



January 2009



Dear VAPT Playmates,  
Happy New Year!

Plan to join us for the **6<sup>th</sup> VAPT Winter Workshop** with **DAVID CRENSHAW** in Virginia Beach on **FEBRUARY 6<sup>th</sup>, 2009**. **The workshop website is open** and you may print out the attached form or download it from the site and mail it in.

Do spread the word—we need to increase our membership to serve children and families with well-trained and playful practitioners and for APT Gold Branch status.

GO to <http://vapt.cisat.jmu.edu/winterconference09/>

Playfully,  
Anne

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## VAPT 6<sup>th</sup> Winter Workshop

### Play-based Strategies for Working with Children and Teens Who Act-Out Aggressively

**David A. Crenshaw, Ph.D., ABPP, RPT-S**

Friday, February 6, 2009  
9:00 am to 4:30 pm

Regent University Library Building  
Virginia Beach, Virginia

#### Workshop Description

The strategies presented in this interactive workshop are designed to engage severely aggressive children and teens with meaningful and productive play-based strategies to address their neurodevelopmental deficits and in some cases their invisible, but very real, emotional wounds.

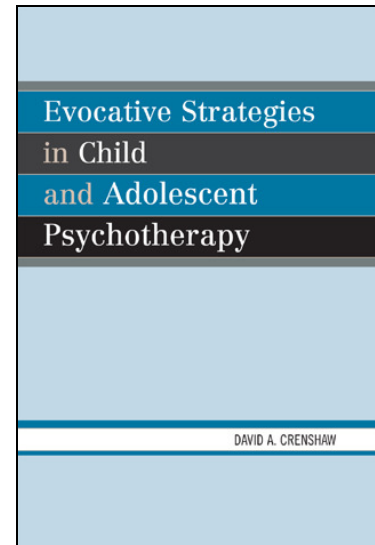
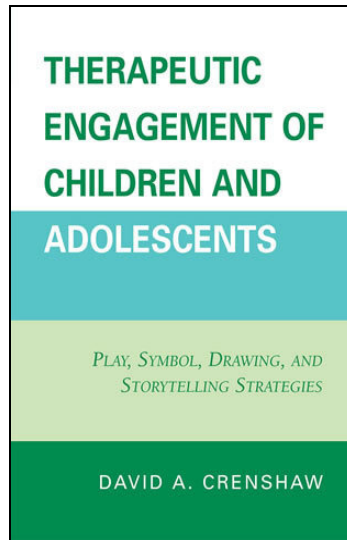
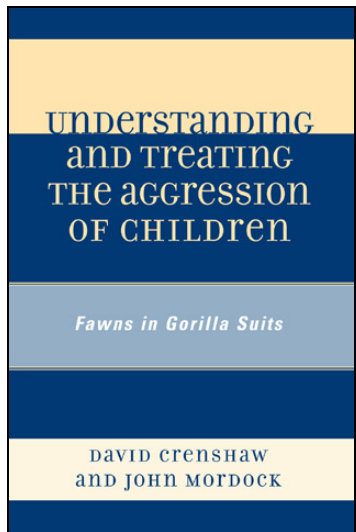
The workshop will explore key concepts using an integrative theoretical model with roots in attachment and psychoanalytic theory and informed by neurobiological research.

The specific and practical play therapy strategies will be practiced and as a result of attending this workshop, participants will be able to:

1. Identify and describe 5 at least specific strategies to modulate affect and anger.
2. Identify and describe at least 10 specific strategies to address the invisible wounds.
3. Identify and describe at least 5 specific strategies for termination.

**REGISTRATION form at the end of this ENOTE and at the  
[VAPT Winter Workshop website](http://vapt.cisat.jmu.edu/winterconference09/index.html)**

<http://vapt.cisat.jmu.edu/winterconference09/index.html>



1. **WOW.** Although you will find him to be an amazingly compassionate man, David knows a lot about anger—specifically how to help children and teens heal and transform this strong and powerful emotion. Above is just a sampling of our Winter Workshop presenter's books! You can also view his website <http://www.rhinebeckcfc.com/>. Don't miss our talented colleague share his great ideas for working with children and teens! David also obtained flyers that allow VAPT members to use a **discount code** to purchase his Rowman and Littlefield published books (attached to this VAPT enote).



## 2. **Anger**

Anger and aggression are frequently listed in the 'Reason for Referral' for services for children and teens.

Learn about 3 of David Crenshaw's **strategies for helping children and teens deal with anger** by clicking on the links below-

[1<sup>st</sup> - The Volcano Speaks! A Three Step Anger Modulation Strategy](http://www.rhinebeckcfc.com/angermodulationdrawings.htm)  
<http://www.rhinebeckcfc.com/angermodulationdrawings.htm>

[2<sup>nd</sup> The Magic Key](http://www.rhinebeckcfc.com/themagickey.htm)  
<http://www.rhinebeckcfc.com/themagickey.htm>

[3<sup>rd</sup> Party Hats on Monsters](http://www.rhinebeckcfc.com/partyhatsonmonsters.htm)  
<http://www.rhinebeckcfc.com/partyhatsonmonsters.htm>

David is an accomplished author and therapist and leader in the field of play therapy and suggested our members might want to look at an article he wrote for the APT Play Therapy magazine entitled, [Symbolic Play: The Language of Preverbal Trauma](http://www.rhinebeckcfc.com/Crenshaw%20September07.pdf).  
<http://www.rhinebeckcfc.com/Crenshaw%20September07.pdf>

3.



## Weather Preparedness and Family Connection

This is the season for sparkling vistas along with slippery roads and loss of electrical power due to winter storms. A practical way to promote family togetherness and security is to talk over how the family can be prepared for bad weather. A great all season source for talking about weather related disaster preparedness with school age children is the TOO MUCH WEATHER booklet.

### TOO MUCH WEATHER

[http://www.citizencorps.gov/doc/2007\\_nccp/SusanneSimmons-TOOMUCHWEATHER.pdf](http://www.citizencorps.gov/doc/2007_nccp/SusanneSimmons-TOOMUCHWEATHER.pdf)

This is a free guide you may download and provide to families, teachers, faith-based leaders or pediatricians. Using age-appropriate language to talk over and involve the children in planning can help everyone feel well taken care of and competent.

Virginia Department of Emergency Management:

<http://www.vaemergency.com/threats/winter/>

Ready, Gov: <http://www.ready.gov/america/beinformed/winter.html>

Center for Disease Control – Extreme Cold Guide:

[http://emergency.cdc.gov/disasters/winter/pdf/cold\\_guide.pdf](http://emergency.cdc.gov/disasters/winter/pdf/cold_guide.pdf)

4.  **Anxiety**

The combined prevalence of anxiety disorders is higher than all other mental disorders of childhood and adolescence; with a 1-year prevalence in children ages 9 to 17 of 13 percent. A VAPT member and student in my graduate play therapy class compiled a sample individualized service plan. We hope you find some useful language and ideas in this model (attached to enote).

Thank you **VAPT member, Kate Pumphrey** for sharing your terrific write up with us!

5.  **Membership News**

Kudos and thank yous are extended to the following  playmates for **renewing** their VAPT **membership** in December!

Donna Campbell

Capeville ☺

Debra Godwin

Alexandria ☺

Lorae McDonald

Lexington ☺

Bren McGillivray

Broadway ☺

Mary Wilkins McNeill

Warrenton ☺

Sharon Silverberg ☺

*Virginia Beach* – Invite colleagues to join us at the Winter Workshop!!

Catherine Spooner

Gainesville ☺

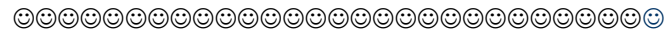
Henry Stribling

Purcellville ☺

Vicki VanCleave

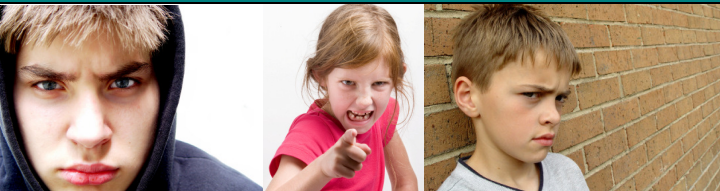
Southlake☺

However, we also have a double yikes. This is the second month with zilch, nada, niente new members. ☹ We are fortunate to have our loyal members returning but must recruit new members...remember, there is no success without successors.



You are invited to view the VAPT membership map at our VAPT website <<http://vapt.cisat.jmu.edu>> to find out who is serving as your area chapter chair. Plan to get together this month!

See you in Virginia Beach with David Crenshaw!



Virginia Association for Play Therapy - 6<sup>th</sup> Annual Winter Workshop

**Fawns in Gorilla Suits:  
Play-based Strategies for Working with Children and Teens  
Who Act-Out Aggressively  
February 6, 2009**

**Workshop Registration**

Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone:(Work) \_\_\_\_\_ (Home) \_\_\_\_\_

Email \_\_\_\_\_

**Conference Fee**

Check the appropriate space below:

\_\_\_\_\_ VAPT or APT Member \$75.00

\_\_\_\_\_ NON-Member \$90.00

Students are encouraged to attend! The student fee is \$40.00.  
I am enrolled as a full time student.

Advisor's Signature: \_\_\_\_\_

A registration fee refund will be granted if a written request is received by January 20, 2009. An administration fee of \$25 will be retained.

ADA/504 Accommodations-If you have special needs, please contact Anne Stewart

Phone: (540) 568.6601

Email: [steward@jmu.edu](mailto:steward@jmu.edu)

Website: <http://vapt.cisat.jmu.edu>

**MAIL** completed form and payment (Make check to VAPT) to:

**VAPT Anne Stewart**

**Department of Graduate Psychology MSC 7401**

**JMU**

**Harrisonburg, VA 22807**

FAX 540 568-4747

