

Intensive Filial Therapy Training

Description

Filial Therapy is a highly effective, evidence-based intervention integrating family therapy and play therapy to address child and family problems. It is a unique approach that bridges the gap between parents and children, fostering deep connections & enhancing emotional well-being. Therapists learn how to train and supervise parents as they conduct special child-centered play sessions with their own children (ages 3-12) (VanFleet, 2023).

Filial Therapy has been used successfully with many child and family problems: oppositional behaviors, anxiety, depression, abuse/neglect, single parenting, traumatic events, attachment/adoption/foster care, relationship problems, divorce, families of children with special needs, and many others. A research history spanning 60 years has consistently shown Filial Therapy to be cost-effective in resolving a wide range of presenting problems while strengthening family relationships.

The Intensive Filial Therapy Training Program was developed by Dr. Risë VanFleet and features the work of Filial Therapy originators, Drs. Bernard and Louise Guerney. The content of the training program is governed by the International Institute of Filial Therapy Professional Education (IIFTPE).

Objectives

By the end of the training, participants will be able to:

- Describe at least three advantages of filial therapy over individual play therapy;
- Help parents understand the value of play and their involvement in their children's treatment;
- Teach the four child-centered play skills to parents using mock play sessions;
- Observe parent-child play sessions and provide constructive feedback to parent;
- Discuss with parents the themes in the play sessions in order to further understand the child and the relationship;
- Guide parents to think about play theme relevance to daily life;
- Monitor home-based play sessions between child and parent in order to ensure maintenance of skills;
- State at least four common findings in the outcome research on filial therapy



Target Participants

Psychologists, social workers, counsellors, play therapists and other experienced professionals who are working with children and families. Participants are required to have received intensive training in Child-Centered Play Therapy and have gained supervised and solid experience in using this approach. Priority will be given to those who have attended the one-day training in Filial Therapy offered by CPE.

Continuing Education

CPD Points for Registered Social Worker: 24

This training is approved by APT Approved Provider #13-355 for 24 play therapy contact hours.

Becoming a Registered Play Therapist (RPT) under the Association of Play Therapy (APT), please visit the site (<https://www.a4pt.org>) for details.

This training and the presenter have no conflict of interest in presenting this workshop, nor is there any commercial support.



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Training format

There will be mini-lectures, videos and live demonstration, together with lots of role play practice to equip participants with the skills and confidence needed to implement Filial Therapy effectively. This is a small group training so individualized feedback can be provided to participants in a safe, friendly, and encouraging environment.

Trainer's Biography

Siu Fung Ying, Angela

BSocSc, DCS, MPhil, PhD

RCP (HKPS), CPsyAssoc (CPO), CTT/T, CPT-S, RPT-STM

Angela Siu is a Registered Clinical Psychologist under the Division of Clinical Psychology, Hong Kong Psychological Society. She is also a Registered Play Therapist / Supervisor under the Association of Play Therapy (APT). Throughout her work with children and families, Angela draws from both directive and non-directive play therapy approaches. Apart from being a Certified Theraplay® Practitioner and Trainer, she is also a Filial Therapist as well as a Certified Filial Therapy Instructor. She sees the impact of Filial Therapy on families by empowering parents to create a nurturing and healing environment for their children. She is now working as an Associate Professor at The Chinese University of Hong Kong. She also serves as consultant for non-government organizations and schools in providing intervention programs for students with various abilities and needs.

Training details and other information

Course Code	CE20251209
Course Name	Intensive Filial Therapy Training
Date	9 (Tue), 10 (Wed), 15 (Mon), 16 December 2025 (Tue)
Time	9:30 am - 5:00 pm
Venue	The Chinese University of Hong Kong
Language	Cantonese (Supplemented with English)
Class Size	6 participants
Course Fee	HK\$ 11,000 [10% (HK\$9,900) discount scheme for payment received by 13 October 2025]
Application Fee	HK\$150 (non-refundable)
Application Deadline	11:59 pm, 1 October 2025
Result Announcement	12:00 nn, 8 October 2025

Online Application



<https://web.swk.cuhk.edu.hk/en-gb/continuing-professional-education/programmes-information>

Application Deadline: 11:59 pm, 1 October 2025

Application Documents

- Certificate of Attendance in Intensive Training in Child-centered Play Therapy and equivalent
- Evidence on gaining supervised and solid experience in using the Child-Centered Play Therapy
- Certificate of Attendance in Introduction to Filial Therapy
- Other supplementary information

Important Terms and Conditions

1. Application is regarded as successful only after a confirmation email is issued to you.
2. Cancellation of course will be announced via email at least one week before the commencement of the course. No separate notification will be issued by post.
3. Course fee is non-refundable or non-transferable to another course once application is confirmed.
4. Receipt of course fee will be issued on the first day of the course and payment method will be indicated on the receipt.
5. All course training materials, including but not limited to lecture notes, worksheets, PowerPoint slides, and demonstration videotapes, are pre-pared by the trainer of the course and are the property of the trainer. No reproduction of any pieces of these training materials is allowed without the permission of the trainer and CPE.
6. No form of recording, including audio- or video-recording, during the course is allowed without prior permission by the trainer and CPE.
7. Certificate of Attendance will be given to participants who have attained 100% attendance of the course.
8. If Storm Warning Signal No. 8 or above, or Black Rainstorm Warning Signal or the announcement of "extreme condition" by the Government after super typhoons is hoisted by 7am, class will be cancelled. Details of postponement or other arrangements will be announced by email afterwards.
9. Personal data provided on course application form are used only for course application, course administration and future promotion purposes. All personal data collected will be treated with strict confidentiality. Under the provision of the Personal Data (Privacy) Ordinance, applicants have the right to request access to and make correction of their personal data. Applicants wishing to make amendments on personal data should submit a written request to CPE by email to swkcpe@cuhk.edu.hk.
10. The right of interpretation and amendment of the above terms belong to CPE.



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