



VAPT enote DECEMBER 2009

Dear VAPT Playmates,

As the year comes to a close we are reminded of reasons to be thankful, occasions and relationships to celebrate, and stressors that may appear. This holiday season let's commit to making the days better for ourselves and the families and children with whom we work. Best wishes for a beautiful holiday season,

Playfully,

Anne and Kimberly

WELCOME NEW and RETURNING VAPT MEMBERS!

Welcome returning members!

Name	VAPT Member since
Linda Grubba	1992
Ellen Moore	1997
Tamara Sheridan	2002
Loretta Schulz	2002
Tanya Hull	2002
Florinda Reid	2007
Donna Callis	2009
Tracy Whitaker	2009
Norine Lyons	2009
Norma White	2000
Hughlett Powell	2005
Christine Agnellini	2006
Katharine P. Knapp	2008
Linda Nicholson	2009

Our **NEW** VAPT Playmates are:

Donna Callis
Tracy Whitaker
Norine Lyons

We are glad to have you be part of our vibrant learning community of 199 members. Now, we need you to continue to invite colleagues to join in! (BTW - I saved \$40.00 on my membership dues by recruiting new members!)

VAPT/APT Member Benefits

Member benefits include:

- **International Journal of Play Therapy®** - complimentary subscription
- **Play Therapy magazine** - complimentary subscription
- **APT Flash** - complimentary e-news bulletins
- **Program fee discounts** - reduced conference registration, credentialing, and other fees
- **Participation in Governance and Programs** - VAPT will pay your registration fee for the Leadership Academy!

Member's News

More news to celebrate from the APT conference!

There were 60 presentations at APT and VAPT members presented at least 6 times – Thanks to Kathrin

Hartmann, Megan Fiore, Eliana Gil and Anne Stewart!

CONGRATULATIONS! to **Cathi Spooner, Stephanie Pratola** and **Anne Stewart** for their invitation to participate in the Director Nominations Committee for APT and to **Cathi Spooner** to participate in the Leadership Committee for Leadership Academy.

CONGRATULATIONS! to **Anne Stewart** for receiving a certificate for her leadership in chairing the E-learning Committee and for serving as emcee of the APT awards ceremony.

CONGRATUALIONS! to **Eliana Gil** for her Lifetime Achievement Award, and contributing to a successful conference by serving as feature speaker at a morning plenary and at the APT research roundtable

CONGRATULATIONS! to **Sheri Mitschelen, Cathi Spooner** and **Jessica Umhoefer** who graduated from the APT Leadership Academy.

VAPT BRANCH Recognition

VAPT received a Gold Branch award

VAPT was tied for 4th in membership growth nationally

At the APT Conference in Atlanta, VAPT was represented at four of the twelve 'administrative' meetings (APT Foundation, APT Research Committee, APT Leadership Academy, and APT Branch President's meeting).

VAPT participated in the first APT Foundation Raffle



Are you feeling stressed this holiday season?

Are some of your clients?

Check out **Holiday Stress Tips on YouTube with Lori Lite!** Lori Lite is a childhood anxiety expert, mother and author. Join her as she offers Holiday Stress Tips on her Stress Free Kids YouTube channel. Sharing this YouTube link can be an easy way to share tips with caregivers with busy holiday schedules.

Lori Lite gives caregiver's tips for helping their children cope with seasonal stressors. For example, she suggests reviewing photo albums of relatives your kids might not remember, limiting shopping trips to child friendly stores and when shopping share with your children when you are feeling overwhelmed or stressed and then use that as an opportunity to teach them some techniques and skills to counteract the stress. To hear the full segment, go to <http://www.youtube.com/stressfreekids>



Tips for More Meaningful and Less Stressful Celebrations

Prevent Child Abuse Virginia (PCAV) compiled a list of tips to make your celebration less stressful and more meaningful. This can be useful handout for your clients.

- (1) Make sure your children (and you!) get a good night's sleep the night before holiday's to prevent crankiness or tantrums.
- (2) Allow children to take part in the dinner preparations by helping set the table, fill glasses or cups with ice, or fold napkins, for example.
- (3) Model thoughtfulness, cheerfulness and respect for your children and others, and expect the same in return.
- (4) Provide board games and card games that give kids and adults an opportunity to play together.
- (5) Lower your expectations for having the "perfect" holiday and focus on enjoying time with your loved ones. Accept that if the turkey isn't like Grandma's, it's just a meal. If the children aren't cooperative, they are likely acting appropriate for their age and developmental stage. If other adults offer unsolicited parenting advice, receive it graciously and decide later whether it was helpful.
- (6) Acknowledge that kids don't come with instructions. It's okay to ask for help or advice from other trusted adults, including through a call to PCAV's Parent Tip Line, 800-CHILDREN (800-244-5373).
- (7) Remember that you are creating memories. Someday you may laugh at your holiday mishaps or the testing of your patience; what your children will recall is the time spent together and the freely-dispensed hugs.

VAPT 7th Winter Workshop



Narratives in the Sand: Composing Metaphors in Play Therapy

Featuring
Dee Preston-Dillon, Ph.D.



Friday, February 12, 2010
9:00am to 4:30pm



Regent University Library Building
Virginia Beach, Virginia

Exploring Sand Therapy in the Supervision of Play Therapists

Featuring Dee Preston-Dillon, Ph.D.

Saturday, February 13, 2010
9:00 am to 1:00 pm

Regent University Classroom Building
Virginia Beach, Virginia

Visit the workshop website for more information: <http://vapt.cisat.jmu.edu/winterconference10/index.html>

Summer 2010 SAVE-THE-DATE

VAPT'S Come Play with Us!! Annual conference will expand from two days to FIVE.
It will be held the week of June 14-19, 2010. The theme for the conference will focus on trauma, loss and crisis.

Have a joyous holiday season!
Playfully,
Anne and Kimberly*

*Kimberly Kleinman is a new doctoral student at JMU and helped created this enote! Thank you, Kimberly.

For some jazzy, inspirational fun music, go to the PLAYING FOR CHANGE site
<http://playingforchange.com/episodes/22>

For the sound of laughter, go to <http://www.youtube.com/watch?v=yE6PNps5N9I>

Enjoy!