



Add Play To Your Work.... Late Spring 2010 New England Association for Play Therapy.

“Letters from our Readers”

We would like to introduce this as a new section of the newsletter. We invite you, our readers, to write in with questions you might have for the board, responses to articles or book reviews, or suggestions for future articles/reviews. We ask only that they be tasteful ... ok, at least not crude ☺. So come on, tell us what you are thinking! Send in your letters to barbaravh@mail.com and watch for them to appear in future newsletters! This is your sounding board!

Here we go with our first response to the articles written on TF-CBT:

RESPONSE FROM ANGELA CAVETT, PHD. RPT-S

When I saw the Late Fall 2009 Newsletter for the New England Association for Play Therapy, I felt I must respond with more information about Trauma Focused-Cognitive Behavioral Therapy (TF-CBT). The Winter 2010 Newsletter was encouraging as the article on TF-CBT was similar in content to what I presented in the TF-CBT workshop at the APT conference. Barb's comments in the Winter 2010 newsletter seemed similar to my own journey in treating children who have been traumatized. That journey included training as a play therapist and later in TF-CBT and eventually integrating the best of both in my work with children. My first Association for Play Therapy Conference was in 1996. As a Registered Play Therapist Supervisor, I respect the foundational work of leaders in the play therapy field such as Eliana Gil. However, I also believe in the scientist-practitioner model which emphasizes using the literature and research to guide treatment. Given this, I knew that I needed to train in TF-CBT because of research supporting its effectiveness. TF-CBT, which is a child-specific treatment for

traumatized children, is considered the treatment of choice according to several important sources including the Center for Disease Control (CDC). This is because TF-CBT has the most research support of any treatment for children and adolescents who have experienced traumas including child abuse. Strong research is a strength of TF-CBT that play therapy does not currently have. Indeed, there are mental health researchers and providers who think that play therapy is not effective due to our lack of research. Where TF-CBT provides the research and structure, it lacks engaging interventions that would address each of the treatment components. Play therapy has the interventions! TF-CBT with play seems the most appropriate treatment for traumatized children because it uses the language of children and the research support of scientist-practitioners to treat children.

When I trained in TF-CBT, I learned the model but kept thinking of the thousands of interventions from the play therapy literature that address each of the TF-CBT components. In my presentation at APT I incorporated play into each of the treatment components. The play therapists that were referenced the most in my presentation were Liana Lowenstein, Sueann Kenney-Noziska, Paris Goodyear-Brown and Janine Shelby..

People who work with traumatized children want to help them. Yet, it has always shocked me how divisions are made in the mental health field. Historically and even today, Play Therapy has been and is minimized by many mental health professionals. Play Therapists are also hesitant about other treatments, including TF-CBT. Even within our field there is division between the directive and nondirective practitioners. It seems important to me to gain understanding of

different approaches for the treatment of childhood trauma and use the knowledge to offer optimal treatment. For me, that meant integrating the best of research-based theory (TF-CBT) and the best of developmentally appropriate engaging practice (Play Therapy) (Cavett, 2009a, 2009b, and 2009c). I encourage play therapists to read the book on TF-CBT, Treating Trauma and Traumatic Grief in Children and Adolescents by Cohen, Mannarino and Deblinger (2006). Consider the abundant play therapy literature noted above and how we as play therapists can contribute to the on-going discussion of how to make psychological treatments more effective for traumatized children. In my opinion this must include playful and engaging interventions.

Cavett, A. Playful Trauma-Focused Cognitive Behavioral Therapy with Traumatized Children. www.lianalowenstein.com/cavett.doc September 1, 2009

Cavett, A. (2009). Playful Trauma Focused Cognitive Behavioral Therapy with Maltreated Children and Adolescents *Play Therapy* 4(3), p. 20-22.

Cavett, A. Playful Trauma Focused Cognitive Behavioral Therapy Association for Play Therapy International Conference Atlanta, Georgia October 7, 2009

Cohen, J., Mannarino, A., & Deblinger, E. (2006). Treating Trauma and Traumatic Grief in Children and Adolescents. New York: The Guilford Press.

Barb's Response

I am thankful that Angela Cavett has taken the time to respond to my previous articles in such a thoughtful manner. She has also corresponded with me by e-mail. I agree with her in that we continue to seek the best treatment possible for our clients. TF-CBT has been well-researched and I like its thoroughness in the treatment of trauma. I totally agree that including play therapy with its components will enhance its effectiveness with children who have been traumatized.

As I understand it, both Eliana Gil and Paris G Goodyear-Brown are researching the effectiveness of their protocols of using play therapy for traumatized clients.

Paris will be presenting at our (New England's) fall conference. I would encourage readers to read the TF-CBT book mentioned by Angela, and also attend the fall conference, and become well versed in the treatments available for our clients. There are new books coming out and we hope to review some of them in coming newsletters.

Other comments, or responses, to this or other articles are welcome. Please send them to barbaravh@mail.com, subject line: "Letters from our Readers".

University Play Therapy Courses

Adlerian Play Therapy. July 12-16. Instructor, Mary Anne Peabody, LICSW, RPT-S. Plymouth State University. 3 credits Contact: Gail Meirs at [www.gmeirs@plymouth.edu](mailto:gmeirs@plymouth.edu)

Child Centered Play Therapy. Saturdays, Sept. 25 November 6. Instructor, DeeDee K. Nold, LICSW, RPT-S. 3 credits. Contact: Gail Meirs at [www.gmeirs@plymouth.edu](mailto:gmeirs@plymouth.edu)

Child Centered Play Therapy. With Sarah O'Brien, LICSW, RPT-S. Tuesdays Aug 31-Dec. Rhode Island College. 3 Credits. www.ric.edu

Play Therapy with Dr Gabriel Lomas, RPT-S Aug 16-26th. Mon-Thurs eves.at Western Connecticut State University. EPY 698. Lomasg@WCSU.EDU

Book Nook

"Remember to Play"

Reviewed by Laurel L. Hemmer, LICSW

NurtureShock

Written by Po Bronson & Ashley Merryman

I'm the mother of a four year old, a social worker in the public school system (grades K-5), and a child of two life-long educators. When a respected colleague recommended this book to me stating, "I wish I had read it before I raised my children," I was intrigued. After reading the Preface, Introduction, and First chapter, I was hooked.

It's hard to think of what to write when any of you can go to amazon.com and read the reviews or stop by Barnes and Noble and read the jacket or pick it up on the shelf of your local library and start reading, as I did. What I liked about the book was the breadth of research, the fact that it made me think, the variety of topics and age groups (toddlers to teens) covered in different chapters, and the way the information was presented. I listened to the book in its entirety: (books on CD, great way to pass time in the car) and yet felt you could easily pick which of the chapters were of interest to you and jump around. The other part I liked is some chapters made me think of my role as a play therapist. Not all for sure, maybe not even most, but some. So, it spoke to me as a parent, as a school social worker, and as a play therapist. I can state that it did immediately change the way I parent my son; perhaps only in small ways yet sometimes those small details can lead to profound changes in life.

Save the Date

November 13, 2010-

"Flexible Play Therapy in Trauma Treatment" with Paris Goodyear-Brown

Flexibility in Play Therapy: filling your tool box with the best from prescriptive, trauma focused, cognitive behavioral play therapy, multi-sensory and expressive play therapy approaches to meet each client's needs.

We are excited to offer this year's annual play therapy conference at the Best Western Royal Plaza Hotel and Trade Center in Marlborough, MA. The training will be from 9-4:30 on Saturday, November 13, 2010 with registration beginning at 8:30. Lunch will be included and vendors will be present throughout the day. We will also be hosting a pre and post conference on Friday evening and Sunday morning for more exciting CEU opportunities. More information on this to follow.

Rooms are currently on hold at the hotel for \$89 per single/double room. Please call 508 460-0700 for reservations.

We are excited about having Paris and all she offers. To learn more about Paris, go to her website at www.parisandme.com

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.

Spring-summer 2010 6 Level Sandtray-Worldplay and Dynamic Expressive Play Therapy Training Course with Gisela De Domenico, Phd, R-PTS. near Portland, Maine is now posted. Please go to: <http://vision-quest.us/vqisr/schedule.htm> Registration is open for these workshops. Note that: Folks may attend Level 1, The PlayTherapy and Sandtray Experience, (Level 3 prt1) and the Transformational Day without having had prior experience. RARE OPPORTUNITY to take all 6 workshops in one year.

July 12-16. Adlerian Play Therapy. Instructor, Mary Anne Peabody, LICSW, RPT-S. Plymouth State University. 3 credits Contact: Gail Meirs at www.gmeirs@plymouth.edu

July 29-30, 2010 Integrating CBT and Play Therapy (6 CE hours, Thursday-Friday) with Daniel Yeager, LCSW, RPT-S www.playtherapyworks.com APT #00-098.

August 2-6, 2010 Family Play Therapy (15 CE hours, Monday-Friday) Eliana Gil, Ph.D, RPT-S www.playtherapyworks.com APT #00-098.

Aug 16-26th. Mon-Thurs eves. Play Therapy with Dr Gabriel Lomas, RPT-S at Western Connecticut State University. EPY 698. Lomasg@WCSU.EDU .

Fall 2010 Child Centered Play Therapy with Sarah O'Brien, LICSW, RPT-S at Rhode Island College. 24hrs or 2 credits. Sarahob1@msn.com

Saturdays, Sept. 25 November 6. Child Centered Play Therapy. Instructor, DeeDee K. Nold, LICSW, RPT-S. 3 credits. Contact: Gail Meirs at www.gmeirs@plymouth.edu

Nov 13th, 2010 Save the Date for Flexible Play Therapy in Trauma Treatment Paris Goodyear-Brown, RPT-S and other local talent. More details to follow. www.newenglandplaytherapy.org

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.