



Add Play To Your Work.... Late Fall 2009

New England Association for Play Therapy.

Association for Play Therapy Annual Conference

Atlanta, GA October 6 – 11, 2009

Report by Barbara van Hoff, LMFT, RPT-S

How to describe a weeklong conference in a small space? I will start with some quotes from colleagues who attended.

From Alison Wilson (formerly from CT, now NC): The workshop “Engaging Adolescents: Tweens and Teens” (Brijin Gardner) was “Quite good. ... I learned a lot of ways to ‘grow up’ play techniques for the older kids.”

About the all day workshop “Engagement, Assessment, and Treatment Planning” – “Liana Lowenstein was the best!... she gave many examples, offered free resources of her own work, and left me with a wealth of information.”

From Marj Adler (CT): “Speakers I loved: Sueanne Kenney-Noziska” (Techniques-Techniques-Techniques: Clinically-Sound Play-Based Activities), and “Paris Goodyear-Brown” (Play Therapy for Problems of Dysregulation: Helping the Wild Child). And “I really enjoyed Anne Stewart and Lennie Echterling” (What Play Therapists can learn from Improv: Abandoning Effort and Finding Flow).

From Nancy Boyd Webb (formerly from NY, now in MA): “I especially liked the Advanced Workshop on Supervision given by Teri Krull.... She has a nice, light style and a wealth of information and I learned a lot.”

And from Anne Webb: “I found three workshops especially valuable.... ‘Playful Trauma Focused Cognitive Behavioral Therapy’ (Angela Cavett) ...TFCBT is not my favorite ... but it is out there and knowing what it looks like can be helpful. The addition of the playful aspects was reassuring.”

“Second was Paris Goodyear-Brown’s workshop on ‘Play Therapy for Problems of Dysregulation’ ... seeing her enthusiastic self in action made the interventions seem more useful to me.”

And the workshop “Help Your Lawyer Help You” (Leah Miller & Hans Voss) was not “fun” but was “very valuable.... This is the workshop that I would like to see repeated for NEAPT.”

Here are some of my highlights:

Workshops! Over the week there are workshops on almost any aspect of play therapy that you want to learn more about! Even after going many years and hearing some speakers multiple times, you can always learn something new!

For instance – Trauma Focused Cognitive Behavioral Therapy (TFCBT)... I have a problem with the whole concept of using CBT for trauma therapy. I think it is very useful for parts of trauma work, but hard for me to see it as comprehensive therapy. However, it has had studies done to show effectiveness and therefore is the treatment of choice in many agencies. Sooooo, I better learn more about it. I went to the Angela Cavett workshop. It was somewhat disturbing to me. But I made it through the day, think I have a better understanding of it, and bought the book to learn more about it. Then I also bought Athena Drewes book on Blending Play Therapy with Cognitive Behavioral Therapy to give me some balance©. Maybe some book reviews will make it into future newsletters!

People! Over the week there are so many opportunities to meet new people, find out how their work is going, be encouraged – and be an encouragement! The Friday lunch for New England attendees was a highlight. It is so nice to have some time to chat and share with one another. One thing I should have done was contact the people ahead of time to tell everyone to plan on the lunch. I don’t think everyone looks at the bulletin board for messages. Even so, we had 9 people come and enjoyed some great conversation!

Vendors! Books, games, puppets and miniatures! And did I mention books!? I LOVE the vendors at the national conference!

Again, it is hard to describe the experience in a short space, but let me encourage you to start saving your money now and meet with us in Louisville, KY, next year!

New England Play Therapy

Conference a Success!

Reported by DeeDee Nold, LICSW, RPT-S

On Saturday, September 26th, The New England Branch of APT held its annual conference at Lesley University. Eliana Gill was the featured Speaker and she presented on ***Using Expressive/Play Therapies to Heal the Effects of Interpersonal Traumas: an Integrated Approach to Healing***. I have seen Eliana present on numerous occasions and she is always engaging, informative and inspiring. This presentation was especially pertinent to me as so many of us that have defined ourselves as Child Centered Play Therapists are finding that we at times move toward more directive models such as cognitive behavioral, bibliotherapy, relaxation therapy and narrative therapy. Eliana presented her viewpoint of an integrated approach which starts with Child Centered and then moves to directive methods when needed. She has developed a manual for her Trauma Focused Integrative Approach and her agency in Virginia and one in Arizona are doing a comparative research on Integrated vs. Cognitive Behavioral in order to hopefully establish her method as effective as Trauma Focused Cognitive Behavioral Play Therapy. As more and more agencies and insurance companies are requiring evidence based practices, this study is relevant to us all.

Eliana presented some excellent case studies and emphasized the need at times to directly address the child's trauma and disassociation. She also discussed the need to train the children in mindfulness relaxation methods. The conference was enjoyed by many and we hope to see more of you next year. Many thanks to our president, Sarah O'Brien for all the hard work she puts in to give us the opportunity every year.



Carol Golly and Barbara van Hoff

Carol Golly, LCSW, RPT-S was the proud winner of the New England basket. Carol currently lives in Naples, Florida but comes from Boston. The baskets were a fundraiser for the Association for Play Therapy Foundation. Carol was missing New England and put all of her raffle tickets on our basket. She was so excited to take a little of New England back with her.

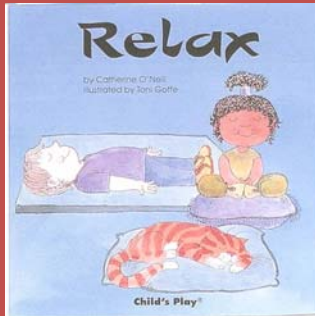


Eliana Gill and Nancy Boyd Webb at the New England Conference

Message from Our President

Anyone interested in being on the board of the NEAPT or who would like to assist in planning please contact Sarah O'Brien at: nea4pt@yahoo.com

Book Nook



By DeeDee K. Nold, LICSW, RPT-S

Relax is a gem of a little book written by Catherine O'Neill and illustrated by Toni Goffe.

Catherine is a Speech and Language Specialist and has designed Children's books and toys. She begins by explaining to children what "tension" is and how it affects our bodies.

She uses examples of being bullied, a pet dying, a new sibling and family arguments.

She then processes the meaning of "relax". She explores how our feelings affect us and what we can do to help our bodies relax. I especially appreciate Toni's drawings in regards to diaphragmatic breathing. I introduce the breathing as "balloon breaths" and have the children pump a balloon up and down while they are practicing their breathing. Another activity I use with this book is to have the children pick marbles to represent the "stressors" in their lives that cause them tension. They identify the stressor and then put a marble into the balloon to represent that stressor going inside their body. We inflate the "stress balloon" and see how weighted and "un-balloon" like it becomes. It helps children visualize what stress can do inside their bodies. I often use a blank paper body to identify where in their body they feel the tension. We explore the relaxation techniques in the book together and each child can then develop their own relaxation plan which we will share with their parents.

I find this book effective with any child who has anxiety. The pictures are fun and colorful and attract the children's

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New England

Upcoming Training Announcements: The following workshops (unless otherwise listed) are offered by or in conjunction with the New England Association for Play Therapy. NE-APT is APT Provider #02-123.

Jan 23rd, 2010: **Child Centered Play Therapy with Foster/Adoptive Children and Families**, with Sarah O'Brien, LICSW, RPT-S. Rhode Island College, Providence, RI 6 hrs. \$80 <http://www.ric.edu/socialwork/pceLicensing.php> (can be taken as part of the Adoption certificate program or as Continuing Ed)

April 9-10th, 2010: **ROARS FROM THE UNCONSCIOUS: Animals in Play Therapy and Sandplay** with Sally Sugatt, ISST/STA. Cornerstone School, Stratham, NH. 1-2 days avail. **Registration**

April 23rd, 2010. **Child Parent Relationship Play Therapy: Building and Strengthening Parent-Child Relationships through the use of Special Playtimes.** With Sarah O'Brien, LICSW. RPT-S. Rhode Island College, Providence, RI 6 hrs. \$80 <http://www.ric.edu/socialwork/pceLicensing.php> (can be taken as part of the Adoption certificate program or as Continuing Ed) (pre-requisite required of Doing Child Centered Play Therapy or Child Centered Play Therapy with Foster/Adoptive Children and Families.

May 21st, 2010: **The PLAY Project: Introduction to the DIR/Floortime Model of Play Therapy** SERESC Conference Center in Southern New Hampshire \$150 6 hrs. lkroodsma@antioch.edu

Remember, regardless of whom the presenter is, if the workshop announcements do not state APT approval with a provider number, APT will not approve it for RPT/RPT-S application or renewal.

If you are not a member, please join to receive the member discounts plus many more benefits outlined on www.a4pt.org.