

Executive Council

President

Molly Gratton
Phone: (208) 860-0790
tvplaytherapy@live.com

Treasurer

Jyl Adams
Phone: (208) 365-5445
jyladams1@yahoo.com

Secretary

Staci Jensen-Hart, MSW, LCSW
Phone: 208-282-3369
hartstac@isu.edu

Board Members

April Schottelkorb
Phone: (208) 426-1209
aprilschottelkorb@boisestate.edu

Rebecca Starr
Phone: (208) 524-4953
rls232@cableone.net

Kendal M. Tucker
Phone: (208) 841-0952
kendal.tucker0@gmail.com

Dan Bayly
Phone: (208) 596-2542
danbayly@gmail.com

Idaho Association for Play Therapy Newsletter

August 2011

Greetings Members!

Fall is quickly approaching and as we switch from our summertime to fall routines I hope everyone has time to stay connected to the Idaho Play Therapy Association and APT. 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.

The board members are preparing to get back into the swing of preparing our training conferences for the year. As of right now, we have scheduled two different trainings. One training in late fall in Idaho Falls and the second will be our Annual Play Therapy Conference in the April. The fall workshop is titled: "Our Work is Child's Play - The Art of Play Therapy!" presented by Emily Oe in Idaho Falls in November. Dates for this workshop are listed below. You may contact Emily (208-201-0942) if you have any questions about this training.

The annual conference in the spring will have Sueann Kenney-Noziska presenting, but the titled has not been determined at this time. Because Sueann presented in the Pocatello/Idaho Falls area several years ago, the board decided it would be best to have her present in a new area. More information will be provided throughout the year.

We are excited about the year and the upcoming trainings we have planned. Our goal as a board is to try to increase our trainings to twice a year. As members, your opinion is important to us and can assist us in making necessary decisions to have a successful year. In order to assist us with our goal, please let us know if you have insight you would like to share regarding speakers, topics and dates that typically work best for you.

Enjoy the last days of summer and have a wonderful fall!

Playfully Yours,

Molly Gratton, LCSW

Registered Play Therapist – Supervisor

IDAPT President

Play Therapy Training Opportunities – Local and National

September 2011

Washington Association for Play therapy Presents:

Play Therapy with Attachment-Disordered Children

Dr. Daniel Sweeney PH.D., LPC, LMFT, RPT-S

September 16th, 2011

Auburn, WA 98001-1633

Children are commonly the unfortunate victims of neglect and trauma. This can result in attachment or trauma-related disorders. These can eventuate in physiological, psychological, and neurological difficulties. Assuming that verbalization of attachment-disruptive experiences is developmentally difficult for children, we must also recognize that verbal expression is often neurologically inhibited. Play therapy provides a safe and nonverbal therapeutic space, as well as providing neurodevelopmental benefits. This workshop will focus on attachment, trauma, and neurobiological factors combined with the psychotherapeutic and neurotherapeutic benefits of play therapy.

For more information see: www.wa4pt.com

October 2011

National Association for Play therapy Presents:

Get ready to ***Mine for Play Therapy Gold*** at our Oct. 11-16 Annual Conference at the Convention Center in downtown Sacramento, CA!

You can choose from 62 clinical and professional workshops to earn up to 41 hours of continuing education, browse among play therapy exhibits to replenish your playrooms, acknowledge the achievements of your colleagues, tour the California Capitol and Capitol Park, the historic Railroad Museum, and Old Town Sacramento.

For more information see: www.a4pt.com

November 2011
Idaho Association for Play therapy Presents:

***OUR WORK IS CHILD'S PLAY –
THE ART OF PLAY THERAPY!***

(Sponsored by Idaho Association for Play Therapy)

Whereas the developing child is not able to verbally express the inner world of feelings, thoughts, and desires, play therapy offers clients an opportunity to express personal experiences through the natural medium of expression for children – PLAY!

PRESENTER: *Emily Oe, PhD; LCPC #3229, NCC #8052, RPT-S #S-009*

LOCATION: *Alpine Counseling, 2235 East 25th St, Ste 220, Idaho Falls, ID 83404*

CONTACT PERSON: *Emily Oe, 208-201-0942*

April 2012
Idaho Association for Play therapy Presents:

Sueann Kenney-Noziska MSW, LISW, RPT-S

April 13 -14, 2012 Pre Conference Ethics on April 12

Topic: To be determined

Location: Boise, Idaho

Interested in running an ad in the IDAPT NEWSLETTER?

If you are interested in running an ad in the IDAPT newsletter,
please submit the copy to tvplaytherapy@live.com

2 X 2 - \$5.00

4 X 4 - \$10.00

half page - \$25.00

full page - \$50.00

Please contact an Executive Council member or Molly Gratton
at (208) 860-0790 about your interest in placing an advertisement.

News from APT

1. Where's the Dude? In our January survey, members overwhelmingly urged that APT foster those studies that ensure that play therapy becomes an evidence-based modality and thereby avoid being marginalized by the larger mental health community. We responded by launching our Research Initiative in April and three studies are now being designed. We need contributions to fund this initiative and ask that members make a \$20-plus charitable, tax-exempt contribution to the Foundation for Play Therapy. Contributors will immediately receive a red 8" plastic Dude (our logo puppet) and are invited to email a photo JPEG of them and the Dude in "interesting situations", e.g. bungee jumping, standing on the Great Wall, attending a branch workshop or public promotion, swimming, etc. We will recognize their contributions by displaying their photos in the Spotlight (see current photos there). How playful are you and your branch members?

2. CONGRATS TOP SPONSORS: Because members recruiting new members is the growth key in all non-profit associations, APT salutes:

- Cynthia Reynolds (OH), 125; Denise Filley (KS), 110; and Molly Gratton (ID), 95, for earning the most APT Bucks by sponsoring new members. The three top sponsors will be honored at the annual award ceremony in Sacramento in October.

- Utah APT 25%, Mississippi APT 21.4%, and Arizona South APT 16.1% for Branches for most increasing their Professional members. Utah APT wins a \$500 conference hotel food and beverage credit for a bash for its members!

- Masaki Kawakami (OH) earned the most APT Bucks during the 2nd quarter and receives a \$50 gift certificate graciously contributed by Toys of the Trade!

- Aimee Micetic (IL) won a \$100 VISA gift card. Her name was drawn from those who renewed their memberships by the 25th of their respective 2nd quarter anniversary months.

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

CLINICAL CORNER

A Review of Dee Ray's Themes Within Play Therapy By: Rhyan Garcia

The identification of themes is an advanced play therapy skill that has not been frequently discussed in literature. Themes are considered the meaning behind a child's language of play, and useful when implemented in play therapy treatment. Based on her experience in facilitating and supervising thousands of play therapy sessions, Dee Ray, a leading researcher in play therapy, examined themes within her recently published book *Advanced Play Therapy: Essential Knowledge, And Skills for Practice*. According to Ray, it is a natural for a child to express their interpretation of the world through play and integrate understanding and learning to cope with their perceptions (2011). Such meaningful expressions present in play therapy sessions are termed themes. Examples of some themes include anxiety, dependency, abandonment, perfectionism, resiliency, and reparation. Prior to implementing thematic work, therapists are encouraged to have a solid knowledge of play therapy, extensive self-awareness, and an interest in allowing the child to lead the session.

According to Ray, the first step in identifying a play theme requires distinguishing a theme from a behavior (Ray, 2011). A behavior is what the child is actually doing in the room; an example would be a child aggressively punching the Bobo. The behavior itself demonstrates an action, but does not attribute a meaning the child has placed on such an action. In contrast, a play theme is a coherent metaphor from which the child communicates the meaning he or she attributes to an experience. The theme informs the therapist of the internal meaning-making system within the child. For instance, when a child aggressively throws toys down as a barricade from a bad guy, a protection theme may be identified. Alternatively, if a child aggressively throws toys down and states that he will not pick them up, a power and control theme may be identified. Thematic responding remains unique to each child and conveys that as a therapist you understand the most significant meaning of what the child is sharing, promoting acceptance (Ray).

There are three key factors in identifying play therapy themes: repetition, level of intensity, and knowledge of the child's context (Ray, 2011). Repetition of play behavior demonstrates that the child is working on an internal struggle and is determined to discover ways to manage that struggle. Such repetition may be observed either a number of times during a session or across a series of sessions. Therapists can measure the time length and frequency of repetition in play therapy to determine progress in treatment. The level of intensity of a child's play can be identified by factors such as increase in emotion, silence, energy, or focus. A therapist who is self-aware will be attune to the intensity of play based on what the therapist is feeling during the session (Ray).

The final factor in identifying themes includes gathering information. Parent consultation aids in the exploration of themes for the therapist (Ray, 2011). Background information relative to the child's presenting problem, can provide further meaning behind the child's thematic play. Context factors such as early development, characteristics in personality, and significant life events also aid in further understanding (Ray).

The overall purpose of identifying themes, leads the therapist to understand the subjective nature of a child's experience (Ray, 2011). If the therapist successfully identifies a theme, they are better able to respond to the child in a manner that reveals acceptance, focused plans of action, and overall greater conceptualization. The documentation of themes provides evidence of progression within play therapy treatment across sessions. Thematic understanding guides a therapist's interactions with parents, as it provides a useful tool for helping parents understand their child without breaking confidentiality (Ray). In closing, the use of themes in play therapy remains open for further research, implementation, and review amongst advanced practitioners.

DON'T FORGET ABOUT IDAHO SPUDS!

The Idaho Spuds program is going strong! 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

