



Photo by Ted Amsden

Sandra Webb has won the Monica Herbert Award for outstanding work in the field of play therapy. The award is issued annually in Canada.

Local counsellor wins prestigious professional award

By Cecilia Nasmith

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Cobourg counsellor Sandra Webb has been recognized by her peers with the prestigious Monica Herbert Award.

Coming on top of the Cobourg and District Chamber of Commerce honouring her with its President's Award last year, Ms. Webb said she feels very honoured.

The nomination was placed by her colleague Donna Cuthbertson, who met her 12 years ago when both were working toward certification in play therapy.

"Since then, Sandy has been committed and has worked tirelessly receiving further credentials, working with families and providing a tremendous amount of training for colleagues in her surrounding community," Ms. Cuthbertson's submission said.

"Sandy has facilitated training, either by personally teaching or financially supporting top-notch trainers such as Gisela Schubach De Domenico from California, Dan Hughes from Maine and Art Becker-Weidman from New York. Over the past 12 years Sandy, Hannah Sun Reid, Brian Nichols

and myself have continued to get together to provide/receive peer supervision."

For the past seven years, Ms. Webb has facilitated an annual visit from Ms. De Domenico for Sandtray-Worldplay workshops in Cobourg, providing the first training of this kind in Canada.

And over the past three years, she has hosted Mr. Hughes and Mr. Becker-Weidman for workshops in attachment and dyadic development psychotherapy — again, the first opportunity of its kind in Canada.

"Sandy had trained with both Dan and Art in the United States, and so passionately believed in the benefits of this type of work with families that she wanted to spread the word to others, to help families struggling with attachment disorders," Ms. Cuthbertson wrote.

Ms. Webb maintains a Cobourg practice as a certified child psychotherapist and play therapist.

She is also a Ministry of Children and Youth-approved private adoption worker for both international and domestic adoptions. She has travelled to Russia and other countries to learn more about the orphanages

with which she works and to assist her client families in their adoptions.

Among her many professional memberships, Ms. Webb has also served on the executive board of the Canadian Association for Child and Play Therapy.

She spends part of each summer in Haliburton providing training for the Expressive Arts Program, and works on a ministry consultation committee to discuss adoption matters. She has presented workshops on the latter in Canada and Ireland.

The Monica Herbert Award is presented annually to someone who has made an outstanding achievement in or contribution to the field of play therapy, whether that be through research, clinical work, or publishing a book, article or paper.

"I believe Sandy is very deserving of this award and recognition, as she has demonstrated over the years her commitment to make a difference in the lives of children and their families through her commitment, extensive training and ongoing involvement with foster families, adoptive families and biological families," Ms. Cuthbertson stated.