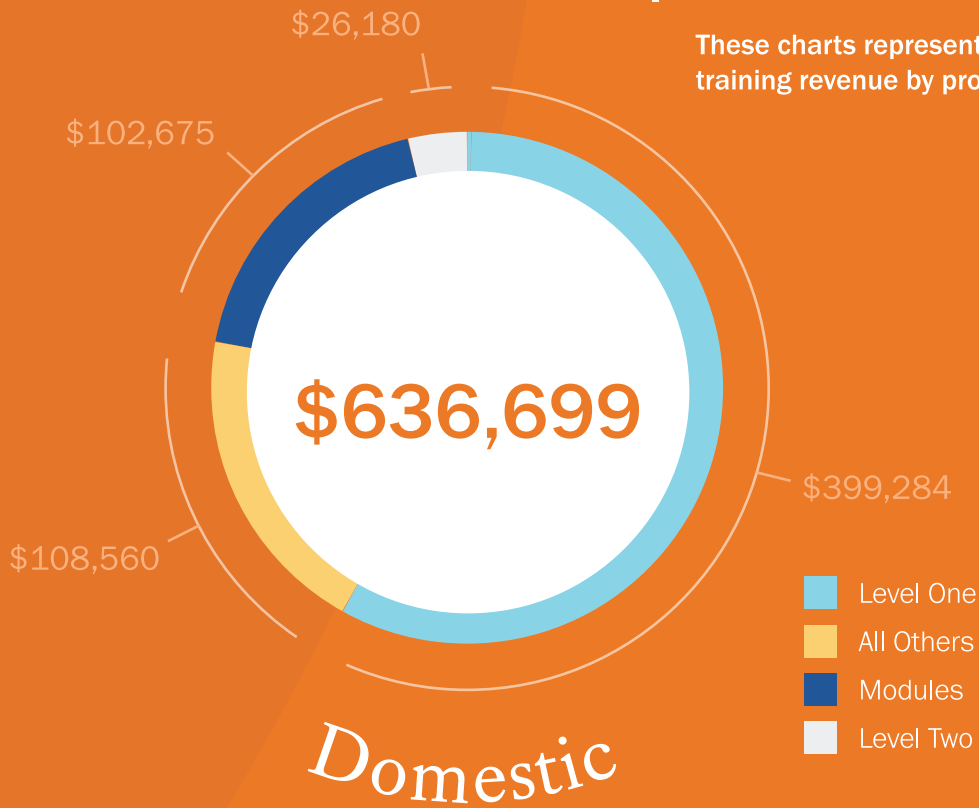


Total program and admin expenses



Training revenue by each program

These charts represent domestic and international training revenue by program type.



Total Donations

This is the total amount of donations over three years.

2020
\$21,458

2021
\$25,481

2022
\$16,976

To our Donors

Thank You: Your Donations Make a Difference

As the international stewards of Theraplay, we take our commitment to expanding the positive impacts of Theraplay very seriously. Our donors support building stronger relationships and ultimately more resilient communities around the world. We can't thank you enough!

Overall donations this year, including our annual appeal and Giving Tuesday, totalled \$17,576.70.

Annual appeal funds support general operating expenses and scholarships domestically that support access to Theraplay training for mental health professionals and school-based professionals working with at-risk populations across the country. Internationally, fundraising efforts continue to support TTI's commitment to accessibility by offering training at charity or substantially reduced rates. This allows us to offer access to Theraplay in countries where it would not be financially viable were it not for these subsidies.

Giving Tuesday supported The Theraplay Clinic's capacity to offer group and community programming for the first time ever this last year. Giving Tuesday focused on raising funds for Kid Connections, a weekly group that ran for several weeks offering children ages 5-8 an opportunity to engage and build relationships with their peers. Funding also supported collaboration with another organization in the neighborhood that provided a weekly parenting group for young homeless parents and their infants and toddlers. Funds additionally went to our first ever Camp Theraplay, a program held in July 2022 at The Theraplay Clinic's office in the Lakeview neighborhood of Chicago. Across both programs, donor funds supported scholarships for nine children and their families and a completely free Kid Connections program for refugee children scheduled to start in September 2022.

Your donation means:

- A child in foster care is able to receive weekly therapy sessions with their foster parent for as long as necessary to adjust to their new home
- A solo practitioner in rural Kansas can provide services to young children when she previously lacked the training to do so
- A community like Kankakee, IL can embolden their teachers, libraries, aldermen, etc. to respond compassionately toward all children
- A young mother of two struggling with homelessness can learn skills for playing with her children to connect with them during her search for stability

Will you help us do more by donating today?

Click the button to make a donation online.

Donate

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