



Add Play To Your Work.... Winter 2011 New England Association for Play Therapy.



Louisville 2010 –

APT Conference a Success:

Many of us think about going to the National APT conference, but figure it's too far or too expensive. It can however be a wonderful and enriching experience, so please consider going to APT in **Sacramento, California for "Mining for Play Therapy Gold", October 11-16th**. You can stay for one day or for the entire conference; scheduling and payment is flexible. The following is a bird's eye view of the last conference. We hope it will spark your interest.

Reflections on the 2010 Annual APT Conference in Louisville, KY

By Laurie Parker, LMFT, RPT-S

I attended four and a half days of the annual APT conference in Louisville, KY. It was held at the Galt House which I thought was an excellent location for accommodating all the concurrent workshops, registration and play therapy stores. The staff, as usual, was phenomenal in their courtesy and efficiency in providing help with every aspect of the conference. The hotel also offered comprehensive information on getting around Louisville.

I chose to attend day long workshops because I have always felt the half day ones were too short. I studied Adlerian Play Therapy with Terri Kottman, Creative Treatments for Children with ADD and ADHD with Dan and Marcy Yeager, Object Relations Play Therapy for Young Traumatized Children with Helen Benedict, and Play Therapy and EMDR with Paris Goodyear-Brown. I have been studying play therapy since 1994 and have to say the opportunities I had with these remarkable instructors was as exciting and inspiring as when I first heard Eliana Gil and Gary Landreth speak in the 90's.

Two of the trainings (Goodyear-Brown and Yeager) apply directive techniques which can be powerful when added to client centered approaches. Dan Yeager offers fun ways

to teach children executive functioning skills. One of the strengths of his workshop is the extent to which he incorporates experiential activities. Paris Goodyear-Brown also references how Anna Gomez has influenced her understanding of using EMDR with children. I appreciated how Paris Goodyear-Brown also provided extensive case examples with video footage. Her creative use of props with EMDR is brilliant.

Our field owes much to the wisdom of Helen Benedict. She spoke about her therapeutic preschool and I learned more about the effects of trauma on children age 0-3. She spoke not only about what to expect in play therapy with this population, but also about how to coach parents and teachers to de-escalate a situation when the child is triggered. She mentioned a book called Trauma and Education which should be required reading for teachers.

My one day training with Terri Kottman allowed me just to "scratch the surface" on Adlerian Play Therapy. I bought her book, Partners in Play, to keep learning about this approach.

Laurie Parker, LMFT, RPT-S

A letter from Sarah.....

Thank you to all of you who came out in droves to make our 2010 conference a huge success, and thank you to Stefani Misiph and the MBA for a Day team for all your hard work and attention to details. It was a lovely weekend full of so much great play therapy information, inspiration, and networking, it was hard to leave on Saturday evening. This was the first time we have tackled a conference on our own without the co-sponsorship of a university or agency and as a result, we had a lot more work to do (yay Stef!). We learned a lot and hope that you enjoyed yourselves too. Planning has already begun for next year and beyond **please see the calendar for our "save the dates" & preliminary announcements**. If you have any thoughts about conference planning strategies we could use your assistance.

Email Sarah at info@newenglandplaytherapy.org

Or Stef at training@newenglandplaytherapy.org.

We could use more heads and hands in the process.

Happy New Year! Hope you are busy playing! - Sarah

NE-APT Conference Enjoyed by Many.....

Dear NEAPT,

I wanted to thank you for the wonderful conference you put on in November featuring Paris Goodyear-Brown. Since I am not a play therapist and had never attended a conference before, I was initially uncertain how much direct application it would have to my work as a child therapist in a community mental health center. But I'm pleased to report that Paris' presentation greatly exceeded my expectations.

Although I have been trained in TF-CBT and have used it successfully to treat trauma in older children/teens, I have been keenly aware of its limitations, particularly with younger children. For this reason, it was so inspiring to hear about Ms. Goodyear-Brown's play therapy model and see how powerfully therapeutic it is in working with children. Her presentation rekindled my interest in play therapy and as a result I am attempting to get my program to purchase one of Paris' books as well as a sandtray and toys to setup a play therapy room. We may also have someone come and provide us with further training in play therapy in the future.

Thanks for providing this great training opportunity and for once again helping me see the importance of play.

Sincerely,

Andy Engert, LCMHC Child Clinician/Team Leader
Counseling Center of Newport, West Central
Behavioral Health

Pre-Conference Sessions: This year the conference featured CEU trainings on Friday afternoon presented by our very own. Following are reports on those sessions.

Don't Worry Be Happy: Play Therapy With Anxious Children Workshop. By: J. Wendy Nelson, LMFT

First I want to give kudos to the planning committee for this year's annual conference. The

hotel rate was reasonable and actually included breakfast on Saturday. We decided (my associate for the past twenty years, Beth Leddy and I), that we'd definitely drive up on Friday in order to sleep later on Saturday morning. The conference also included dinner on Friday night and lunch on Saturday. No need to even leave the hotel the entire time. Great Planning!!!!

On Friday night we attended Barbara Van Hoff's workshop on anxiety in children. As one in three children who enter my office is suffering from some form of anxiety, and I am always looking in for new ideas, I felt it would be beneficial. Little did I know what a great time we would experience that evening. Barbara is full of excitement and energy, so even though it took place after a long week I began to feel revitalized. She let us all try the interventions, such as Dragons (naming your anxiety as a dragon and then having the wizard help you get rid of it). Worry Dolls (made with tongue depressor sticks-one side name the worry and the other side what you can do about it), to name just two. I also liked the idea of making a box for the child to put their tools into for fighting anxiety and to keep their box with them. I have mine on my desk. The workshop helped me to look more closely at my anxieties and what tools I have available in my box.

Great job to Barbara and conference committee. Can't wait until next year!!!!

Play Therapy Supervision Training Workshop

Our resident guru Kay Edwards, MEd, RPT-S held a four credit workshop on supervision. It was a great opportunity for all the supervisors in New England to meet each other and to exchange ideas. Under Kay's learned leadership we explored our supervision style and goals. She even showed us how bibliotherapy can be used in supervision. I thought the section on ethics and contracts was especially helpful. She had terrific playful interactive activities to keep us focused and awake after a long week of work. I thought the concept of the two day conference was a success and hope we do it again next year.

Fun times at NE-APT Annual Conference 2010



Paris Goodyear-Brown and Stefani Misiph



Paris Goodyear Brown and our Yogibo winner



Our fearless Vermont Crew of attendees



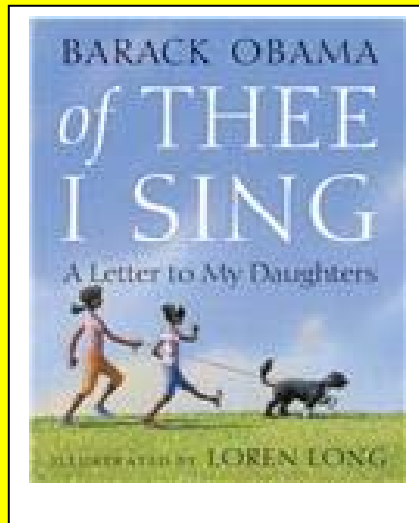
Kay Edwards and Barb VanHoff, our Friday night speakers and NE-APT Board members



Kay Edwards and a new fluffy friend



NE-APT is a Gold Branch of the Association for Play Therapy. Thank you for your participation and enthusiasm. This is a special honor.



Book Nook

By: Laurel Hemmer
"remember to play"

While Christmas shopping my husband and I ended up in Barnes and Noble looking at books. If you know me you aren't surprised. I love books. Especially children's books. A new book caught my eye: of THEE I SING, A Letter to My Daughters by Barack Obama and illustrated by Loren Long. A man I respect and an illustrator I happen to really like. I picked it up.

By the third page I knew I would buy it. Page one: "Have I told you that you are creative?" Page three: "Have I told you that you are smart?"

All I could think is that the children I work with do not hear positive messages such as this often enough. All I could think is that I wanted a book in my office for them to see with their own eyes that sung out positive messages.

The book simply asks such questions and presents information about a person; a simple human being that is known for their talent. From Albert Einstein to Billie Holiday to Jane Addams this beautifully illustrated children's book shows us examples of people that we can be like. We can be strong and brave and kind and important.

I work in a school and after reading this book am inspired to ask teachers to share who they look up to and why, to have my students read the book and pick who they would write a page about, and I've pondered who is important to me and what talents I have to share. So in this new year, may we all find time to reflect on who we honor as smart, courageous, creative, or gentle . . . may we find time to reflect on the gifts we give to others, and may we make a renewed effort to point out to each and every one of our clients the gifts they offer to their families, their communities, and themselves.



"You are a healer"



"You have your own song"



"You are part of a family"

From the book "of Thee I Sing by Barak Obama, Illustrated by Loren Long.

**Annual Conference spoiler alert..... see below
for NE-APT events in June and November!!!!**

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.

Feb 5, 2011: **INTRODUCTION TO SANDPLAY THERAPY WITH CHILDREN: Incorporating Sandplay Into Play Therapy.** with Jayne Dean, LMFT, LADC, RPT-S, Hartford, CT \$120. Registration Form 860/233-4830 ext. 6.

Feb 25-26th, 2011 **Beyond the Basics of Client Centered Play Therapy,** with Laurie Parker, LMFT, RPT-S, Plymouth State University, Plymouth, NH. 1 grad Credit = 1.5 ceu's per hr seat time. Info and registration

March 11th, 2011: **Doing Child Centered Play Therapy** with Sarah O'Brien, LICSW, RPT-S. Rhode Island College, Providence, RI, 6 hrs, \$90, www.ric.edu/ceswregistration

*****Save the dates: 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 Castle, Framingham, MA *****

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 lahammond1@plymouth.edu.

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

*****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 Castle, Framingham, MA. Friday evening pre-conference topics and full day Saturday with David. *****

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.

Play therapy position wanted in CT: I have recently relocated to Connecticut and I am searching for a new playroom to call home. I have an MSW degree, a Graduate Certificate in Play Therapy, and two years of play therapy experience working with children in early intervention, outpatient therapy, foster care and residential treatment programs. I am looking for an opportunity that will put my play therapy training and experience to use working with young children in Fairfield County. Please keep me in mind. I can be reached at annafarrin@gmail.com. Thank you! – Anna Farrin

Monthly peer Supervision group has formed in Framingham, MA. Contact Stefani Misiph at sbmisiph@verizon.net for details.