



THE
Theraplay[®]
INSTITUTE

Annual Report

2018-2019

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Mission Statement

The Theraplay Institute 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.

Theraplay Institute trained clinicians 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, Reactive Attachment Disorder, 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have not received these diagnoses or suffered from trauma but who exhibit angry, disruptive, defiant behavior or shy, withdrawn or clingy behavior.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-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). 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.

The Theraplay Institute Mission Statement

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

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Dear Friends,

We all know what the problem is. The prevalence of adverse experiences in children's lives leads to a huge loss of social capital as children and families experience the mental and physical health consequences. Stress from experiences such as disruption of families, developmental disabilities, poverty, domestic violence, substance abuse or immigration can set a child's trajectory for life.

Fortunately, we also know the solution – or at least a big part of it. We know that relationships heal. Within healthy attachments to caregivers, children feel safe and develop healthy self-esteem even when their world is unstable or unpredictable. Healthy attachments also set a trajectory for life as emotionally healthy children develop the necessary capacities to

maintain relationships, complete their education and hold down jobs – in other words, to lead full and productive lives.

And this is why we do what we do at The Theraplay Institute. With Theraplay, we see vulnerable children and caregivers become able to establish stronger relationships. As a result, they have opportunities to experience joy and build futures that they could not otherwise have claimed.

Our mission is to build strong families and resilient children through Theraplay and we are proud of our successful outreach over the past year! Some highlights include:

- In the U.S. and Canada, Theraplay's inclusion on the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) registry for evidence-based practices drove an increase in trainings. A total of 75 trainings reaching 1,253 mental health providers, family service providers, educators and child care providers in the U.S. were provided in FY2019. This represents a 13% increase in the total number of people trained in the U.S. over the previous year.
- Internationally, Theraplay provided 109 trainings to a total of 2,031 participants in 16 countries. We now have 39 Certified Trainers and 22 Certified Supervisors outside the U.S., all of whom are highly skilled therapists in their own right.
- Theraplay increased access to training for professionals working with the most at-risk populations by offering training and supervision scholarships. In the U.S. a total of 292 training participants received training scholarships (23% of all trainees). Internationally, 23 trainings (21 % of all trainings) were offered at charity rates or substantially reduced rates to make them accessible to practitioners in low-income countries.

Our aim for the coming year is to do more. While it is important to understand the impact of trauma and chronic stress, we also want to give more families, service providers, and educators practical tools they can use to actually make it better! Some of our goals for the next year are:

- Increase the number of trainings and supports for service providers working with at-risk populations served by non-profit community mental health programs, tribal mental health programs, schools and child development programs and mental health providers in low-income countries.
- Increase the skill level of providers by hosting a summer training institute comprised of intensive workshops for both advanced and beginning practitioners.
- Engage our stakeholders in a strategic planning process necessary to increase access to Theraplay while ensuring the highest possible quality of delivered Theraplay treatment.

We believe the increased understanding of the need for trauma-informed practice as well increased awareness of the amazing effectiveness of Theraplay have created momentum to reach these goals. Are you with us in our journey toward creating more resilient families and children?

The Theraplay Roadmap

Level One
Theraplay & MIM

Foundational
Theraplay
Supervision &
Certification

TH

Group Theraplay

Intermediate
Theraplay
Supervision &
Certification

Full
Theraplay
Supervision &
Certification



Required course for
Certification track



Optional
Course



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

Congratulations
You are a Fully Certified
Theraplay Practitioner

oad Map

Level Two
Theraplay & MIM

Theraplay
Master Class

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Professional Development and Community Programs

The Theraplay Institute believes that children's mental health is an evolving field and that it is important to provide ongoing access to training and resources for practitioners and families.

TTI has offered regular access to workshops in Dyadic Developmental Therapy, brief monthly workshops open to professionals on a variety of attachment related topics, and has partnered with professionals offering training in other complementary modalities and applications. We've also engaged in local community resilience programs and offer a curriculum for helping parents understand their child and manage challenges unique to many adoptive and foster families.

The TTI Clinic
served

83



clients and families
in 2018

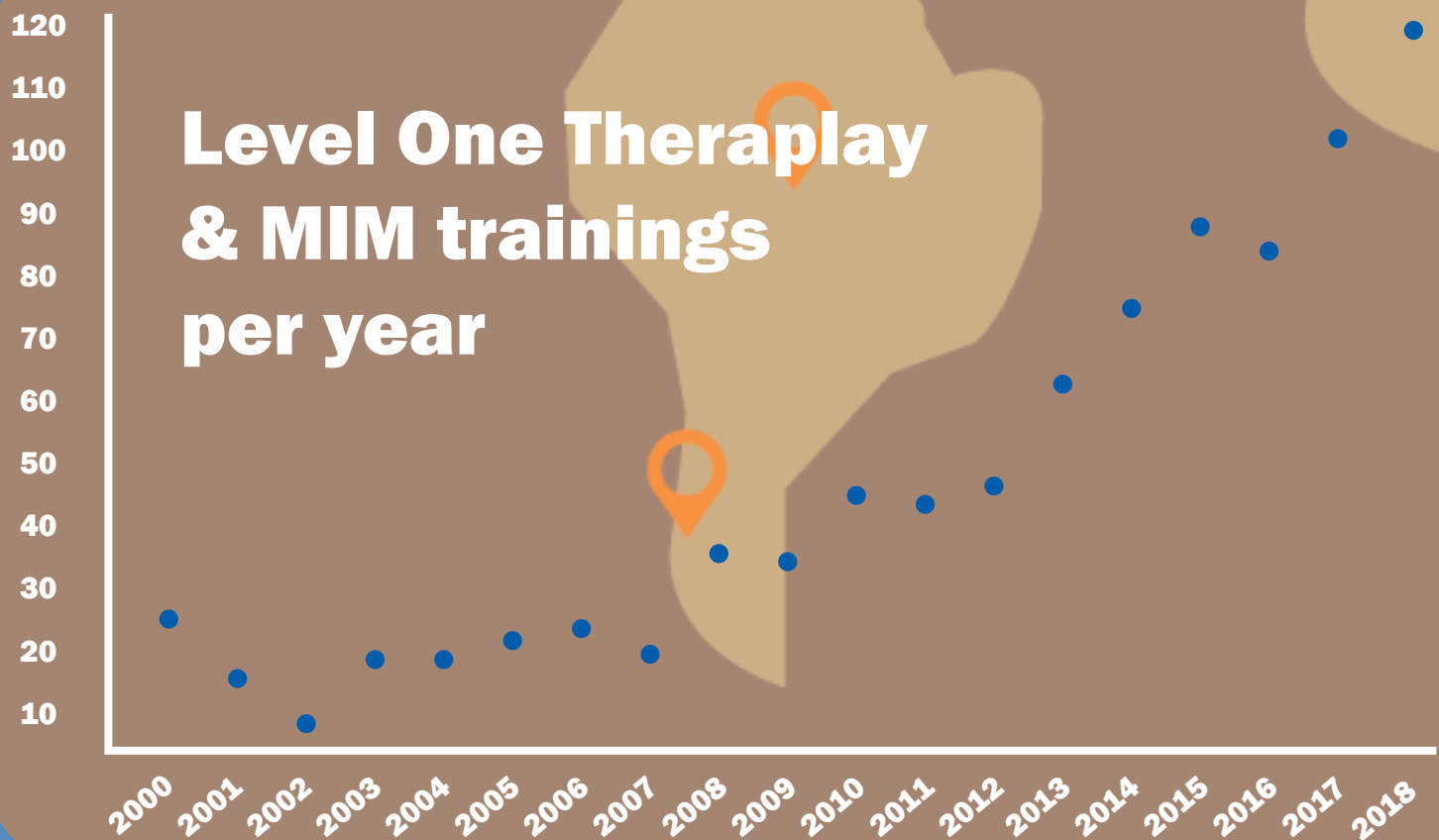
The Theraplay Institute's Child and Family Clinic provides Theraplay services to families. The clinic helps children dealing with a variety of challenges, including behavioral problems, psychological trauma due to medical care or serious illness, developmental disorders, and a history of trauma, abuse, or neglect. The clinic also acts as a learning lab for licensed providers working toward Theraplay Certification with nine clinicians currently work part time. In addition to providing a training lab for the next generation of Chicago-based Theraplay therapists, trainers and supervisors, the lab is a source of new training video and allows us to test and innovate our Certification program.

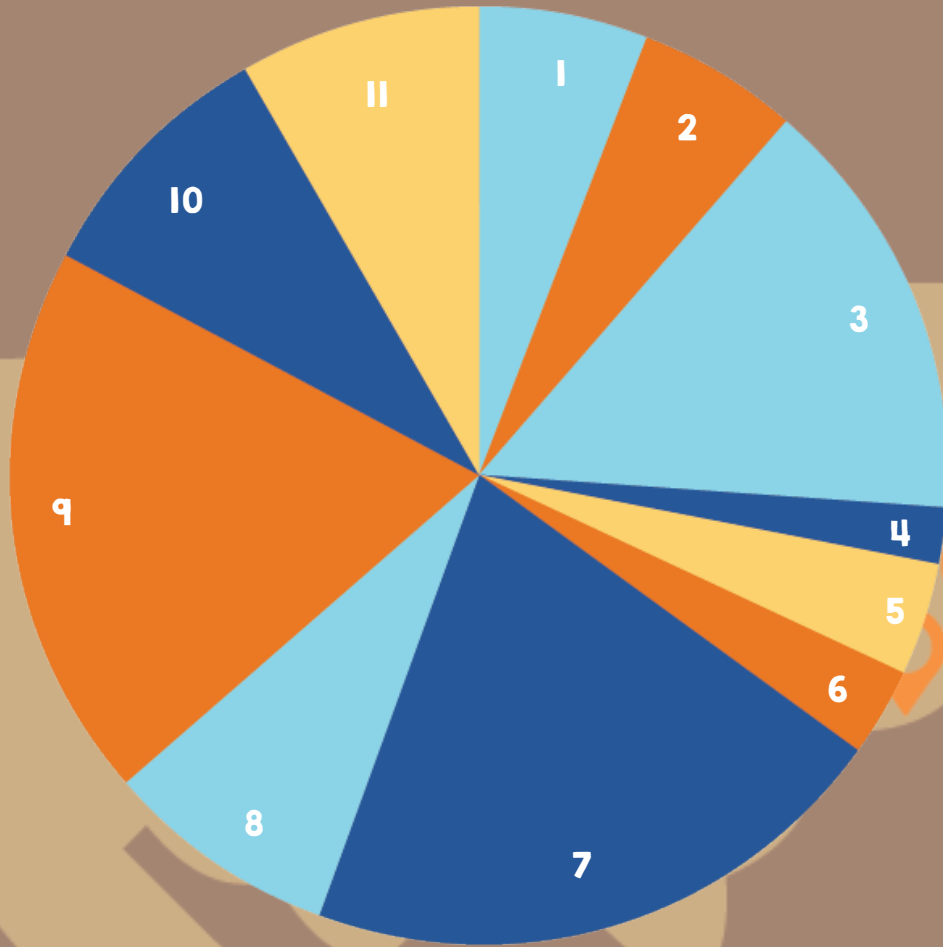
Theraplay Impact

This year we trained 1,936 people, 213 of which have completed their certification, in 21 countries! If each of these practitioners sees an average of 25 families weekly, then we've impacted over 48,400 NEW parent-child relationships for the better.

No Hurts, Stick Together, and Have Fun!

Sunshine Circles® are adult-directed and structured social skills groups designed to apply Group Theraplay in child care and school settings. They are interactive and create an atmosphere of fun, caring, acceptance, and encouragement that leads to better social, emotional, and cognitive development. In 2018 The Theraplay Institute and international affiliate partners trained 330 teachers and support staff in schools and early childhood programs around the world in addition to a number of independent trainings that were offered.





In 2018, we had 1,173 Level One training participants representing 740 different organizations in the following categories:

1. Care and Education Services	70	7. Other	240
2. Children's residential services	65	(inc universities and hospitals)	240
3. Community Services	171	8. Post adoption services	94
4. Early Intervention Services	23	9. Private Agencies	223
5. Foster Care	45	10. Schools	103
6. Human Services	36	11. State Agencies	94

In order for more people to access Theraplay training, we have offered over \$38,000 in training grants to sponsors in countries facing economic challenges. This year we supported 9 countries with these types of training grants. In the United States, we provided over \$57,000 in support scholarships for practitioners working with underserved populations and in community mental health.



Theraplay In Action

This beautiful little being used her big, brave voice today in a room full of 20 strangers. We were at a play-based parenting workshop and all the kids were taking turns shouting “peanut butter!” in a silly voice, and then the rest of us would reply “jelly!” in the same silly tone. When nearly all the kids had gone, I asked my girl if she wanted to do it. She shook her head no and I didn’t push it. I was a little disappointed, but I understood.

But then she stunned me by raising her hand and contributing to the circle. She didn’t say it in a particularly funny way, and her face turned a bit red, but she put her shy, introverted self out there for everyone to see, and made me so damn proud of her progress. When you are parenting a child with anxiety or selective mutism, new social situations can often be a real struggle. So you claim your victories when you can, because they’re actually huge milestones, like rolling over, crawling or walking.

You celebrate commonplace words like “peanut butter” because it means your daughter is learning to be comfortable in AND out of her shell.

And you realise you must be doing SOMETHING right as her mother, even on the days when you

feel you're not doing enough, because she is blooming on a Sunday morning, in a strange gymnasium and it's one of the most astonishing sights you've ever seen.

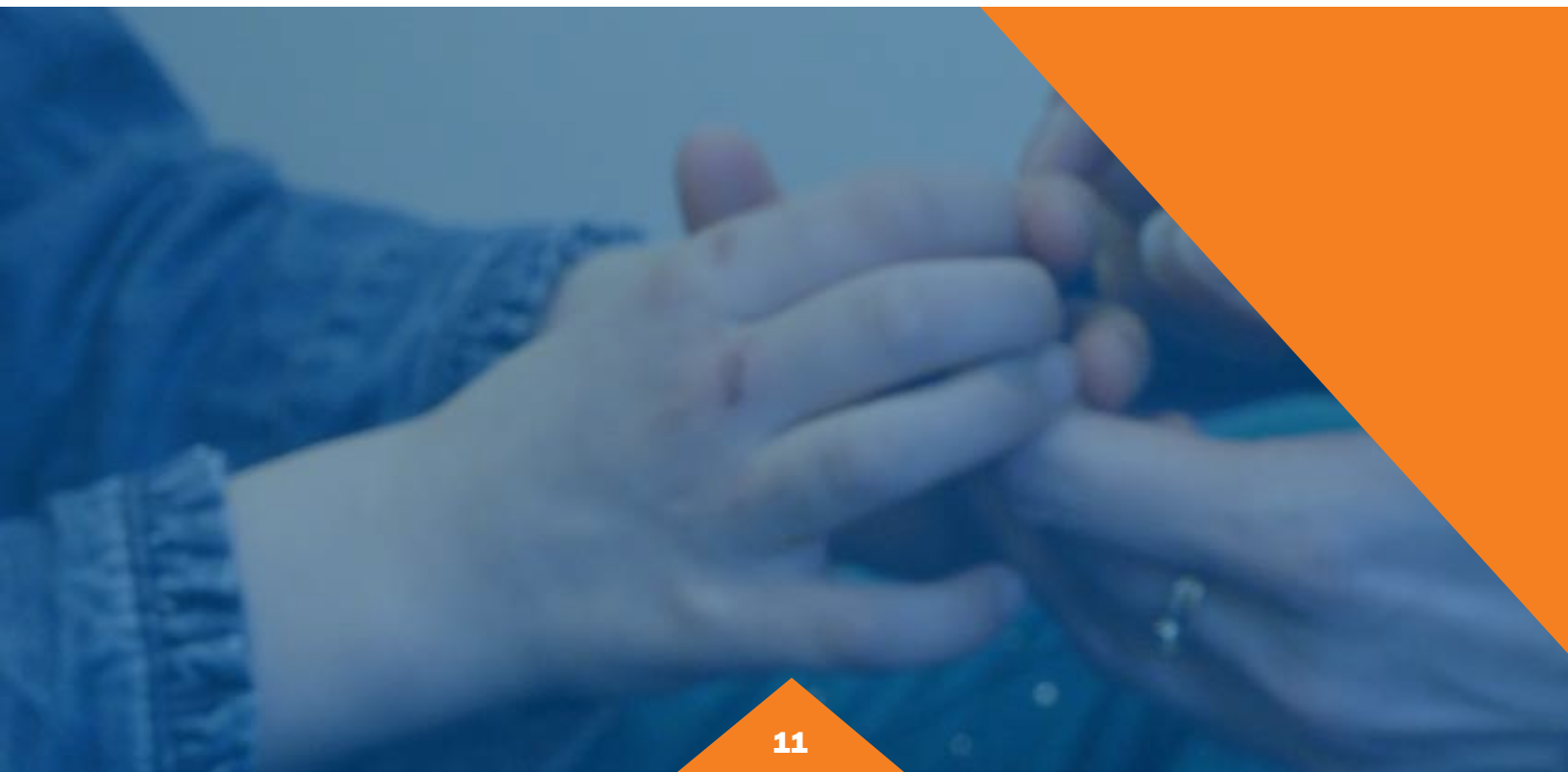
So tonight you will go to bed and smile and be grateful and find yourself somehow praying for more peanut butter in your best girl's life.

- Parent in Ontario, Canada



I have thoroughly enjoyed delivering Theraplay including Sunshine Circles and my children have loved taking part. They often ask for additional sessions on top of their regular planned sessions. All of the children have developed greatly in a number of areas. I have children who did not respond to the nurturing element of Sunshine Circles (feeding and check ins) who are now more than happy to partake in these activities. I have a number of children who struggled to take turns and wait patiently. However, I can now make said children wait until last to receive food share, without any fuss. These are just some of the examples of the impact of Sunshine Circles/Theraplay. Furthermore, children are now ready to learn and are much more regulated and willing to work as a team. During a recent visit from the Local Authority, it was noted since their last visit (a year ago) the class was much more settled and behavior had significantly improved. I believe Sunshine Circles/Theraplay, along with regular Future Steps intervention is the main reason for this improvement. I look forward to using Sunshine Circles/Theraplay with a new group of children next year and I am excited to see the change in them also.

- Classroom Teacher






“Theraplay is a piece of the puzzle that needs to be added to our mental health agencies as we navigate our mental health practices for children in Kankakee County.

We have many helpful initiatives and grant programs already in place that would welcome and support Theraplay practices.”

- An early childhood agency board member

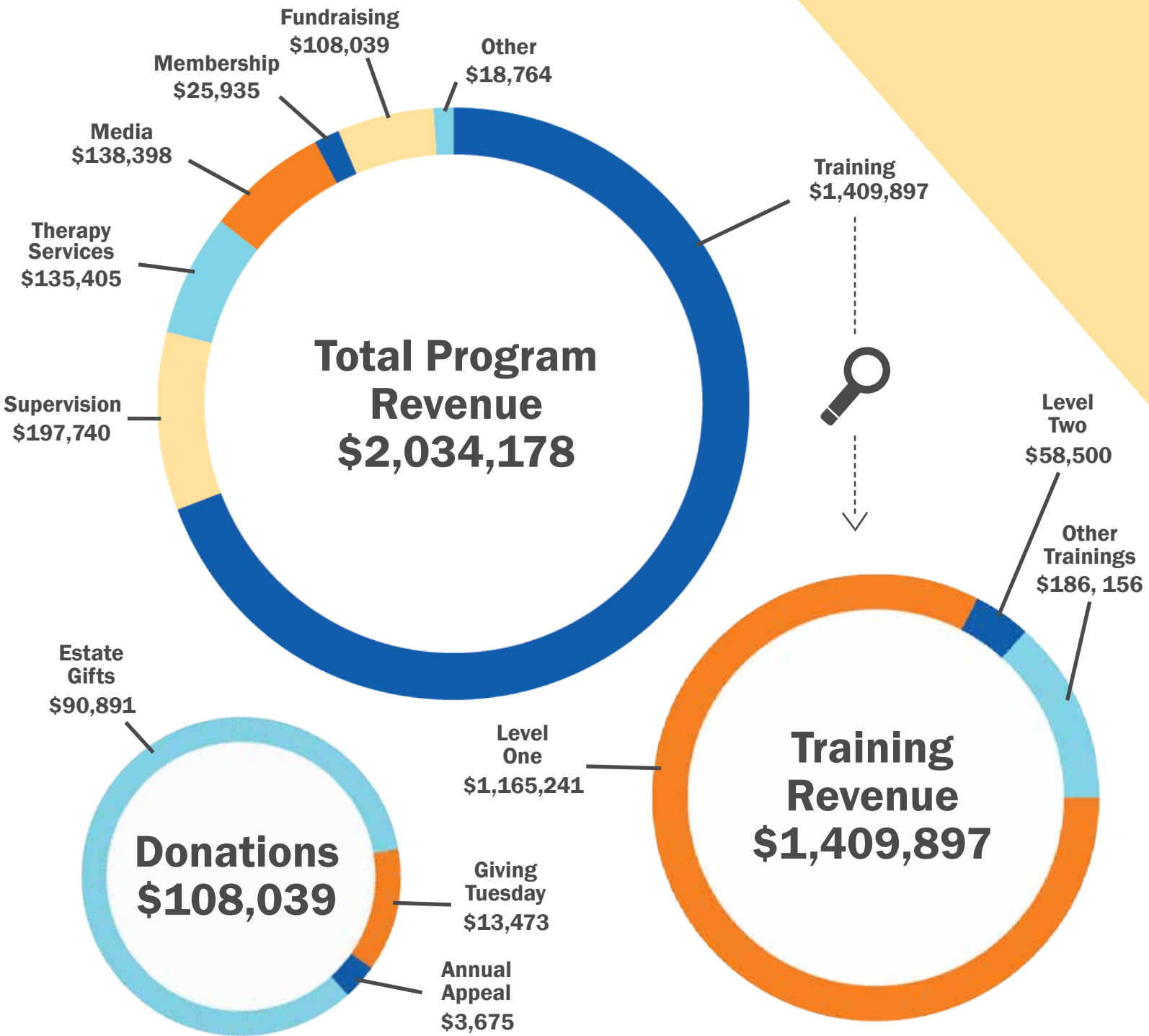


“It’s all about engagement and fostering better relationships within homes, families and the community. I want this for the parents and classrooms of at-risk kids that I see each year in my class.”

- A public school kindergarten teacher



FY2019 Financials



Total Program Expenses:
\$993,866

Total Admin Expenses:
\$887,662

Thank You to Our Donors

Last year included our first ever participation in an international fundraising campaign called Giving Tuesday. Our goal was to bring Theraplay to a deserving organization in our home community. We partnered with Marillac St. Vincent Family Services, a Chicago nonprofit organization that provides services to families and children in need, including early childhood programs from infancy into pre-kindergarten to support caregivers who are working or in school. Our hope was to provide a free Sunshine Circles training to Marillac staff, giving them a new set of tools to teach the children they serve lifelong social skills through nurturing, engaging, and challenging group activities.

The community came together in an incredible way to support us – we raised just over \$15,000 – which allowed us to provide Marillac St. Vincent with a completely free training for their staff in August 2019. Not only that - We've been able to invest the remaining funds into scholarships supporting access to Theraplay training for mental health professionals working with at-risk populations across the country. Internationally, this campaign continues to support TTI's ability to offer trainings at charity or substantially reduced rates in low-income countries to increase access to Theraplay.

Overall donations this fiscal year totaled **\$108,039**. We greatly appreciate this community endorsement of the good that Theraplay can do. As the international stewards of Theraplay, we take our commitment to doing as much good as we can quite seriously.

Our donors help us to go the extra mile in building stronger relationships. We can't thank you enough. Here's what your donations mean to us:

- More practitioners trained and better able to serve their clients and families.
- More service organizations better equipped to support their communities.
- More children with access to the resources they need for strong attachments and brighter futures.
- More families building stronger relationships.

Will you help us to do more by donating today?
Visit us at www.theraplay.org to learn more and donate.



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