

NEW ENGLAND ASSOCIATION FOR PLAY THERAPY



ADD PLAY TO YOUR WORK!

August 2017

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PRESIDENT'S LETTER

Hello fellow play therapy lovers,

This summer has been flying by with so many exciting play therapy opportunities. The Cape Cod Seminars were a huge success and we are already planning next years! Our November conference is shaping up to be another can't miss event. Our NEAPT board has teamed up with Lighthouse Consulting Group to help make our branch run smoothly. They will be managing our conference, website, and admin tasks. I am excited to be working with them and hope that they will be a great partner for years to come.

I will be collaborating with all of the Sparkplugs to visit the 6 states over the next year and look forward to meeting many of you. We hope to keep growing NEAPT and are proud to announce that we have earned Gold Branch Status again this year!! Thanks for all of your support and we hope to see you at the annual conference in November!

Please feel free to email me at info@newenglandplaytherapy.org with any feedback or questions.

Playfully,

Stefani Misiph, LMHC, RPT-S

President, NEAPT



NATIONAL ASSOCIATION FOR PLAY THERAPY NEWS

From the A4PT website:

Play Therapy on National TV!

On July 8th, the field of play therapy was broadcasted across the country during an episode of Innovations with Ed Begley, Jr on FOX Business! Thank you to those who promoted the episode on social media and for everyone who watched it!

The 6-minute special can now be viewed online. Stay tuned for more information on a 30-second commercial that can be used for additional public awareness of play therapy!

APT Celebrates 35 Years!

Join APT in celebrating its 35th year in 2017! This will be a year of recognition, celebration, and looking back on over three decades of promoting the value of play, play therapy, and credentialed play therapists. Take an insider's look into the Association's history with a new APT Fun Fact in each weekly member flash, enter the year-long "Where's the Dude?!" Sweepstakes, and be there in October for the 35th Birthday Bash at the Annual APT International Conference in Minneapolis, MN!

NEW ENGLAND NEWS

NEAPT Annual Conference-Add Play to Your Work... Friday, November 3rd & Saturday November 4th Verve Crowne Plaza Hotel- *Natick, MA* **Schedule at a Glance**

Friday, November 3, 2107

12:00 PM – Registration-Pre-assembly

12:30-4:00 PM Supervision Training- Phoenix Room

**Brick by Brick: Supervisor Play Therapy Training Using Lego® Serious Play®
Presented by Mary Anne Peabody, Ed. D., LCSW, RPT-S**

This experiential workshop adapts the LEGO® SERIOUS PLAY® (LSP) facilitated method to methodology to play therapy supervision. Concepts of interpersonal neurobiology of play and metaphoric storytelling will be discussed and experienced as we creatively "think through our fingers".

Objectives:

1. Identify the importance of incorporating playful activities in the supervisory process.
2. Identify at least two major theoretical underpinnings of Lego® Serious Play® that align with an integrative play therapy approach.
3. Identify conceptual connections relevant to LSP including, hand-brain connection, memory, attention, and storytelling.

2- 15 minute breaks/Bring your own lunch

4:00PM-5:00 PM – Evening Registration-Pre-assembly

5:00 PM-8:30 PM- Evening Sessions- Phoenix Room/ ½ Apollo Room

"Creating Mandalas in Play Therapy"
Presented by Tracy Turner-Bumberry LPC, RPT-S, CAS

Objectives:

This will be a brief introduction into the artistic interventions of mandalas. Participants will discover what mandalas are, and how to have clients create them in Play Therapy sessions. Participants will also be able to create a mandala of their own

5:00 PM-8:30 PM- Evening Sessions- Phoenix Room/ ½ Apollo Room
Play Therapy with Gender-Questioning Youth

Presented by Pete Hunt, PhD Senior Psychologist at the Gender Management Service (GeMS) at Boston Children's Hospital and Elisa Bronfman, Staff Psychologist in the Medical Coping Clinic at Boston Children's Hospital since 1997. Supervising Psychologist and Assistant Professor Harvard Medical School.

Objectives:

Course will focus on issues and challenges typical to gender-questioning and transgender youth and their families. Will supply resources and bibliography. Included will be ideas for play intervention, family coaching and education, review of the literature, and case examples. Presenters are open to questions from the floor.

2- 15 minute breaks

6:30 PM- Dinner Buffet- Pre-assembly

8:30 -10:30 PM- Wine & Cheese Reception- Pre-assembly

Saturday, November 4, 2017

8:00 AM- Registration-Pre-assembly

9:00 AM-4:30 PM- Training Emotional Regulation Play Therapy- Apollo Room

Play Therapy to Address Dysregulated Clients
Presented by Tracy Turner-Bumberry LPC, RPT-S, CAS

Objectives:

- 1 Assess and describe Emotion Dysregulation and how it may manifest in Play Therapy sessions
- 2 Recognize symptoms of dysregulation in Autism, ADHD, Bipolar and Anxiety and how Play Therapy can help with regulation
- 3 Practice "instant regulator" Play Therapy interventions to help create an immediate calm environment.
- 4 Learn Play Therapy interventions that can easily be replicated to reduce client meltdowns and mood swings at home and school.

10:15 -10:30 AM- Break

12:00 – 1:00 PM- Lunch Buffet- Stardust Plaza

12:00- 1:00 PM- Annual Member Meeting-Apollo Room

2:30- Break

2:30 PM- Dessert & Raffle

Conference Details

Conference Rates include Dinner of Friday, Lunch on Saturday and CEU's

Visit www.newenglandplaytherapy.org for details

The New England Play Therapy Association spent a week in Cape Cod from July 24 to the 28th with Clair Mellenthin LICSW, RPT-S. Fifteen people gathered in Eastham, MA to immerse themselves in Expressive Arts and Play Therapy. Morning trainings consisted of experiential activities ranging from a floral genogram to custom designing sneakers for the Take A Walk in My Shoes activity. While participants had the afternoons to explore on their own the local beaches, marshes, and shops, a sunny morning doing sandtray on the beach was appreciated by all. Clair combined her expertise in trauma, attachment and building a healthy self-esteem with playful expressive art techniques. The Cape Cod summer play therapy trainings should become a part of your 2018 plans. Mark your calendars for July 23-27, 2017 and start planning your summer training vacation with Eliana Gil and her daughter Teresa.

Take a walk in my shoes intervention





MENTAL HEALTH MINUTE

Here are a few key things that are current and notable in the world of mental health:

- ❖ [It's never too late to prep kids for school!](#)
- ❖ [How to talk to kids about difficult news](#)
- ❖ [Being happy doesn't always include happiness](#)
- ❖ [Significant impact of being lonely](#)

TRAINING CALENDAR

Do you have something going on in your area? Email Wendy at training@newenglandplaytherapy.org to have it added to our website. Time to PLAY!

Ongoing

-Play therapy collaboration group meets the second Friday of each month from 9:00-11:00. Cost: \$0
Location: Birch Tree Counseling, 226 Rockingham Rd., Londonderry, NH 03053 Contact: Kay Edwards or Linda Grant 603.425.2989

-New Hampshire North Supervision Group: Meets the first Friday of every month from 8:00 to 9:30 . 300 N Main St Suite 100, Plymouth, NH 02365. Contact DeeDee Nold at nolddeedee@aol.com or 603 546-1933. Cost is \$10.00

September 15: Introduction to Sandtray Play Therapy

Presenter: Kay Edwards. Location: 226 Rockingham Rd. Londonderry, NH 03053. Contact/more info: office@birchtreecounseling.com or birchtreecounseling.com

The morning focus will be on the basics of play therapy with sandtray; its principles, physical set up and techniques along with experiential exercise. The afternoon portion will focus on deepening the skill level; learning ways of introducing the client to sandtray play, deepening skills as the witness/observer, and ways to encourage the Builder to observe and explore the sandtray world. Additional experiential exercises will be utilized. Please bring 10 figures or small toys to use in the sand as well as your camera. Workshop limited to 14 participants.

November 3: Play Therapy Cases That Taught Me The Most: Pacing & Safety, Affect & Resilience

Presenter: David Crenshaw. Location: Western CT State University. Contact/more info: lomasg@wcsu.edu or www.wcsu.edu/education/playtherapy

As play therapists, we always learn from the children we treat, and our young clients often prove to be our best teachers. In this primarily didactic master class, the speaker will share valuable lessons learned from cases that enriched his work as a play therapist with a number of child clients. Lessons learned, and to be discussed, include: issues of pacing, timing, safety, windows of affect tolerance, resilience, countertransference, the impact of trauma, and the complexity of termination. In addition to theory and case illustrations, small group discussion will engage participants more actively in the learning process Approved Provider Information

Approved Provider Information:
Name: Western Connecticut State University
Number: 13-357

November 4: The Body Heals with Play: Incorporating Play Therapy into Evidence-Based Trauma Treatment

Presenter: Jennifer Lefebre. Location: Western CT State University. Contact/more info: lomasg@wcsu.edu or www.wcsu.edu/education/playtherapy

Contemporary clinicians know it is important to use evidence-based, trauma-informed therapy, but knowing which method to utilize can be daunting. Add to that the challenge of attempting to make these treatments more child-centered, playful, and developmentally appropriate! Given that approximately five million children experience some form of trauma each year, it is vital that therapists have a clinical framework that incorporates trauma principles and is based upon neuroscientific research in order to restore the capacity for play within trauma survivors.

This Full-day Master Class will outline and discuss the core components of Trauma-focused Cognitive Behavioral Therapy (TF-CBT), Eye-movement Desensitization & Reprocessing (EMDR), Child-Parent Psychotherapy (CPP), and Attachment, Regulation & Competency (ARC) in the context of play therapy principles and neuroscience in order to facilitate the development of a trauma-informed clinical framework.

Through creative and playful ways, participants will learn how to incorporate non-verbal and sensory-based play therapy techniques into the evidence-based core components of trauma therapy. And with this knowledge, play therapists and other mental health professionals will be able to evaluate which trauma-informed treatment components "fit" with the specific needs of the children with whom they work.

Approved Provider Information:
Name: Western Connecticut State University
Number: 13-357

November 29: Play, Play Therapy, and Games: Proven Strategies to Engage Children in Therapy

Presenter: Gary Yorke. Location: 81 Riverside St Portland, ME. Contact/more info: info@pesi.com or www.pesi.com

This dynamic and engaging workshop is perfect for adding clinical play therapy strategies and techniques to your repertoire. You will learn practical and engaging strategies to use immediately, for children with ADHD, depression, anxiety, ODD, and more.

The play therapy strategies and techniques you will learn in this workshop include storytelling, therapeutic board games, rating scales, Thumbballs, paper and pencil games, checkers, noncompetitive games, communication games, popular children's games such as Candy Land and Don't Break the Ice®, and Bibliotherapy. The strategies and play therapy techniques taught in this workshop are suitable for children with a wide variety of challenges, including anger, anxiety, depression, non-compliance, disruptive behavior, and social skill deficits. A detailed course handbook will provide additional information about play therapy techniques and strategies discussed in this workshop, as well as additional resources.

November 30: Play, Play Therapy, and Games: Proven Strategies to Engage Children in Therapy

Presenter: Gary Yorke. Location: 11 Tara Blvd Nashua, NH. Contact/more info: info@pesi.com or www.pesi.com

This dynamic and engaging workshop is perfect for adding clinical play therapy strategies and techniques to your repertoire. You will learn practical and engaging strategies to use immediately, for children with ADHD, depression, anxiety, ODD, and more.

The play therapy strategies and techniques you will learn in this workshop include storytelling, therapeutic board games, rating scales, Thumbballs, paper and pencil games, checkers, noncompetitive games, communication games, popular children's games such as Candy Land and Don't Break the Ice®, and Bibliotherapy. The strategies and play therapy techniques taught in this workshop are suitable for children with a wide variety of challenges, including anger, anxiety, depression, non-compliance, disruptive behavior, and social skill deficits. A detailed course handbook will provide additional information about play therapy techniques and strategies discussed in this workshop, as well as additional resources.

Remember, regardless of whom the presenter is, if the workshop announcements do not state APT approval with a provider number, APT will not approve it for RPT/RPT-S application or renewal.

CONTACT US

Visit our Website at www.newenglandplaytherapy.org

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www.a4pt.org.