



# VAPT **enote** **allstar**



Dear VAPT Playmates,

Good-bye summer, hello fall and the **APT Conference in Atlanta!**

Please plan on taking an exciting road trip and playmates from Virginia and around the world this October in Atlanta! Let me know if you are attending and we will plan a VAPT get together.

**Dr. Shlomo Ariel**, president of the Israeli Association for Play Therapy will be attending and then coming to Virginia to conduct an all day workshop on **OCTOBER 15 on Integrative Play Therapy**.  
**SAVE-THE-DATE!**

The **APT Foundation** continues to need your financial support to promote research in play therapy. VAPT is participating in an exciting fund raising effort at the conference. We are preparing a basket to be bid on.

We have photos of the item and the artist who created the treasure. We would like to have additional items from each of the chapter areas also. Contact your chapter chair or Anne if you have an idea of an item to donate/collect.

The title of our basket is **Live Playfully - Virginia-Made Delights!**

## **CONGRATS to our 2009 APT LEADERSHIP ACADEMY GRADUATES !**

Congratulations to the 2009 Virginia Leadership Academy Class Members:

- Sheri Mitschelen, LCSW, RPT-S  
Fairfax, VA
- Catherine Spooner, LCSW  
Gainesville, VA
- Jessica Umhoefer, NCSP  
Harrisonburg, VA

The APT 2009 class members will graduate and be honored at the APT conference. Well Done!

### 1. **Dealing With the Back-to-School Blues?**

<http://www.apahelpcenter.org/articles/article.php?id=158>

The American Psychological Association Help Center has a useful article with advice for parents who may be concerned about their child's adjustment back to school.

### 2. **Getting ADHD Kids Back to School**

<http://www.webmd.com/add-adhd/features/getting-adhd-kids-back-to-school>

WEB MD has an article with strategies for preparing ADHD kids for a new school year.

### 3. **Back to School Advice for Teens**

Back to School Advice for Teens

[http://kidshealth.org/teen/school\\_jobs/school/back\\_to\\_school.html](http://kidshealth.org/teen/school_jobs/school/back_to_school.html)

Back to school advice for parents of teens

[http://parentingteens.about.com/od/education/a/back\\_to\\_school.htm](http://parentingteens.about.com/od/education/a/back_to_school.htm)

#### 4. VAPT Chapter News

The chapters are quickly becoming play therapy hubs around the state. Some are offering continuing education credit with their monthly meetings. Below is a list of our VAPT Chapter areas and their Chapter Chairperson. If you have not heard from your Chapter Chair, feel free to send them an email and let them know if you can help start a series of meetings for child and family therapists in your area.

Remember all trainings must be listed on the APT site to be eligible to receive APT CE credits.

##### **Roanoke VAPT**

Chairperson Stephanie Pratola  
[pratola@pratola.com](mailto:pratola@pratola.com)

##### **Forest VAPT**

Chairperson Norma White  
[norma.white@couplesandkids.com](mailto:norma.white@couplesandkids.com)

##### **Central Virginia VAPT**

Chairperson Amy Kale Fraiters  
[play@mail.planetcomm.net](mailto:play@mail.planetcomm.net)

##### **Northern Virginia VAPT**

Chairperson Joyce Meagher  
[kdknzlr@comcast.net](mailto:kdknzlr@comcast.net)

##### **Northern Virginia VAPT**

Chairperson Cathi Spooner and Sheri Mitschelen  
[cathispooner@hotmail.com](mailto:cathispooner@hotmail.com)  
[shmitsch@verizon.net](mailto:shmitsch@verizon.net)

##### **Tidewater VAPT**

Chairperson Kathrinn Hartman  
[hartmak@evms.edu](mailto:hartmak@evms.edu)

##### **Richmond VAPT**

Chairperson Barbara J. Smith  
[bjsmith461@aol.com](mailto:bjsmith461@aol.com)

##### **Southwest VAPT**

Chairperson Suzanne Sanford  
[playtherapyworks@msn.com](mailto:playtherapyworks@msn.com)

**PLAYFULLY,  
anne**

**For Fun view**

Dirt is good

<http://www.youtube.com/watch?v=5MX2Fq2VZW4>