



Add Play To Your Work... Summer 2009 New England Association for Play Therapy.



I had the recent privilege of teaching a course at Wheelock College on "Communicating with Children Through the Language of Play". This course is designed to teach educators, clinicians and others who work with children to communicate with/understand children through their primary language-play. I have taught this class for several years to a wide range of undergraduate and graduate students and members of the community who work with children. I train participants to use the CCPT language and require them to experience it in an interaction with a child. They write up this experience in a paper for their final grade. Well after the class and paper were completed, I received this article from one of the participants. She had written it for her class newsletter for parents. I asked if I could share it with you, as I think it is a great example of how this work can be used in the community. I hope you enjoy it as much as I did. Thanks Ann for sharing it with us!

Child's play is the very stream of development - not a metaphor, not a pastime, but the process by which they accomplish their growth. Their play reveals their developmental themes and unique style. Narrating children's actions in a non-judgmental way is a nice technique we all use, parents and teachers alike, to get a bead on what is going on for them. It serves to demonstrate our interest to the child, to raise their self-awareness, and to help us recognize the particulars of that child's pace and priorities. In this way we build the insights to provide them with the right challenges, and encourage them when they encounter a developmental puzzle, while respecting their capabilities. When we mindfully make our interactions more about them and less about us, we also can let them figure things out for themselves. When an accomplishment is fully their own it is a building block they will have forever.

We don't want to raise kids who have one eye on us to validate their every move. By focusing on

- understanding, not explaining;
- accepting, not correcting, unless safety is at risk;
- self-direction, not instructions;

Learning the Child: The Basis of Good Care

I visited a very old and dear friend, a long-retired teacher of young children, over the recent break. In the course of the evening's conversation, she said, "You have to learn the child." How true. In order to help a person most effectively we need to know who he or she is - what is important to them, and how they learn.

Then, our contribution to the interaction is more about wisdom, not information. There is a time and place for explaining, correcting, instructing, and cheerleading. That usually comes pretty easily - at least it has for me, as a parent. But kids need to explore the world at their pace, in their way, to know themselves. Facilitating and observing these independent play opportunities are important for kids and for us as their guides in life. In turn, when we adults share these insights and observations with each other, we can adjust, attune, amplify and enrich our loving care.

As parents, teachers, coaches, guides, how do we "learn" a child? By waiting, watching, and wondering. By "disappearing" in our interactions with them, from time to time, so the focus is on squarely on the child. When we interact with them in their play as simple, sympathetic observers, we acknowledge and honor the integrity of their growth. And in the process we help ourselves learn about them so we can guide them by engaging their strengths, preferences and curiosities.

Ann Haycox is an Early Childhood/Infant Teacher and former director at Harvard University's Childcare Center in Cambridge, MA.

Summer has finally arrived in the northeast. I'm personally, thrilled to see and feel the sunshine.

I hope you are finding time and opportunities to enjoy summer's bounty. Personally, I'm working to include more play in mine and my family's life this summer. During the year, it's so easy to get caught up in the routine and the demands of homework and errands, that we often sacrifice play time for other activities that are seen as more constructive or educational. I hope you are ahead of me and taking the time to play, to relax and to enjoy the simple things.

In my classes, I often assign my students to observe children at play; in playgrounds, classrooms, their homes, and wherever they have the opportunity to play without much adult input. My students find it challenging to observe and not to actively interact and contribute. They are continually amazed at how capable children are and how much they learn about them by "watching, waiting and wondering" about their play and activities. I'm sure you are already doing this, but if not, take a moment to remind yourself to take the time, for your sake and theirs.

This is also my personal moment to announce our annual conference for 2009. This year, Eliana Gil will return to Boston for a very special opportunity. We are co-sponsoring this year's conference with Lesley University in Cambridge (the day will take place in the Porter Square building). We have been working on this collaboration for years, and are excited to bring our focus on play together with Lesley's expertise and standing in the Expressive Therapies community to sponsor this great event. As many of you probably know, Eliana is not only an RPT-S, but is also an ATR (Registered Art Therapist). This venue is a great opportunity for us to reach out to our Art and Expressive Therapy colleagues to share a day of information and inspiration. I hope you will join us in Cambridge Sept 26th.

Happy Summer!

Sarah

TRAINING OPPORTUNITY IN CONNECTICUT

September – May 2009-10. 80 hour course in Sandtray Play Therapy w/ Jayne Dean, LMFT, RPT-S in Hartford, CT. Utilizing a weekend workshop format, this 8-session training program will meet 1x per month. Workshops will be a blend of lecture, clinical case presentation, demonstration, live-supervision and direct, hands-on experience with sand, water, and images. This program will provide a solid foundation in sandtray play therapy. A total of 80 CEU's will be awarded upon completion of the program. All hours count toward the 150 hours required to become a Registered Play Therapist.

Contact Jayne Dean, LMFT, RPT-S
jaynedean@hotmail.com. [Brochure](#)

NEW HAMPSHIRE:

Two upcoming classes in Londonderry at Birch Tree Counseling. Workshops are conducted by Kay Edwards, M.Ed., LCMHC, RPT-S, and will be Aug 28th and Nov 13th from 9:00-12:15. 3 ceus for APT and also NASW-NH are available. ***Theoretical Approaches to Play Therapy is Aug 28th***. We will be looking at differing theoretical models for play therapy through video, discussion and experiential exercises. An opportunity to identify your own personal approach will also be provided. ***Sandtray 2: Deepening the Application of Sandtray Play Therapy is Nov 13th***. This workshop is limited to 12 participants and will focus on increasing the knowledge of the role of the play therapist in sandtray play therapy as well as ways to assist the client to become more deeply engaged in their sandtray world. A significant portion of the time is dedicated to experiential exercises. (603) 296-4087. \$45 APT members/ \$55 non-members. \$10 fee for Category 1 ceus.

GRADUATE COURSES IN NH: Foundations of Play Therapy: History, Theory, and Special Applications

DeeDee Nold, MA, MSW, LICSW, RPT-S **August 3-7, 2009**. 3 credits. 8:30 am -4:30 pm daily Main Campus Plymouth, NH. [LINK](#)

Child-Centered Play Therapy DeeDee Nold, MA, MSW, LICSW, RPT-S **Wednesdays, Sept 9- Nov 18th** 5:00-9:00 pm. Concord, NH [INFO](#)

NE-APT Training Guide: 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.

June 11th, 2009 Doing Child Centered Play Therapy with Sarah O'Brien, LICSW, RPT-S. Boston College, Chestnut Hill, MA. 6 hrs. [Http://www.bc.edu/schools/gssw/academics/ce.html](http://www.bc.edu/schools/gssw/academics/ce.html)

JUNE 26TH, 2009 APPLICATIONS FOR THE TREATMENT OF COMPLEX TRAUMA IN CHILDREN, JAYNE DEAN. LMFT, RPT-S VILLAGE FOR FAMILIES & CHILDREN 1680 ALBANY AVE HARTFORD, CT (860) 297-0527 4 HRS. APT #08-228 NSCHWAN@VILLAGEFORCHILDREN.ORG.

July 27 - 31, 2009 (Monday-Friday, 9:30-12:45, 15 CE hours) Skill-Building for Children with ADHD: A Play Therapy Approach Daniel Yeager, LCSW, RPT-S. www.playtherapyworks.com, APT# 00-098.

August 3 - 7, 2009 (Monday-Friday, 9:30-12:45, 15 CE hours) Sand Therapy Theory and Application: Integrating Sand Therapy and Play Therapy Eliana Gil, Ph.D., RPT-S. www.playtherapyworks.com, APT# 00-098.

Foundations of Play Therapy: History, Theory, and Special Applications DeeDee Nold, MA, MSW, LICSW, RPT-S August 3-7, 2009. 3 graduate credits. 8:30 am -4:30 pm daily Main Campus Plymouth, NH. [INFO gmears@plymouth.edu](mailto:gmears@plymouth.edu) or djnold@plymouth.edu

Friday, August 28, 2009 Theoretical Approaches to Play Therapy, Kay E. Edwards, M.Ed., LCMHC Birch Tree Counseling 302 Rockingham Rd. Londonderry, NH, (603) 296-4087 3 hrs. [Birchtreecounseling@yahoo.com](mailto:BIRCHTREECOUNSELING@YAHOO.COM)

NE-APT Annual Conference: September 26th, 2009 Eliana Gil Using Expressive/Play Therapies to Heal the Effects of Interpersonal Traumas: an Integrated Approach to Healing www.newenglandplaytherapy.org. Co-Sponsored with Lesley University, Cambridge, MA. 6 hrs, \$75 APT members, \$100 non-members.

SEPT 9- NOV 18TH CHILD-CENTERED PLAY THERAPY DEEDEE NOLD, MA, MSW, LICSW, RPT-S WEDNESDAYS, 5:00-9:00 PM. CONCORD, NH [INFO GMEARS@PLYMOUTH.EDU](mailto:GMEARS@PLYMOUTH.EDU) OR DJNOLD@PLYMOUTH.EDU

SEPTEMBER – MAY 2009-10. 80 HOUR COURSE IN SANDTRAY PLAY THERAPY WITH JAYNE DEAN, LMFT, RPT-S IN HARTFORD, CT. A ONE WEEKEND PER MONTH FORMAT IN A SMALL GROUP FORMAT (NO MORE THAN 8 PARTICIPANTS WILL BE ACCEPTED). CONTACT JAYNE DEAN, LMFT, RPT-S FOR MORE INFO AT JAYNEDEAN@HOTMAIL.COM. [BROCHURE](#)

FRIDAY, NOVEMBER 13, 2009 SAND TRAY 2: DEEPENING THE APPLICATION OF SANDTRAY PLAY THERAPY WITH KAY E. EDWARDS, M.ED., LCMHC, BIRCH TREE COUNSELING 302 ROCKINGHAM RD. LONDONDERRY, NH (603) 296-4087 3 HRS. BIRCHTREECOUNSELING@YAHOO.COM

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 Check for updated announcements on www.NewEnglandPlayTherapy.org