



Idaho Association for Play Therapy Newsletter

September 8, 2019

FALL IDAPT CONFERENCE



Our
Speaker
will be
**Holly
Willard**

**Worry Less, Play More!
Using Play Therapy to
Treat Anxiety**

Contact IDAPT

President - Trina Fischer LCSW
trinafischerlcswh@hotmail.com

Treasurer - Caren Cox LPC, RPT
carencoxcounseling@gmail.com

Secretary - Kami Cornwall LPC, RPT
kami@paradisecreekcounseling.com

Past President - Dan Bayly LCPC, RPT-S
idahoa4pt@gmail.com

Sherie Ann Flagg LCSW, RPT-S, CDWF
sherieflagg@gmail.com

NEW BOARD MEMBERS

COMING SOON

If you are interested, please let us know!

<https://idapt.regfox.com/idapt-annual-conference-2019>

We are so **excited to see you again** at the IDAPT conference in the fall! There is a discount for “early bird” registration so mark your calendars now and click the button to register!

This conference will be November 8th and 9th at the La Quinta Towne Square in Boise, ID.



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Upcoming Trainings:

APT National Conference: October 1-6, 2019

The 36th Annual Association for Play Therapy International Conference will be held in Dallas, Texas on October 1 - 6, 2019. With 77 workshops and up to 41 hours of continuing education available, there is something for everyone during the six-day conference.

Complete information can be found online at:

<https://www.a4pt.org/general/custom.asp?page=AnnualAPTConference>

If you know of any trainings coming up, please let us know and we will post them in our newsletter!

AutPlay Therapy Certification Training

September 20 and 21, 2019

Time: 8:00am – 5:00pm

14 hrs CE Contact Credit Hours

Location: Molly and Me Counseling Center

2995 N Cole Rd, Suite 270

Boise, ID 83704



Presented by Robert Jason Grant Ed.D, LPC, RPT-S, ACAS

This training focuses on learning the AutPlay® Therapy treatment approach, a play therapy and behavioral therapy based approach to working with children and families affected by autism, dysregulation issues, and other neurodevelopmental disorders.

Interventions #1

37 Techniques to Calm an Anxious Child

https://www.huffpost.com/entry/37-techniques-to-calm-an-anxious-child_b_5829fe2ee4b057e23e31481f

Follow this link for a great list of 37 ways to calm down the Anxious Child. Many of the children that come into treatment struggle with Anxiety. Many of these interventions I have tried and others I will soon try with clients.

The areas of these techniques fall under the following: Write It Out! - Have a Debate (with yourself) – Self Soothe –

Understand Worry

Use Your Body

Disconnect to Reconnect

Befriend Water

Practice Mindfulness

Listen

Help Someone Else

Embrace the Worry

Great ideas in this article!!



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Interventions #2

Feelings Activities

Emotional Thermometer – Present the child with an emotional thermometer with a range of emotions from 0 (happy) to 10 (sad) and ask them about various events and how they make them feel.

Storytelling – Give the child a chance to tell a story beginning with “once upon a time.” Storytelling often reveals a lot about a child’s hopes and fears.

Role Play – Pick a situation that the child is anxious about and role play through it with them. This will help them to visualize situations and prepare for them.

Costume Play – Give the child a costume and then ask them what they would do as the character they are portraying. This is a great way to find out the child’s likes or dislikes.

Superhero Play – Ask the child to draw a superhero and talk about the superpowers they’d like to have. Talk with them about their personal strengths and how they are their super powers.

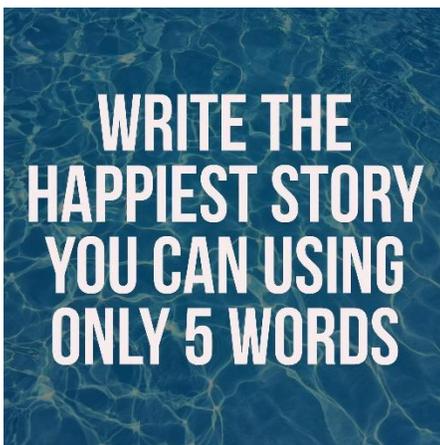
Guided Imagery – Ask the child about a nightmare or anxious thought they’ve been having and then work through a happier ending for it. This can help retrain their brains to feel more in control.

Worry Dolls – Buy or make a set of Guatemalan worry dolls. Assign a worry to each doll and then leave them in a bag or box. This gives the child permission to leave their worries with someone else.

Turtle Feelings – Tell the child about how when turtles are sad or scared, they retreat into their shells, close their eyes and take three deep breaths. Then teach the child how to control their anger by doing the same thing.

This is a portion of the article found here: <https://www.merakilane.com/play-therapy-techniques-30-therapeutic-activities-for-children/>

Try these above techniques and let us know how they worked for you!



Send us your answers and we will gather them and share them during the conference!

←“WE LOVE HELPING PLAY-THERAPY GROW”

Can’t wait to see you in November

and October if you are attending the National Conference!!!