

“From Play to Possibility”

The Expanded, Illustrated Narrative of APAC, PTUK & PTI



1. Foundations — A Willingness to Serve the Child

In every generation, there are those who look upon the suffering of children and refuse to turn away. In **1998**, such a moment arrived when **APAC** was founded by Monika Jephcott and Jeff Thomas who believed that the healing of a child is the healing of a community. We understood that children speak a language older than words — *the language of play*.

And so APAC was born, carrying a vision not of power, but of responsibility. A vision that said: *“Let us train those who wish to walk gently alongside a child, and let us do it with excellence.”*

By **14 July 1998**, APAC had taken root as a formal institution, laying the legal foundation for a future that would one day stretch across continents.



2. The Emergence of PTUK — Guardians of Standards and Evidence

Two years later, in **2000**, the work expanded.

Play Therapy UK (PTUK) arose with a solemn duty: to ensure that those who served the emotional needs of children did so with integrity, clarity, and accountability.

PTUK became the caretaker of the **Register of Play and Creative Arts Therapists**, the defender of standards, and the guardian of a growing **clinical evidence base** — a record that would demonstrate again and again that when therapeutic play is offered with care and skill, *children change*.

Our database — over **20,000 cases** — shows that most children who receive Play Therapy delivered to PTUK standards move toward emotional safety and wellbeing. This is not merely data. It is a testament to possibility.



3. The Integrative Holistic Model — A Model Rooted in Human Truth

The **Integrative Holistic Model** at the heart of APAC and PTUK honours a simple truth: *A child does not express pain in only one way. Therefore, healing must not come from only one direction.*

It is a model tested not in theory alone, but in practice — backed by **tens of thousands of outcome measures** gathered from parents and referrers.

Our data stands as one of the world's largest evidence bases in child mental health.



3. The Integrative Holistic Model: This model unites:

creative expression, through music,

clay, puppets, art,

symbolic play,

sand work and imagery,

movement and sensory exploration,

both directive and non-directive approaches,

knowledge from psychology, trauma studies, and neuroscience.



4. APAC's Training Pathways — Forming Practitioners Who Can Carry the Weight of the Work

APAC's training is not simply academic; it is transformational.

1 Postgraduate Certificate — Therapeutic Play Skills

A beginning that allows students to step into practice early, guided by supervision, learning to sit in the quiet courage of a child's story

2 Postgraduate Diploma — Play Therapy

A level at which students become Certified Play Therapists, able to hold more complex work with steadiness and depth.

3 MA in Practice-Based Play Therapy

Delivered with universities such as the **University of Chichester**, this pathway prepares practitioners not only to serve, but to contribute to the evolving knowledge of the field.

This is training that shapes a practitioner not only in skill, but in character — in patience, humility, and presence.



5. PTI — A Vision That Crossed Borders



As the work grew, it became clear that children in every part of the world needed the same chance to be heard, to be understood, and to be healed.

Thus **Play Therapy International (PTI)** emerged,, beginning with Monika having been elected as President for PTI. I tried to carry APAC-designed programmes across nations with a commitment to achieve consistency and quality. Our framework ensures that our training is:

- **comprehensive,**
- **competency-based,**
- **cohesive,**
- **consistent across borders,**
- **and fully evaluated.**

This unity means that a child in New Zealand, Singapore, or South Africa receives care shaped by the same values and standards as a child in the UK

6. Evidence of Impact — Proof That Hope Is Not Naïve



The evidence is powerful:

- PTUK's data demonstrates that between **77% and 84%** of children improve.
- APAC's training outcomes — more than **46,000 measures** since 2019 — reinforce that the Integrative Holistic Model is effective and replicable.

These numbers are not just statistics.

They are the footprints of children walking toward healing.

They are the voices of parents who finally feel heard.

They are the reminders that gentle work can produce profound change.

7. The Apprenticeship Era — Opening the Door Wider

In **2022**, APAC took another courageous step:

It created the UK's **only Level 7 (post graduate) Play Therapy**

Therapist Apprenticeship — a pathway that allows

working adults to learn, serve, and earn simultaneously.

By **January 2024**, Ofsted recognised APAC's

for its quality, organisation, and the rapid progress of

apprentices.

This development honours the belief that healing should not be the privilege of the few, but the right of every community.

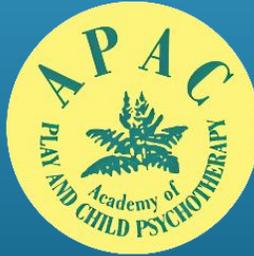


8. One Movement, One Purpose — The Child at the Centre

Together, APAC, PTUK and PTI form a single movement:

APAC

Training practitioners with depth



PTUK

Holding the standards that protect children and ensure the profession remains accountable.

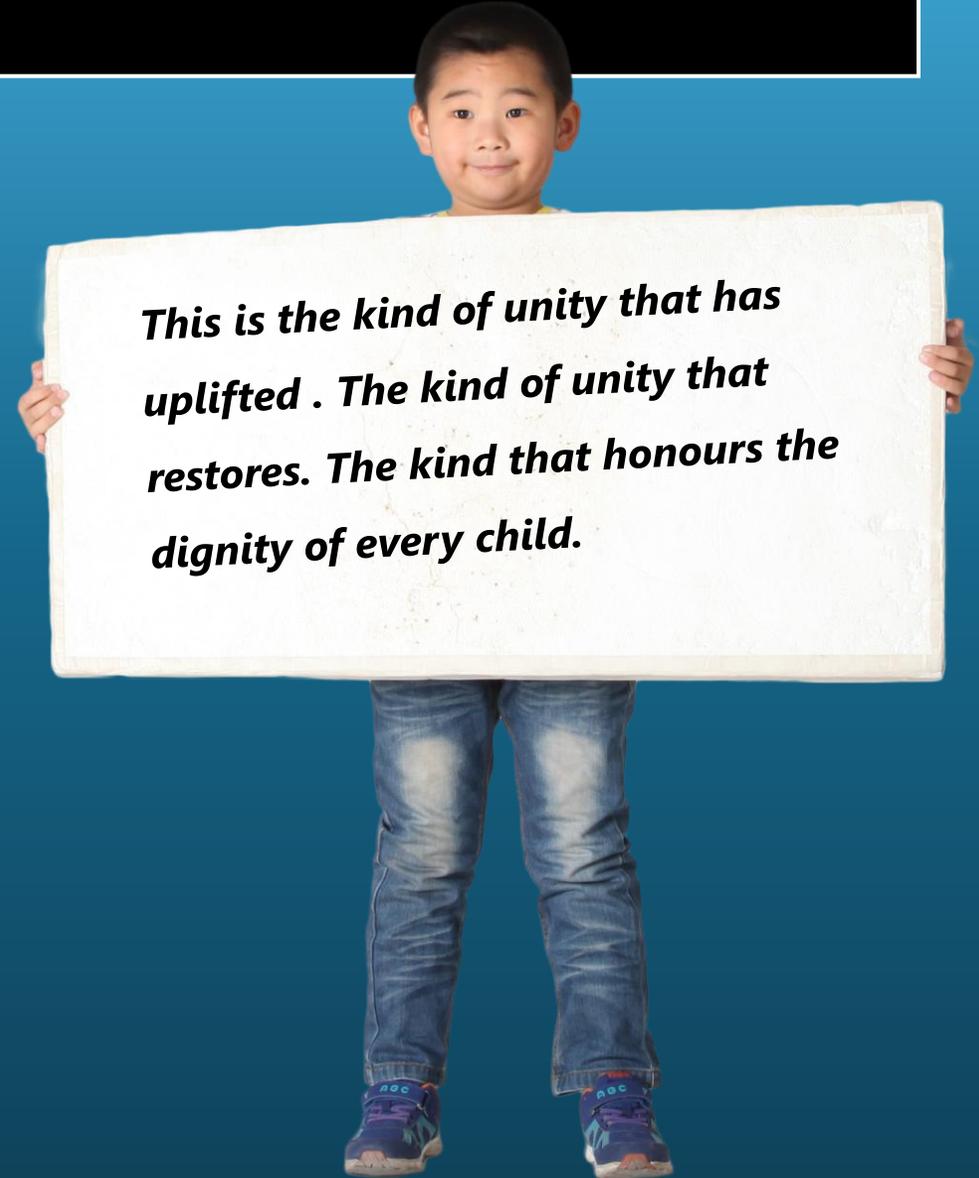


PTI

Carrying this work to children across the world with unity and consistency.



This is the kind of unity that has uplifted . The kind of unity that restores. The kind that honours the dignity of every child.



A Sneak peak of our training...



Day 1
#LaMouline2025



