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Summer 2011 New England Association
for Play Therapy *Add Play To Your Work*



FAWNS IN GORILLA SUITS

(Play Therapy Strategies with Children Who Act-Out with Aggression or Violence)

Pre-Conference Friday Evening from 4:30 pm - 9:00 pm.

Conference Saturday from 9:00 am - 4:30 pm.



ANNUAL CONFERENCE
NOVEMBER 4th & 5th, 2011



www.newenglandplaytherapy.org

for information and online registration.

APT # 02-123

Volcanoes, and Icebergs, and Boxes, OH MY

By: Laurel Hemmer

On Thursday, June 9, we had the pleasure and the privilege of spending the day with Wendy Monahan to learn about her "20 minute miracles." She spoke about groups and although the focus was certainly on school-based groups, a great deal of the information could be generalized to either working with families or working with groups in another setting. Wendy had a plethora of ideas that she shared charismatically throughout the day. Among my top three were her volcano / iceberg activity, the submarine, and the multi-faceted boxes.

The volcano activity, was familiar to me, but Wendy put a spin on it and brought the project to a whole new level. After having children think of what their triggers are when they are angry, she turns her volcano into an iceberg and in the same activity (although it may take more than one 20-minute session) has the children identify what cools them down, focusing on all those coping skills that are critical for children to learn.

With the submarine, she had us each draw a submarine and think about different parts of the submarine in regards to our lives; the

foundation of our lives on the bottom, the current parts of our lives in the middle, . . . and then used the metaphor of the sub to get us to think about our whole lives. What compartments are strongest? If one compartment has a leak are the others still safe? Do we stay in safe shallow waters or go deep into the depths?

And then the boxes. Wendy uses a simple box format to play games that have children think about issues of divorce or separation, social skills, friendship issues, you name it.

As Wendy pointed out, many of her ideas can be made with a little time and effort. This way all can be personalized for the specific group you are working with. In addition, she shared organizational ideas, how to use the same project across different types of groups, had the energy to keep us attentive throughout the day, and also kindly shared her experience of having her therapy dog with her at school. As a school social worker one of the things I appreciated the most was Wendy's strong belief in the importance of groups and the gift we give with each small skill we teach.

Thanks Wendy for sharing your expertise, enthusiasm, and creativity on groups and play with us this June!

Liana Lowenstein Presented: Creative Family Play Therapy Techniques

By Julie Nash

“The family that plays together stays together.” We were pleased to have Liana Lowenstein at our summer conference to show us how true this is and to teach us new ways to help families play together. She presented on Creative Family Therapy Techniques, and opened our eyes to many new techniques and methods for family therapy. Family therapy can be daunting with the extra challenge of multiple people of multiple ages is thrown into the mix. Liana spoke about the benefits and guidelines for family play therapy, as well as ways to determine and use appropriate activities. Her tips for overcoming challenges were especially useful as she guided us through challenges like the resistant family or individual family members, dealing with many family members, and handling disruptive children in session. Some of the most important aspects are being well prepared for each session, finding ways to engage the entire family, and learning how to join with each family member. It is also important to remember to focus on the process rather than the product. Liana walked us through a variety of techniques including those to assess and engage the family, methods for dealing with child management issues, incorporating psychodrama and storytelling, and using art in family therapy sessions. One of my favorites was “Our Family Life Scavenger Hunt.” Liana asks the family to work during the week to discuss and choose objects to bring to the next therapy session that exemplify a variety of characteristics (i.e. something that made us all happy, something homemade, etc.). The actual work comes through the processing of how the list was divided, how decisions were made as a family, how emotions were handled during the hunt, and more. Liana’s use of sandtray with families was particularly poignant as she showed videos of sessions and we were able to see the strengths and weaknesses of a family start to be worked through in sessions. Somehow watching the families utilize the skills and techniques always makes them come alive and make more sense! Liana shared many techniques from her books, especially *Creative Family Therapy Techniques*. Her books are discounted on her website www.lianalowenstein.com. Be sure to check that out!

To get a free eBook of therapy techniques, read cutting edge articles, and buy Liana's books at a discount, go to: www.lianalowenstein.com

University Play Therapy Course:

Child Centered Play Therapy. Plymouth State University. 3 Credits. Wed. Sept. 7 thru Nov. 2. 5:00 to 9:00 p.m. Concord Campus. nolddeedee@aol.com. Instructor: DeeDee Nold.

Speaker's Survey with our upcoming presenter David Crenshaw.

David A. Crenshaw, Ph.D., ABPP, RPT-S

I live in Poughkeepsie, NY and my private practice is in Rhinebeck, NY.

I've been doing play therapy for 33 years, I've been a clinical psychologist for 42 years (received my Ph.D. in 1969).

I grew up in a small farming community in Northwest Missouri where playing football was the main focus of the town so I played football, was co-captain, and worked on farms during my high school years. I did my undergraduate work at a small liberal arts college called William Jewell, and my graduate work in clinical psychology at Washington University in St. Louis. I met my wife Mary at Washington U. and we moved east in 1971 to Rhinebeck, NY. We have two delightful daughters and two uncommonly sweet granddaughters that I make a point of going to visit and playing with every Friday.

Besides presenting, what is your current job? (feel free to share pros and cons)

I've had a busy private practice in Rhinebeck since 1977 where I focus primarily on children, adolescents, and families. I came to Rhinebeck in 1971 to join a graduate school cohort to become the Clinical Director of the Rhinebeck Country School, a residential treatment center. In 1978, in addition to my private practice, I moved to the Astor Home for Children and remained more than 23 years where I served as Training Director, Director of the Doctoral Internship Program, and in 1986 became Clinical Director as well. I retired from the Astor Home for Children in 2001 and focused on my private practice until 2008. In 2003, I was invited to become a member of the Board of Directors of Astor Home for Children which subsequently changed its name to Astor Services for Children and Families. Currently, I am Co-Chair of the Astor Board of Directors. In 2008, I was invited to return to residential

treatment by a former colleague at Astor, Walter Joseph, who is the Executive Director of the Children's Home of Poughkeepsie which was founded in 1847. In the beginning, I spent only a few hours a week as a consultant but in 2010, I became the Clinical Director and spend three + days a week there so I've cut my private practice back to 2 1/2 days. The simple explanation for this move is that I've always enjoyed working with the child welfare population.

When did you first become involved in APT and why?

I was interested in play therapy before APT came into existence. I think some of the richest writings on play therapy are by the early child analysts who saw children 4 or 5 times a week and of course, play was the primary mode of therapeutic communication. The 65 volumes of the Psychoanalytic Study of the Child is a rich repository of in-depth psychodynamic understanding of children that I think no play therapist should ignore. When APT came into existence, naturally I was interested in pursuing the trainings and writings, as well as the networking and fellowship available through this new community of play therapists.

For how long have you been a presenter?

I started presenting on a small scale from the beginning of my career in inservice seminars and this led to speaking opportunities in the larger community. In 1993, after my book on Bereavement was published in 1990, I was asked to make two trips to Nova Scotia to train mental health professionals who were faced with helping the families of coal miners after a mining disaster. I have presented at NYAPT Annual Conferences frequently and since 2004 have presented to a number of state branches of APT and it has been most enjoyable and rewarding.

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***What made you first want to present and why do you keep doing it?**

* My writing and presenting helped me to revitalize my commitment and passion to the work in the face of many demoralizing and devaluing blows to our work in terms of managed care and macroeconomic pressures that had discouraged me. I enjoy meeting colleagues around the country who share the same passion for the work that I do. The extent of my demanding responsibilities at home has required me to cut back the number of presentations I do these days but I do enjoy them thoroughly with the exception of the travel which can be a real ordeal today.

***What are your primary interests or specialties as a play therapist?**

* I have focused for over 30 years on working with trauma with an emphasis on strengths and resilience in children and also work with children who act-out aggressively. I call the latter group of kids "fawns in gorilla suits"—children who don the gorilla suit (aggression) to keep others at a distance to protect the core self (the fawn) that is frightened, vulnerable, and often traumatized.

***Do you have any advice for those who have just joined or are thinking of joining NEAPT?**

* What has worked for me throughout my career is to find people in the field that inspire me and speak to me in heartfelt way and read everything I can they've written, go to as many of their presentations as I can, and in some cases I've been able to arrange private supervision and study with them. I was privileged, for example, to study with and to be supervised by the late Walter Bonime, M.D., a Senior Training Psychoanalyst, in NYC for more than 14 years. Dr. Bonime goes with me to every session with 1 child, adolescent, or family.

***Do you have any advice for someone who is thinking of being a presenter for the first time?**

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Most people are hesitant at first to present. When I first started, I worried that I didn't have enough to say for an hour-long seminar. Now I can never finish all I want to say in a 2 day presentation. As your experience grows, you will grow in confidence and conviction that you have something worth sharing with others.

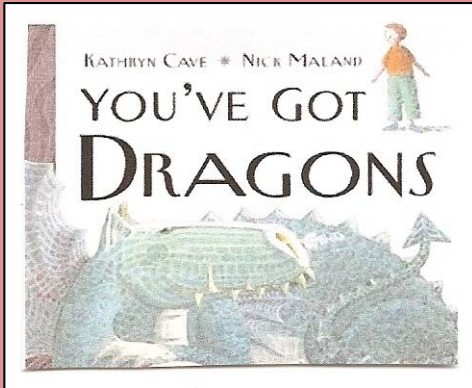
Do you have a special talent either connected to work or outside of work that you'd like to share with us?

I've always been keenly interested in sports and lettered in three sports in high school. The interest in football, basketball, and baseball has paid off handsomely in making connections with disconnected children and I use sports metaphors in my work extensively. Lately, my love for animals and dogs specifically is part of what inspired me to champion the use of a courthouse dog to comfort child witnesses in criminal trials and led to making history in that our courthouse dog Rosie, a golden retriever was the first dog in New York State to be allowed to accompany a child while she gave testimony regarding her repeated sexual abuse in a trial in May of this year. I am currently involved in a trial where Rosie will accompany two small children that I've worked with intensively for the last 10 months to the witness stand when they will be required to testify regarding the murder of their mother. I also will be required to testify in this trial.

In case it wasn't covered in the last question, what's your favorite way to play or thing to play?

I am very happy to join children in playing what they are naturally drawn to. I find it so liberating for the child but for me as well to join with children in the space I find them and to be led by their sense of wonder, imagination, and playfulness on the journey to growth and healing.

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BOOK NOOK

By: Laurel L. Hemmer

"Remember to Play"

You've Got Dragons, I've Got Dragons, We've All Got Dragons

I finally purchased my copy of You've Got Dragons (by: Kathryn Cave and Nick Maland). My 5 year old son would highly recommend this book. We've read it a good dozen times and he told his father quite clearly, "It's about worries." This book was introduced to me by Kay Edwards at her supervision conference last November. The book is charming and a great way to talk about worries with both young and old. I feel the inside flap describes it best: "In this wise and comforting book [the authors] show how one boy deals with his dragons by getting to know them, talking to others about them, laughing, and getting lots of hugs. Children, whose worries can sometimes seem bigger than they are, will find in these pages welcome assurance that someday those dragons will go away. And they'll learn what to do the next time a dragon shows up."

Online registration is open for the National APT Conference

Sacramento, CA
October 11 to 16th 2011

"Mining For Play Therapy Gold"

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New England Annual Conference

November 4 and 5th, 2011

Saturday: "Fawns In Gorilla Suits.
Using Play Therapy with Aggressive Children"

Presented by; David Crenshaw, PhD, RPT-S

Friday night: two options for more CEU's.

www.NewEnglandPlayTherapy.org

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.

Oct 8th, 2011 Introduction to Sandtray with Jayne Dean, LMFT, LADC, RPT-S. Hartford, CT. 860/233-4830 ext. 6

NE_APT ANNUAL CONFERENCE:

Nov 4th-5th, 2011 ANNUAL CONFERENCE with David Crenshaw, PhD, RPT-S. Fawns in Gorilla Suits: Working with aggressive children. At the Sheraton, Needham, MA. Friday evening pre-conference topics: Advanced Sandtray Play Therapy and Replays: A Play Based Model for Treating Anxiety and Specific Phobias in Children with Autism Spectrum Disorders and/or other Developmental Disabilities.

Full day Saturday with David. www.newenglandplaytherapy.org for info and registration.

Nov 12th, 2011 Sandplay Therapy with Couples and Families with Jayne Dean, LMFT, LADC, RPT-S. Hartford, CT. 860/233-4830 ext. 6

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.