

Idaho Association for Play Therapy Newsletter

December 2013



Happy Holidays to you all!!!

The board of directors remain busy preparing for the annual play therapy conference on April 4th and 5th in Boise. We are excited to present our two day annual conference with Pam Dyson. Day one: "Ready, Set, Play: The ABC's and Beyond of Play Therapy" and Day two: "All in the Family: Using Play Therapy with Families"

Pam Dyson, MA, LPC, RPT, owns a private practice in St. Louis, Missouri specializing in play therapy for children 3-12 years of age. She facilitates child-centered play therapy groups at the St. Louis Charter School, teaches a graduate course in play therapy at Lindenwood University and is the founder and director of the St. Louis Center for Play Therapy Training. Pam is a graduate of the 2012 APT Leadership Academy and has served as a member of the APT Technology Task Force, exploring applications of emerging technologies in play therapy instruction, practice and supervision. Her previous clinical experience includes working as a family therapist in residential treatment. Pam appears regularly on the KMOV TV show "Great Day St. Louis." Pam was recently honored by APT, in Palm Springs, for her Excellence in Professional Education and Training Award. We are lucky to have her joining us in April.

I want to share with everyone that we will continue with our online registration for the April conference. Please visit www.idahoplaytherapy.org and check out our "annual training page" under the training tab. You will see that registration is not currently open, but we are shooting for a Mid-January open date!! You will want to register EARLY THIS YEAR – We may have limited seating!

As always we are working hard to maintain our Gold Branch status with the Association of Play Therapy. Membership is the KEY! Please remember to renew your membership and help get the word out about APT.

If you have an interest in serving in any way to help IDAPT thrive, please contact any board member with your interest. Enjoy the rest of your Holiday Season!!!

Playfully Yours,
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Registered Play Therapist – Supervisor
IDAPT President

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Share your knowledge and earn Idaho Spuds!

If you submit a literature review, clinical piece, or some other information for the newsletter that is published; IDAPT will give you a \$10 certificate (Idaho Spud) good for use at our annual conference! Each spud will decrease the cost of attending our annual conference by \$10! So get your submissions in now! Please e-mail your submissions to Molly Gratton at tvplaytherapy@live.com

IDAPT Annual Conference to open registration on-line...

January 15th is our anticipated target date to open registration. You will be able to register for the Idaho Association for Play Therapy conference on line. Just go to <http://www.idahoplaytherapy.org/> and under the trainings tab you will find the annual conference information. *Watch your email for your invitation to register!*

Refer a friend

If you refer someone who joins the Association for Play Therapy (Idaho Chapter) you will get \$5 Idaho Spud that can be used on your IDAPT annual conference registration. Who doesn't like saving money?

CLINICAL CORNER

Managing a Child in the Wake of Disaster

By Molly Gratton, LCSW, RPT/S

It seems as though every time we turn on the television we are hearing about a disaster of some sort. I know in my practice, there is a huge increase in anxiety among young children. I thought it would be a nice time to share some things to remember when helping parents to help their child. Below is a list of helpful tips.

1. Children need to be with their family and to feel safe and secure.

Physical reassurance is a great way to comfort children. You can give your child a sense of security by physically holding and reassuring them. Use simple sentences, such as, “We are all safe now” or “I will take care of you.” If your family is in a shelter or somewhere other than home, it is important to remain together so children feel safe and secure. Displaced children will require more physical comforting and reassurance.

2. Children regain a sense of control by talking about their experience.

Refrain from telling your child the disaster is “nothing to be afraid of.” Instead, listen to their worries and acknowledge their feelings. Never tell them they do not need to talk about their feelings or the incident itself, this can do more harm than good. You may gently express your own concerns: “I was worried too when the lights went out” — but follow up with comforting words, such as: “But I was glad we had a flashlight.” Children need to know that their family members understand and share their worries, but it is best to complete the conversation on a positive note.

3. It is important to talk to children honestly.

At the same time, too much information can be scary and confusing to young children. Since parents and caregivers often have their own feelings to deal with, this can be a delicate issue. Parents must distinguish between their own feelings and their child’s feelings. It is essential that children are not burdened with the full extent of their parent’s or caregiver’s worries. Share worries in an age-appropriate manner.

4. Remain as calm as possible; maintain routines as much as you can.

Adult conversations about the disaster should be reserved for after children have gone to bed or out of their earshot. Observe usual meal and bedtime rituals, even if there is no light or water. Routines can help provide a sense of security. If children’s schools and daycare centers are open, keep their routine. Do not keep children at home, but expect them to be clingier and suffer from more separation anxiety.

5. Expect regressive behavior.

Children may begin sucking their thumbs, wetting the bed, and they may become afraid of being left alone. In general, regressive behaviors will go away in the days, weeks and months following the disaster. If children’s fears or anxious behaviors persist or if children suffer from delayed reactions, parents should seek professional counseling.

CHECK OUT OUR WEBSITE AT:
<http://www.idahoplaytherapy.org/>

**Don't forget to
renew your
membership!**



IDAPT NEWS & ANNOUNCEMENTS

New Boise Area Consultation Group!!!!!!

Meeting the 2nd Friday of each month at MidValley Healthcare in the 1st group room at Noon. Brown bag lunch with the intent to get therapists who do play therapy together to consult with each other on cases, discuss new techniques, as well any ongoing legal or other

issues impacting our business. If interested in being added to the email list for an invite and detailed information please email Trina Fisher – Szeles @ trinafisherLCSW@hotmail.com

SNOWFLAKE NEEDS A PLAYROOM!

Donated to APT by Wells Fargo Bank, Snowflake, a stuffed pony measuring 36" long and 18" high, APT will be awarding Snowflake to the lucky winner of a random drawing on **Friday, Dec. 20**. To enter and to expand our social media network, "like" APT on Facebook and "follow" APT on Twitter today!



APT REMINDERS

- Submit 2014 APT Conference proposals starting **Dec. 1**
- Submit a [magazine](#) or [journal](#) manuscripts by **Dec. 31**