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Add Play To Your Work.... Winter 2011

New England Association for Play Therapy.



New England Summer Conference
June 9th & 10th 2011
Sheraton Tara, Framingham, MA [Register Now](#)

Group! Groups! Groups! The Fear! The Passion! The Mess!



Play Therapy that will invigorate and inspire group work! June 9th

Presented by Wendy Monahan, MS, RPT-S

Wendy is a school guidance counselor at Stowe Vermont Elementary School. She has 15 years of experience counseling children in the school setting both individually and in groups. She has been honored with the James F. Crawley Award for "Outstanding School Counselor of the Year". She has taught play therapy at the graduate level, provided numerous trainings, supervised practitioner's and was president of the Vermont School Guidance Counselor Association. Her specialty is adapting play therapy to fit the challenges of schools. Her website is www.playtherapyvt.org

Learning Objectives: Participants will learn the curative factors of play therapy and how they benefit group work.

Participants will learn and practice group play therapy techniques and structures that support a healthy group process.

Creative Family Play Therapy Techniques

Presented by: Liana Lowenstein, MSW, RSW, CPT-S June 10th



Liana is an author, internationally sought-after speaker, and practitioner in Toronto with over 20 years of specialized work with children and their families. She provides clinical supervision to mental health practitioners, runs a play-therapy internship program, and consults to several mental health agencies. She has a reputation as a dynamic workshop leader and has presented trainings across North America and abroad. She is author of numerous publications including the highly-acclaimed books, *Paper Dolls & Paper Airplanes: Therapeutic Exercises for Sexually Traumatized Children* (with Crisci & Lay, 1997), *Creative Interventions for Troubled Children & Youth* (1999), *Creative Interventions for Children of Divorce* (2006), and *Creative Interventions for Bereaved Children* (2006). She has also edited the books, *Assessment and Treatment Activities for Children, Adolescents, and Families: Practitioners Share Their Most Effective Techniques* (Volumes One and Two) and *Creative Family Therapy Techniques*.

www.lianalowenstein.com

Interview with Wendy Monahan, MS, RPT-S

Tell us a little about yourself: (name, where you live, degree, how long you've been practicing, how long you've been doing play therapy, how long you've been an RPT or RPT-S)

Wendy Monahan, MS, RPT-S. I have been the school counselor at Stowe Elementary School, Stowe, Vermont for 16 years. I have been utilizing many play therapy techniques for most of that time, but have been a registered play therapist –supervisor since 2006.

Share some more background or personal information: (where you're from, other states you've practiced in, a little bit about your personal life)

I am originally from Bethlehem, New York and I received my undergraduate degree in Elementary Education from St Michael's College in Colchester, Vermont. After teaching in the primary grades for two years, I continued on for my masters in Counseling at the University of Vermont. I live in Colchester, with my husband Michael, and my two children Abigail, 10, and Patrick, 7.

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

I am a full time school counselor at Stowe Elementary School. This dynamic position has me engaged non-stop every day. I spend my time doing a variety of things such as: teaching social skills to all classes, kindergarten through fifth grades; attending support team meetings; meeting with parents; running 15 small groups a week; and counseling about 10 children individually each week. I absolutely love the diversity of the job. There are no two minutes alike and no two days alike. I love connecting deeply with children over a six year time period. It is such a wonderful opportunity to witness and be a part of such growth. I am truly blessed to be in such an incredible and supportive professional community. It is through this school district's commitment to professional development that I am able to be a registered play therapist-supervisor. Plus, through the support of my school's principal and the faculty, I have been able to nurture my skills so that they may best serve this community.

For how long have you been a presenter?

In 2005 Stannard Baker and I teamed up to form Play Therapy Associates of Vermont. We have found that we strike a wonderful balance of counseling and presenting

styles as well as clinical and school based counseling perspectives. We are both passionate about training others and about play therapy. It is a wonderful partnership and I think that shows in our workshops.

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

I first realized I wanted to be a play therapy presenter when I found myself flooded with ideas and things to say during play therapy workshops. Being a play therapy presenter demands that I stay current and fresh in my knowledge and ideas so that my presentations are valuable to practitioners new and experienced. I continue to do it because I am so excited to share my ideas with others and it gives me a wonderful venue to channel my creative energy.

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

I have recently finished the Vermont Therapy Dog certification program with my pug, Maisy. She comes to school with me two days a week and participates in all aspects of my day. She has been an incredible asset to the counseling program and made quite an impact on the school community.

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

I don't have a special talent, so much as special qualities. I have determination and endurance that far surpass my measurable abilities. The example that pops to my mind is an experience in May 2010. I, not being much of a runner, set a goal to run a half marathon, 13.1 miles. Two weeks before the run I decided I would run the whole marathon, 26.2 miles. Much to my husband's dismay I set out on a journey that would end up lasting 6 ½ hours. I did it. Frankly, it was not training or skill that supported this accomplishment, it was sheer determination and endurance to never give up that got me through it all.

My husband will tell you that it is called being stubborn. My principal just sighs each time I say "I have an idea!" Despite their responses, they always support me. More importantly, these qualities convey to children and parents that I will not give up on them, no matter what we must face together.

Book Nook

By Julie Nash, Ph.D.

Financial Success in Mental Health Practice

Written by Steven Walfish and Jeffrey E. Barnett

Drs. Walfish and Barnett present their “essential tools and strategies for practitioners” in this comprehensive yet introductory guide to the mental health private practice. Through the use of 20 principles of private practice, they guide the reader through the process of starting, maintaining, and closing a mental health business in the private sector. The book is divided into four sections that cover the practitioner’s mindset and possible personal roadblocks to successful independent work, finances, earning money and the wide variety of ways to do so, and retirement.

The authors are clear from the start that although we as practitioners are in this field because we want to help people, we must develop business skills if we plan to be successful outside of an institutional setting. This requires not only accounting and marketing skills, but understanding of our personal and professional values, needs, and goals for practice. The idea of a business plan is presented early on and questions intended for personalized development of this plan are offered throughout the book. This book outlines questions to consider for practitioners of all mental health disciplines as well as for various types of practice (i.e. independent private practice, joining a group setting, etc). The authors provide a number of references to continue one’s business education relevant to the type of practice sought.

There is a nice combination of broad areas of consideration as well as very basic things to know. For example, in one section the authors describe the concepts of setting and collecting fees in general terms. Within this section is encouragement to fill out insurance forms correctly, complete with a step-by-step guide of how to complete a claim form. The same type of format is true of determining which type of practice one would like to have. There is a general overview of independent and group practices, with subcategories of sole proprietorship, corporations, and partnerships. Within this section are interviews of practitioners utilizing each model and two pages of questions to consider when interviewing with a group practice.

The mental health work I have done thus far has been institution or agency based and I am currently in the process of developing a private practice. As I read through this book, I noticed that I began thinking about this task less like a psychologist and more like a small business owner. I made many notations throughout the sections on “Mistakes of Small-Business Owners” and “Spirit of an Entrepreneur” and was encouraged to broaden my view of services I could offer in this setting outside of individual therapy (get ready to see notices of upcoming trainings and workshops!). Overall, I was very pleased with this book and the knowledge imparted by the authors. Their candid look into their own successes and mistakes helped me to clarify my vision of my own private practice. This is a book that would be useful for a practitioner of any mental health discipline looking to branch out from the agency based setting, and will be within my reach through the development and maintenance of my practice.

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.

NE-APT Midyear Conference Framingham:

June 9-10th, 2011 for a day of Group Play Therapy with Wendy Monahan and a day of Family Play Therapy with Liana Lowenstein. At the Sheraton Tara, Castle, Framingham, MA ***** www.newenglandplaytherapy.org

June 24th, 2011: Essential Elements of Child Centered Play Therapy with Laurie Parker, LMFT RPT-S, and DeeDee Nold, LICSW, RPT-S. \$100 plus \$5 registration fee. 2 Pillsbury Street, 5th floor, Concord, NH (603) 535-2868 (603) 535-2868 lahammond1@plymouth.edu.

Aug 1-5th, 2011 and 8th-12th, 2011 Summer Cape Cod Play Therapy Seminars available through Play Therapy Works in Eastham, MA. Provider # 00-098
<http://playtherapyworks.weebly.com/cape-cod-summer-seminars.html>

Fall 2011 Child Centered Play Therapy with Sarah O'Brien, LICSW, RPT-S at Rhode Island College Graduate School of Social Work. 3 credit class or 42 ceus (eligible for 64 APT hours if taken for credit). jnimmagadda@ric.edu

Oct 11-16th, 2011 APT Annual Conference, Sacramento, CA www.a4pt.org registration info.

NE-APT ANNUAL CONFERENCE:

Save the Dates: Nov 4th-5th, 2011 ANNUAL CONFERENCE with David Crenshaw, PhD, RPT-S. Fawns in Gorilla Suits: Working with aggressive children. At the Sheraton Tara Castle, Framingham, MA. Friday evening pre-conference topics and full day Saturday with David. 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.

Save The Date: New England Annual Conference:

November 5 and 6th Castle Sheraton Tara, Framingham, MA

Featuring noted speaker David Crenshaw, RPT-S. He will present

“Fauns in Gorilla Suits, Using Play Therapy with Aggressive Children”.

There will be a choice of preconference workshops on Friday night, and then we are excited to have David Crenshaw as our conference speaker for all day Saturday. (up to 10 ceus avail)

**Online registration is now open for
the National APT**

Conference in Sacramento, CA

October 11 to 16th, 2011

“Mining For Play Therapy Gold”

www.a4pt.org



New England

Association
Play Therapy