

IDAHO ASSOCIATION FOR PLAY THERAPY

NEWSLETTER 2012

September 2012

Happy Autumn Members!

Fall is here and fall routines seem to be falling into place. It's always a challenge getting kids scheduled during after school times especially when we are used to seeing them during the day all summer. I hope everyone manages this transition easily. Seems as though it's been extra difficult in my neck of the woods, but things are calming down a bit now. Again, I hope everyone, was able to remain connected to the Idaho Play Therapy Association and APT during the summer. 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 me. We currently have a vacancy and would love to open up the position to future leaders in our profession.

I am pleased to announce we have scheduled our Annual Conference for April 19th and 20th in Idaho Falls. Dr. Evangeline Munns will be presenting "Theraplay - Enhancing Attachment Through Play Therapy." We are excited to have this training in the spring as well as to be able to offer a training in Idaho Falls. It is also that time of year where the National Chapter is having their annual conference in Cleveland, Ohio. I hope many of you are planning to attend as it is always a wonderful experience.

Lastly, our website should be "going live" this week. Be sure to check it out. The redesign is intended to assist members in a more user friendly manner, to provide search engines to find local members, RPT and RPT-S, and to spot light all the professional accomplishments of our members as well as to offer the convenience to register for our conferences online!!! We are excited to offer this to make things more convenient to the members. We do need your help with the news, however. If you hear about wonderful things play therapists are doing in your community (ie. awards, trainings, professional growth advancements, etc.,) please let a board member know so we can spot light their accomplishments!

Enjoy your fall and the many activities it has to offer!!!

Playfully Yours,

Molly Gratton, LCSW, RPT-S

APT NEWS!



**Boise State University's
Idaho Initiative for Play Therapy Studies Presents:**

**Dr. Gary Landreth
CHILD PARENT RELATIONSHIP THERAPY
10 Session Filial Training Model
November 2 & 3
14 APT credits, NBCC, & NASW**

Register at:

<http://education.boisestate.edu/counselored/idaho-initiative-for-play-therapy-studies/>

Dr. Garry L. Landreth, internationally known for his writings and work in promoting the development of play therapy, is a Regents Professor at the University of North Texas. He is the founder of the Center for Play Therapy, the largest play therapy training program in the world, and has conducted workshops focusing on play therapy throughout the United States and worldwide. Dr. Landreth has more than 100 publications and videos, in addition to three books on group counseling and eight books on play therapy.

Important.... Request from APT

The Association for Play Therapy will be asking members, whether or not they attended IDAPT 2012 Conference. Please complete the important online Conference Survey in APT's Oct. 16 Member Flash.

Clinical Corner

	<i>Child Parent Relationship Therapy</i>
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By Amy Curry, LPC, NCC

As play therapists we must recognize that the most significant relationship our client's have is with their parents. Parents have a stronger emotional relationship with their child, so it is important to have parents involved in the child's therapy. Keeping this in mind, it is important for us to empower parents with different types of skills that will help them in their relationship with their child. One way of doing this is through Child Parent Relationship Therapy (CPRT), often called filial therapy. Through CPRT, play therapists train parents in the skills of play therapy. Parents are taught skills such as: responding to the child's feelings, therapeutic limit setting, ways to encourage self-esteem, and participate in structured weekly play times in an accepting and non-judgmental environment. Child Parent Relationship Therapy has been highly researched in the field of child psychotherapy. The support of the research shows that CPRT has been beneficial in various populations of clients with a wide range of issues (Landreth and Bratton, 2006).

Not all parents are able to attend filial therapy, but they should be meeting with their child's play therapist every few sessions. During the parent counselor meetings, you, as the play therapist, can share different skills with the parents. An important skill taught during CPRT are the "Be With" Attitudes. The "Be With" Attitudes teach parents that their actions, presence, and responses are of upmost importance in their relationship with their child. They should be relating and communicating with their child in ways that show them:

I am here. Encouraging parents to be fully present with their children.

I hear you. Listening and being aware of what your child says verbally and nonverbally.

I understand. Communicating with your child that you understand what they're saying through their actions and their words.

I care. When communicating the "be with" attitudes. You are showing your child that you care.

Through these "Be With" Attitudes parents can show their child that they understand and accept their child. Even though the parent might not agree with their child's actions, the child still feels valued (Landreth and Bratton, 2006).

As play therapists we should be encouraging positive interactions between parents and their children. After all, the parent-child relationship will profoundly shape the full potential and mental health of the child. Together with the parents, we as play therapists, are helping impact the lives of future adults.

Bratton, S., & Landreth, G. (2006). *Child Parent Relationship Therapy: A 10 session filial therapy model*. New York: Routledge.

Amy Curry LPC

Meridian Counseling Center

a.currycounseling@gmail.com

Amy currently provides CPRT training in the Meridian area.