

# NEW ENGLAND ASSOCIATION FOR PLAY THERAPY



**ADD PLAY TO YOUR WORK!**

February 2018

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## PRESIDENT'S LETTER

Hello my favorite Play Therapy friends!

It's National Play Therapy Week!!! How are you spreading the news about play therapy? Post on our Facebook page all of the great outreaches and ways you are promoting play therapy. The board had a productive retreat in January and is working hard to make NEAPT a resource for all the play therapists in the area. We heard your feedback and have moved the annual conference to the Spring. We are also changing the format of the Friday night to offer foundational, advanced, and supervision trainings. We as a board are also committed to helping our members work towards their RPT(S) credentials and will be offering informational sessions before our conference and during the cocktail hour. See the schedule at a glance for more info.

NEAPT is only as strong as our members...help us increase our membership by spreading the work of APT to your colleagues. Know someone in an agency that does play therapy but isn't a member? Offer to take them to coffee and talk to them about the benefits of becoming a NEAPT member. Invite someone to our conference and if they become a member, they can be entered for a free Friday night registration. Sponsor a new member and get APT bucks from National and be entered for a sand tray at our April Conference.

Our Sparkplugs will be working to make state connections in the next month so be on the lookout for emails from them. We want to make NEAPT a vibrant chapter. As always, if you have ideas or are doing trainings/outreaches on play therapy, please let us know at [info@newenglandplaytherapy.org](mailto:info@newenglandplaytherapy.org). we can provide resources and ideas. See you all in April!

Playfully,

Stefani Misiph, LMHC, RPT-S

President, NEAPT



## NATIONAL ASSOCIATION FOR PLAY THERAPY NEWS

### Call for *Play Therapy™ Magazine* Contributors

Share your play therapy knowledge with members by authoring an article for *Play Therapy™ Magazine*. Contributors are encouraged to write manuscripts conforming to the [author guidelines](#) or to submit a 250-word summary of a topic they would like to see covered in the magazine. Future issues of *Play Therapy™ Magazine* will feature the following topics.

- Technology in play therapy (by May 15th)
- Play therapy in medical settings (by August 15th)
- Play therapy in schools and by school counselors (by November 15th)
- Working with parents and families in play therapy practice
- Play therapy and disaster mental health or crisis response

For questions, [contact](#) the *Play Therapy™ Magazine* Editor.

### Submit Award of Excellence Nominations by March 31

Know someone who has gone above and beyond in the field of play therapy? Recognize your fellow play therapists for their contributions by nominating them for an [APT Award of Excellence](#) by **March 31!**

(content from [www.a4pt.org](http://www.a4pt.org))

## NEW ENGLAND NEWS

### Conference Registration is Open!

Did you see the email about registration being open for our 2018 conference scheduled for [April 27 and 28, 2018 in Natick, Massachusetts](#)? We have a great line up of workshops for you to choose from so register now to be sure you get your choices! We discussed your feedback at our board retreat last month and are continuing to look for ways to reduce registration costs. Along with other options, we are going paperless! Once you register, you'll receive an email prior to the conference with the handouts for you to print before coming to the hotel. There will not be a printer available on site, so please be sure to watch for that email if you want hard copies during the workshops.

### Another don't miss event: the Cape Cod Seminar!

Cape Cod Seminar tickets are now open for sale. Go to [www.newenglandplaytherapy.org/conferences](http://www.newenglandplaytherapy.org/conferences) for all the info and to register! It will be a great week of training and will be limited to 30 participants. Only a few spaces remain so act quickly to get your seat!

### Enhancing Attachment through Drama and Play Therapy

with Eliana Gil, PhD, RPT-S, MFT-S, RAT and her daughter Teresa Dias, MA

at Captain's Quarters Motel in Eastham, MA., July 23 -27th, 8:30-12:00pm

## NATIONAL PLAY THERAPY WEEK- FEBRUARY 4-10, 2018

By Gabrielle Dworkin, LMHC, RPT

It's that time of the year again when Play Therapists across the U.S. brush off their sand trays, clean the art supplies, and get ready to spread the word about the importance of Play Therapy. You may have an idea or intervention that you have used with success or you may be looking for some new ideas. Below find some ideas on how you can spread awareness in your corner of the world.

- Pinterest is chock full of ideas of therapy interventions and activities. Type in "Play therapy week" and find an infographic – [www.a4pt.site-ym.com](http://www.a4pt.site-ym.com), or 6 Facts You May Not Know about Play Therapy- [www.fullcupplaytherapy.com](http://www.fullcupplaytherapy.com)
- If you work in a school setting: Design a bulletin board about Play Therapy and have students contribute artwork about their favorite game/intervention/activity.
- If you are in private practice: Consider having some mini Zen gardens or coloring sheets with mandalas for caregivers to utilize while clients are in session.
- For those that work in offices or agencies: Have some mini games (checkers, chutes and ladders, tic tac toe, Jenga, Simon) placed in the break room to encourage play during the day.
- If you work in a hospital setting: Hand out mini stress balls (that can be squeezed and bounced) with a little note encouraging taking a breath and make time to play.
- If you are at a university: Take some time out of class to play a therapeutic game, such as Talking Feeling Doing.
- Wear your Play Therapy attire proudly
- Share a picture of you and The Dude on Facebook or Instagram

Some more suggestions from the APT website:

- Send out news release to local paper
- Share You Tube video Meet Andrew
- Post photo on social media about how you use play
- Contribute to APT Foundation
- Buy a car Magnet from the APT store
- Set up to be interviewed for TV station
- Present on play therapy at place of employment
- Contact colleagues about having an open seminar
- Distribute play brochures
- Share Parent's Corner on APT site with clients

### Meet Your Board

Over the next few issues of the newsletter, we will be introducing you to individual board members so you can learn about us as well as what being on the Board of Directors is all about. We hope you'll reach out to us with questions, to network, or to discuss your interest in joining us! This month, meet Julie Nash, Ph.D., RPT-S who is a licensed clinical psychologist in Connecticut.

A graduate of Fairleigh Dickinson University (M.A., Ph.D.) and Simmons College (B.A.), I worked in a variety of settings including inpatient (therapy, case management, and psychological assessments), a therapeutic day school, a children's hospital, and a community health center before moving to private practice, providing workshops and teaching. My caseload is incredibly limited right now as I focus more on

being a mom of three young kids. I enjoy writing and have published multiple chapters on play therapy, including the use of social skills training and development of social competence. My most recent writing is due to be published shortly and is about reducing children's nighttime fears. I teach online classes to balance things out, and am very excited to be teaching an introductory play therapy course at Western Connecticut State University in the fall (registration is still open! Come see me there!!) as giving trainings helps me stay current in the emerging research in the field. I enjoy being involved in APT at the national level and serve on a couple of committees there. I have been on the NEAPT Board since 2011 where I currently edit the newsletter and serve as President-Elect. I am very fortunate to work alongside an amazing group of women on this Board and am inspired by them to make this an even more vibrant branch. I'd love to hear from anyone in CT and surrounding areas about what we can do to make play therapy stronger in our area.

## MENTAL HEALTH MINUTE

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

- ❖ "Mean girls:" [how to help a girl not become one](#)
- ❖ The biggest study of teen brains will [show effect of screen time on kids' brains](#)
- ❖ [Playtime is serious says the NY Times!](#)

## TRAINING CALENDAR

Do you have something going on in your area? Email us at [training@newenglandplaytherapy.org](mailto: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](mailto:nolddeedee@aol.com) or 603 546-1933. Cost is \$10.00

### **February 2018**

DIR/Floortime Model and Play Therapy in Autism Treatment

When: Monday February 26

Where: Western Connecticut State University

Description: In an understanding of brain development, which dated back to the 1880's, it was previously believed that if an injury happens to one area of the brain, then that function is gone forever. We now know that the brain's capacity for adaptability is far greater and that that quality, known as brain plasticity, meaning that given the right opportunities for neuronal growth, one area of the brain can take over the functioning of an area that had previously been damaged or delayed. For this new neuronal growth to occur, experiences and especially emotional experiences full of affective co-regulated opportunities needs to happen.

This workshop will offer a best practice approach to theoretical conceptual and practical understanding of the assessment and treatment of children and adolescents with autism spectrum disorder through the developmental relational technique known as DIR/Floor Time. Adaptations of clinical play therapy techniques utilizing Dr. Stanley Greenspan's Developmental, Individual Differences, Relationship Based Model (hereafter to be known as DIR) will be examined for uses with these children and adolescents in individual, family and group therapy contexts as the primary area of focus. 3 credit hours offered. Western Connecticut State University, APT Approved Provider Number 13-357. Presenter: Esther Hess, Ph.D., RPT-S. For info or questions: 203-837-8512 [lomasg@wcsu.edu](mailto:lomasg@wcsu.edu)

## **April 2018**

### Play Therapy in School

**When:** Friday, April 13 and Saturday April 14 9:00 to 5:00

**Where:** Plymouth State University  
2 Pillsbury St. Concord, New Hampshire

**What:** 1 credit Tuition class and 22.5 APT Educational hours

**Description:** This class covers the efficacy of play therapy and how to present it to school systems or mental health clinics. It covers canine assist therapy and many interventions for use with individual and group clients on a broad spectrum of subjects such as bullying and trauma. It is appropriate for school and mental health counselors and involves hands on learning as well as some lecture.

**Instructors:** Lynda True-Carter, NCSC, NCC, SB-RPT  
DeeDee Nold, LICSW, RPT-S

**Contact:** DeeDee at [djnold@plymouth.edu](mailto:djnold@plymouth.edu)

## **June 2018**

Level One Theraplay & MIM- Join the thousands of child and family professionals who have added Theraplay to their skill set.

**When:** June 11-14, 2018, Living Hope Community Church, Old Greenwich, CT

To learn more and to register please click [HERE](#)

### **Save the Dates:**

--Looking for a full course on play therapy? Two graduate level classes are held at Western Connecticut State University each academic year. Introduction to Play Therapy is held in the fall semester, taught by Julie Nash, Ph.D., RPT-S, while Advanced Play Therapy is in the spring semester, taught by Jennifer Lefebvre, Psy.D., RPT-S. The classes combined give a total of 135 hours of training. There will be a conference held this spring as well. For more information, contact Dr. Gabriel Lomas, associate professor of counseling at 203-837-8512 or [Lomasg@wcsu.edu](mailto:Lomasg@wcsu.edu).

**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](http://www.newenglandplaytherapy.org)

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[www.a4pt.org](http://www.a4pt.org).