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Idaho Association for Play Therapy Newsletter

March 2011

Hello IDAPT Members!

It is sure looking like Spring out there....I hope you are all looking forward and enjoying the nicer days we've been having. The board of directors continues to be busy preparing for the annual play therapy conference April 7th, 8th and 9th. We will begin our conference with our Pre-conference ethics workshop presented by Staci Jensen-Hart, LCSW, ACSW and April Shottelkorb, LCP, RPT-S We are excited to have invited Scott Riviere who will present Creative Play Therapy Interventions for Disruptive Behavior Disorders. He has great expertise in the area of play and will bring a very dynamic and interactive presentation to Idaho. We are excited to welcome him!!!

I want to update you on nominations for the Board of Directors term year 2011-2013. We have one current opening as Jake Durtschi has decided to step down at the end of his term June 30, 2011. We did not receive nominations from any of the members this year. When there have been no nominations made during the election time, the current board members recruit a member to join the board. This year, the board has voted to have Dan Bayly join the board. We are excited to have him join the Board of Directors and are eager to expand our board members to Northern Idaho, which is where Dan currently resides. His Bio is published later in this

newsletter.

Anyone interested in joining a small regional group, be sure to contact Rebecca Starr as she is continuing to coordinate these groups.

Playfully Yours,

Molly Gratton, LCSW

Registered Play Therapist – Supervisor

IDAPT President



**IDAHO ASSOCIATION FOR PLAY
THERAPY IS PROUD TO PRESENT:**

Scott Riviere, MS, LPC, RPT-S

**Creative Play Therapy Interventions for
Disruptive Behavior Disorders**

**Friday and Saturday, April 8 – 9, 2011
Boise, ID**

**Earn 3 ethics CEUs at our special pre-conference ethics workshop
presented by Staci Jensen-Hart and April Schottelkorb!**

**Thursday April 7, 2011
Boise, ID**

****This ethics training is FREE for all IDAPT members!****

To register: visit <http://www.idahoplaytherapy.org/>

Under “events” you will find a link to the brochure which you can print off and mail in with your payment.

Idaho NEW Member Campaign Competition

In the spirit of PLAY, IDAPT will begin employing a friendly, annual competition to see who can sponsor the MOST new members during the campaign year. A prize will be awarded to the person who sponsors the MOST new members during the year (April-March of each year). The

prize will be A FREE DAY OF ATTENDANCE to the annual play therapy training, sponsored by IDAPT.

***Almost all creativity involves purposeful play.**

Abraham Maslow, American psychologist, 1908–1970

***Play gives children a chance to practice what they are learning.**

Fred Rogers, American television personality, 1928–2003

***People tend to forget that play is serious.**

David Hockney, Contemporary British painter

YOU CAN MAKE A DIFFERENCE!

Reminder to all members: WE NEED YOU!!!! With your help we can expand our chapter into a larger and stronger organization. Renew your APT membership! There are many benefits of membership.

APT Membership Benefits & Services

Publications

- FREE subscription to biweekly *Member Flash* to learn about important play therapy and APT news.
- FREE subscription to monthly *Mining Reports* featuring brief multi-disciplinary literature reviews that identify emerging trends, best practices, or the most current wisdom on specific topics.
- FREE subscription to quarterly *Play Therapy*TM featuring news, clinical articles, editorials, a leadership directory, advertisements, and other play therapy and APT information.
- FREE subscription to the peer-reviewed quarterly *International Journal of Play Therapy*[®] featuring original play therapy research, case studies, theoretical applications, and current practices.
- FREE and exclusive access to the *Members Only* section of the APT website featuring Community Listserves, Community Forums, archived Mining Reports and Play Therapy magazine articles, self-populating online member and RPT/S credentialing renewal forms, and a private Find A Member Directory.

Discounts

- REDUCED FEE to register for the *Annual Conference* at which attendees network with and recognize the achievements of their colleagues and earn play therapy continuing education credit for licensure and play therapy credentialing purposes.
- REDUCED FEE to apply for or renewal the *Registered Play Therapist (RPT) and Registered Play Therapist-Supervisor credentials* which help consumers identify those licensed or certified mental health professionals with specialized play therapy training and supervision.
- REDUCED PRICE for rental cars at *Hertz*, (800) 654-2210. Use code CDP 1774872 to identify yourself as an APT member.

Directories

- ACCESS to the several online directories

Networking

- Networking through listserves, conferences, etc.

Welcome to our new board member: Dan Bayly

My undergraduate degrees are from Olds College in Alberta, Canada and a BS in animal sciences from the University of Idaho. My Master's is in Mental Health Counseling from Argosy University, Sarasota. I completed my internship at Northwest Children's Home in Lewiston and worked there for a little over a year. Currently I work at Nez Perce county jail where I provide a weekly mental health clinic and Weeks and Vietri Counseling in Moscow where I work with substance abuse and general mental health issues, primarily with children and adolescents. My areas of special interest are in using "alternative" therapies to treat children and adolescents with trauma and adults with childhood trauma issues as well as grief and loss. In addition to counseling I raise horses and cattle and it has been my ultimate goal to combine these interests by starting a therapeutic ranch where young people can have the benefit of animals and wilderness in their therapy and recovery. I first became aware of and interested in play therapy while in Sarasota, through several elective and independent study classes, and have continued to work towards my RPT since then.

**CHECK OUT OUR WEBSITE AT: [http://
www.idahoplaytherapy.org/](http://www.idahoplaytherapy.org/)**

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

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

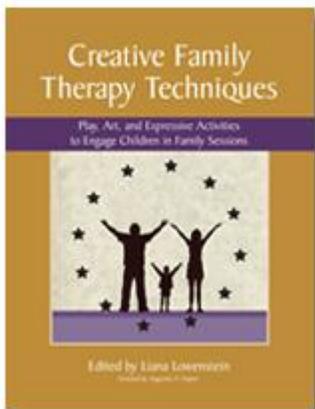
4 X 4 - \$10.00

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.

CLINICAL CORNER



Book Review by Kendal Tucker

Creative Family Therapy Techniques
Play, Art, and Expressive Activities to
Engage Children in Family Sessions
Edited by Liana Lowenstein

The premise of *Creative Family Therapy Techniques* is that the family is a system and each member brings an individualistic aspect to the unit. When therapy is needed for a family it can be helpful to include children of all ages to address the family system. In her book Lowenstein provides helpful tools to implement therapeutic activities that especially reach the attention of the child as well as engage all family members. She brings a fresh perspective on activities that integrate play therapy and enhance family cohesiveness. The book is full of ideas and activities with clear instructions and a thorough materials list.

Therapists will find this an easy to use resource with creative ideas for a variety of needs. You will find a brief synopsis of family systems theory along with helpful information in three

well - organized sections: engagement and assessment techniques; treatment techniques, and termination techniques. Each section includes an overview, multiple interventions and resources.

I would recommend this book to any clinician who works with children and families. They will be enriched as they find an exhaustive list of family friendly interventions and resources. Overall this book provides great ideas for successful implementation of activities that provide the opportunity to ensure a more stable family unit. I would have liked case studies describing the results of the techniques to adapt her ideas to specific needs for families. However, all in all, this comprehensive resource will not disappoint.

*The following technique is from **Scott Riviere** who will be presenting at the IDAPT conference this April!*

The client completes the following sentence stems as if writing a letter to an individual in their life.

The Love Letter

Anger and Blame

I don't like it when...

I resent...

I hate it when...

I'm fed up with...

I'm tired of...

I want...

Hurt and Sadness

I feel sad when...

I feel hurt when...

I feel awful when...

I feel disappointed when...

I want...

Fear and Insecurity

I feel afraid...

I feel scared because...

I feel afraid that...

I don't understand...

I want...

Guilt and Responsibility

I'm sorry that...

I'm sorry for...

Please forgive me for...

I didn't mean to...
I want...

Love, forgiveness and understanding

I love you because...
I love you when...
Thank you for...
I understand that...
I forgive you for...
I want...
I am willing to...

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