

Idaho Association for Play Therapy Newsletter

July 2014



Greetings and Happy Summer!!!

I want to share with you some exciting news – IDAPT is currently planning the 2015 spring conference to be held in Coeur d' Alene / Moscow area!! We have been hoping to have a conference in the northern part of the state and this is our goal for 2015. We hope to see as many of you as possible in attendance!

April Shottelkorb, IDAPT member and BSU Assistant Professor, will be presenting to our chapter in April. Mark your calendars now for April 3 and 4, 2015 for the spring conference. Topic should be announced in the next newsletter.

I am proud to announce that we have again received the APT Gold Branch Award for 2013/2014! This is another huge accomplishment for our small, but thriving chapter. This is an award we should all take great pride in receiving! We will continue to strive to maintain this superior status with APT. In order to do this again, we need to continue to maintain and increase membership!! Please help get the word out about our association as well as APT. If you know someone who has been thinking about joining APT, now is the time to encourage them to do so.

We are always hoping for new volunteers and helpers for different projects and conferences we sponsor. If you have a desire to step into a leadership role within the organization, please contact a board member. If you would like to facilitate a brown bag lunch – consultation group in your area, please let me know and we will assist you in getting the word out to other members.

I hope you all are having a fantastic summer!!

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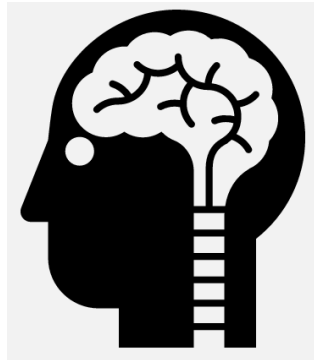
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~ APT NEWS ~

Announcing the 2014 International Association for Play Therapy Conference!

It's never too soon to start planning for the fall! The next APT conference will be held at the Westin Galleria Hotel, Houston, TX, Oct. 7-12!!! It will be a great time! Pre-registration deadline September 10 2014.



Keynote Speaker – Dr. Bruce Perry!!!

Dr. Bruce Perry, a Senior Fellow of the Child Trauma Academy, and an international authority on child trauma and brain function delivers Keynote on Friday, October 10!

Have you considered APT Leadership Academy?

APT sponsors its Leadership Academy to orient play therapists about leadership attributes, the Policy Governance© Model, and how APT conducts its daily business. Graduation is held during its Annual Conference.” Complete the enrollment form on the APT website (under programs and publications). Deadline for application registration September 15, 2014.



APT had their election for new Board Members DIRECTOR ELECTION RESULTS!

Congratulations to these play therapists who will serve three-year terms on the APT board of directors effective this

October:

Scott Rivere (LA)

Pam Dyson (TX)

Rick Gaskill (KS)

Play Therapy Magazine

APT is collecting questions from members at large. Have you ever had a question about APT the organization, the “ins and outs” of how things role in the office, about the staff, the board, etc. Kathy Lebby, APT CEO, is currently accepting questions that she will use in a new feature article in the Play Therapy magazine. Submit your questions to Kathy directly and you might see your name in print as well as learn new things about APT!!!!

APT Community Forums

The very popular APT listserv has been replaced by **Community Forums** on the new APT website. Follow these simple instructions to begin posting your clinical questions:

- Log into your profile on the APT website (Forums are not accessible until you are logged in)
- Select **Community Forums** under the Membership Header
- Select **Clinical Discussion**
- From here you can either click on:
 - **New Topic** at the top to begin a new discussion OR
 - **Forum Actions** to subscribe to instant updates or a daily digest

The Community Forum is open and ready for your questions. Join the conversation today!

Congratulations to our 2014 Key Awards recipients:

- *Lifetime Achievement Award* - **Terry Kottman**, PhD, LMHC, NCC, RPT-S, Cedar Falls, IA
 - *APT Service Award* - **Tami Langen**, LISW-S, RPT-S, Mason, OH
- *Professional Education & Training Award* - **Mistie Barnes**, EdD, LPC-S, RPT-S, Cleveland, MS
- *Public Education & Promotion Award* - **Trudy Post Sprunk**, LMFT-S, LPC-S, EMDR-Cer, RPT-S, Tucker, GA
 - *Student Research Award* - **Terri Gonzales**, PhD, LPC, Lewisville, TX

Recipients will be honored at the Oct. 11 Awards Breakfast during our 2014 Conference in Houston.

APT's ANDREW

For those members who have not seen the commercial APT created to promote Play Therapy, check it out here!!!

http://www.youtube.com/watch?v=IhFhfamS_ul&feature=youtu.be



**IDAPT Spring Conference 2015
April 3 and 4, 2015
Announcing Speaker ~ Dr. April Shottelkorb**



Assistant Professor of Counselor Education, Dr. April Schottelkorb is a National Certified Counselor, a Licensed Professional Counselor in Texas, a Registered Play Therapist-Supervisor, and a Certified K-12 School Counselor in Montana. She worked as an elementary and middle school counselor in Montana prior to receiving her Ph.D. from the University of North Texas. She is an active member of the American Counseling Association, the Association for Counselor Education and Supervision, and the Association for Play Therapy. Her research interests include examining the effectiveness of child-centered play therapy and teacher consultation on student behaviors and the student-teacher relationship.

IDAPT Member's Successes

Play Therapy Usefulness- Why do we do what we do?

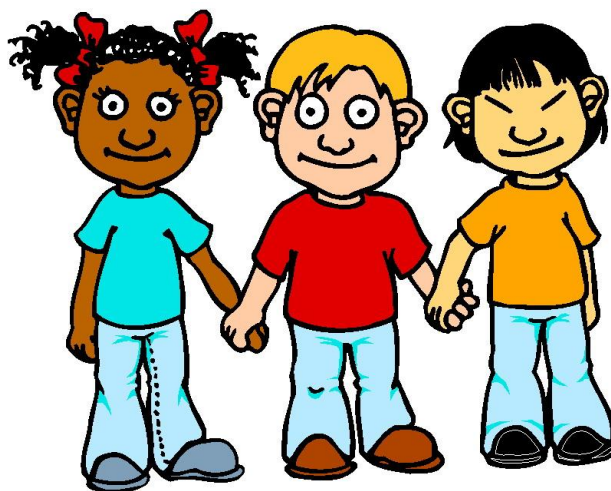
I worked with a client for over a year with little ground achieved. He was thirteen and been there done that and did not want the T-shirt for therapy. Resistance was an understatement and even more it seemed a personal mission for this young lad. He had been found in a meth raid at the age of six. There was a large gash on his cheek only no medical records were found so this was an inside self-job to avoid questions by Hospital staff. The abuses this feral child faced are simply staggering.

After recently receiving training in Play Therapy and certification in Sandplay from Rocky Mountain Play Institute in Calgary, I was ready to try another tool in my bag of tricks. Fifteen seconds in the sand, fifteen seconds! And this boy recounted a story from his early years with his mother and him sitting in the sun, she stroking his hair and him soaking the attention in more than the sun's radiation. Later in his life, this same mother he would find OD'd on meth in the bathtub.

He quickly regained his sense of mission with counselors after a bit of dissociation. He asked how I did that, how did I get him to talk. He thought a bit more and stated that I should not think this would happen again. He asked to leave session at this point but we were able to reach a new place of meaning, discovery and processing we had not experienced before.

-Rob Johnson, MA, LCPC, RPT-S

Play therapy is one of the tools we may use in helping children heal. The above vignette is a snap shot into the process and logic of this modality. You may have similar stories of the helpful affects of Play Therapy. If you would care to share, please send them in and we would be happy to post your story.



CLINICAL CORNER

PLAY THERAPY AWARENESS - Referral Considerations from a UK perspective. The essay below is borrowed from playtherapy.org/uk

These guidelines are based upon an extract from "Children's Imaginative Play" published by the Greenwood Publishing Group August 2002. The author Shlomo Ariel PhD is a clinical psychologist and supervisor of clinical psychology and marital and family therapy in Israel.

Integrative play diagnosis and play therapy can be carried out properly only by specially trained professional therapists. However, lay persons - parents, educators and other carers of children - who are worried about a child under their care can include careful observations of the child's spontaneous play in their sources of information about the child's emotional condition. It should be stressed that not every aspect of children's play, or, for that matter, non-play behavior, that might look to an adult worrying is really a cause for concern. Perfectly normal young children are often irrational, irresponsible, and absurd. The make-believe play of well-adjusted children often includes themes of patricide, matricide, suicide, sadism, and a whole assortment of ideas that might look way out, bizarre and crazy from an adult standpoint.

What in children's play should be a cause for concern then? In some cases the very lack of such frightening elements. Suppose for instance that a child has been going through extremely stressful experiences, e.g. death of a parent, abuse, traumatic divorce or the like. If his or her make believe play exhibits at that period no trace whatsoever of these experiences but depicts an ideal, beautiful world without any trouble or difficulties, it would be reasonable to surmise that this child is not coping with the bad experience well and perhaps has no way of working through his or her emotional reactions. In this case it would perhaps be advisable to refer the child to professional counseling or play therapy.

Another feature of children's play that can be viewed as an indication for referral to therapy is obsessive, persistent repetition of certain negative signified contents. If, for instance, a child has brought up the theme of matricide in his make-believe play once or twice, among a variety other contents, this is not necessarily a cause for concern. But if a child plays only about matricide, over and over again, for weeks on end, then this should perhaps be taken as an alarm.

Another sign of possible serious difficulties is what looks like a persistent loss of the distinction between play and reality. This can take various forms, e.g. fear of toys, as if they can really do harm, slipping from play aggression to real aggression toward people, animals or objects and insisting stubbornly that the imaginary make-believe characters and events are real.

Parents and other carers are also advised to be watchful of signs of regression in play. If for instance a six year old child whose make-believe play used to be highly developed appears to have gone back to the earliest stage of make-believe play development and remains only there for a considerable period of time this is perhaps a sign of regression due to emotional distress.

It should be stressed however, that identifying emotional distress which requires therapy should never be based only on the child's make-believe play. The functioning of the child in all areas of life should be taken into account. Make-believe play is only one of a variety of sources of information that should be considered.

PLAY THERAPY CONSULTATION GROUP ~ Meridian

We currently are holding a brown bag consultation group in Meridian that occurs the 2nd Friday of each month.

Time: 12:00pm

Place: Midvalley Healthcare (1st group room)

Address: 2321 E. Gala dr, ste B, Meridian, Idaho

Facilitated by IDAPT Members: Mydell Yeager & Trina Fisher

In front of mountain view high school, eagle/overland area.

Please feel free to forward onto other counselors/social workers who work with children regardless of whether they are an APT member. Please RSVP trinafisherlcsw@hotmail.com if you are interested in attending this group.

Recommended Resources

My Many Colors of Me Workbook – By Clair Evans-Mellenthin, LCSW, RPT-S

<http://clairmellenthin.com/sneak-peek/>

My Many Colors of Me Workbook, a treat for any child psychotherapist, is an easy to use workbook for children of all developmental levels. It teaches children emotional awareness and increases insight through a fun and engaging activity using art. I love how simple the activities are and the way they can be used in a non-threatening manner. It is a great introductory to feelings for young children, and assists older children in a positive way to process more difficult situations. I have used the reproducible pages to create individual “books” for children with whom I work. I love watching them beam with pride and confidence upon completion of the “book.” Not only is it a great way to learn about feelings, but it aids in increasing self-esteem, confidence and pride in the children as they walk out of the office with their very own masterpiece. This is a must have to add to any child therapist’s repertoire.

~ Reviewed by Molly Gratton, LCSW, RPT-S



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

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