



vapt enote

June



Dear VAPT Playmate,
VAPT held its 13th Annual COME PLAY WITH US!! Conference on June 12th and 13th, 2009 in Harrisonburg, Virginia. Drs. Bill Whelan, Co-Director of the Mary Ainsworth Child-Parent Attachment Clinic, and Athena Drewes, Director of Training for Astor Home provided excellent training to over 100 conference participants. Dr. Whelan offered training at the intermediate and advanced level on attachment theory and the Circle of Security intervention model concepts as a 'map' for play therapists. Friday evening, Dr. Athena Drewes provided training in playful supervision to current and aspiring supervisors and on Saturday she conducted a workshop on strategies for blending play therapy and cognitive behavioral therapy interventions useful for beginning to advanced play therapists. You may view conference photos at <http://picasaweb.google.com/vaptplay/June2009VAPTCOMEPLAYWithUSConference#>

You may view the powerpoint presentation by Dr. Athena Drewes, on blending play therapy with CBT for working with children with anger and aggression at: <http://vapt.cisat.jmu.edu/summerconference09/index.html>

In item number 6 in this enote, Dr. Suzanne Gregg provides an overview of Dr. Whelan's training. Don't miss the VAPT conference next summer!

1. Join the APT LEADERSHIP ACADEMY

You are invited to enroll in the 2010 class of the APT Leadership Academy. Read about the LA and complete the application on the APT website at www.a4pt.org
The APT site notes:

"The Leadership Academy was established in 2004 as an orientation about leadership attributes, the Policy Governance© Model, and how APT conducts its daily business with members."

VAPT will reimburse your registration fee!
2009 Virginia Leadership Academy Class Members:

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

2. Learn more Play Therapy ...at home!

The Association for Play Therapy (APT) has numerous opportunities for distance CE via



audio courses



book/DVD tests



journal tests

Visit:

<http://www.a4pt.org/ps.training.cfm?ID=1638>

3. National Academy of Sciences - Institute of Medicine 2009 Prevention Report

The National Academy of Sciences - Institute of Medicine (NAS-IOM) report, Preventing Mental, Emotional, and Behavioral Disorders Among Young People is available. It can be found at http://www.nap.edu/catalog.php?record_id=12480#toc. You can download the Executive Summary and read the report on line. This report is extremely important for the health and wellness of underserved youth populations and populations at risk in foster care, detention centers, under funded urban and rural schools.

4. Healing Power of Stories

You can find an interesting article on the healing power of stories at this link:
<http://stressfreekids.wordpress.com/2009/03/24/the-healing-power-of-storybook-solutions/>

5. Attachment and Circle of Security

The Circle of Security website (<http://www.circleofsecurity.net/>) features the following quote from the author of attachment theory:

"If we value our children, we must cherish their parents."

John Bowlby, MD

The website further states "A secure attachment between child and caregiver is critical to a child's current and future well being. University-based research has shown that secure children have increased empathy, greater self esteem, better relationships with parents and peers, enter school ready to learn, and are able handle their emotions better than peers who did not receive a supportive adult connection early in life. As they age, secure children become less likely to live in poverty, prison, or to become mentally ill." I encourage you to explore the website to discover more about this exciting evidence-based program. **Bill Whelan** and **Bob Marvin** offer trainings in the model here in Virginia and around the world. If you would like to be on their mailing list contact Kate Whelan at kcw.attachmentclinic@gmail.com

Could not attend the conference OR attended the conference and want to know more?

READ this article:

Circle of Security project: Attachment-based intervention with caregiver-pre-school child dyads by ROBERT MARVIN, GLEN COOPER, KENT HOFFMAN and BERT POWELL
<http://www.circleofsecurity.org/docs/languages/08%20AHD%20final.pdf>

Virginia Resource

Mary D. Ainsworth Child-Parent Attachment Clinic, Charlottesville, VA.

Website: <http://www.attachmentclinic.org/>

To make a referral, please call: Kate Whelan, MSW Phone: 434-984-2711

6. Facilitating Parent-Child Attachment Using Play Therapy

(This wonderful narrative was submitted by Suzanne Getz Gregg, PhD, LPC, who had the distinct pleasure of serving as Bill's first play therapy supervisor during his graduate training at the Virginia Consortium Program in Clinical Psychology, Norfolk, VA.)

Imagine what you would hope to gain from spending a day with the Co-Director of the Mary D. Ainsworth Parent-Child Attachment Clinic in Charlottesville, VA. Then multiply that tenfold. That is what we gained on Friday, June 12, 2009, when Dr Bill Whelan spoke to over 90 VAPT members, students, guests, on "Healthy Attachments and the Use of the Circle of Security as a Map for Play Therapy."

In a well-orchestrated, multi-media training, Bill demonstrated the dual processes of "safety," which derives from parents who create a safe haven to protect their children from both internal and external stressors, and "security," in which the curiosity to explore this interesting world stems from an unshakeable trust in a secure base within the family. These building blocks form the basis of the healthy child (and adult) personality.

Imagine that there are all kinds of parental love -- possessive love and prideful love and demanding love and distracted love and even tough love. By word and posture, story and film, Bill brought to life the ultimate "caring love" that is so essential to lifelong well-being. With a caring love, a parent notices and understands (nearly) all of the child's diverse feeling states and supports progress towards

growth in both serious and playful ways. A caring parent is available to the child in heartfelt ways, even through difficult emotions and “miscues,” and takes delight in the child unfolding before them. The child learns to trust that the parent will help when s/he is unable to cope on his/her own.

Some set of parents, however, who find their way to therapists may have received less-than-ideal parenting themselves. Imagine how well play therapists are ideally suited to aid them in uncovering the foundation skills of observation, attribution, and interaction that rightfully improve their own lives as well as their child’s. Throughout the training day, Bill was the literal embodiment of the caring parent, light-hearted yet deeply committed to the core work of the parent-child relationship. As John Bowlby once said, “If we value our children, we must cherish their parents.”

In essence, play therapists can welcome from parents as broad a range of feeling states as they welcome from children. They can receive and relate and reframe until the innate corrective developmental experience of the play therapy process extends to parents as well as children. Imagine the hope we can bring to our work every hour when the ultimate outcome possible is multi-generational repair! Thanks to Dr Bill Whelan, we are better able today to widen our goals enough to recognize that ensuring children a happy childhood adds delight to the parent’s life as well.

7. INTEGRATING THE ARTS IN THERAPY

VAPT’s shining star, Eliana Gil, is going to be teaching an all-day course on Treatment and Assessment of Abused and Traumatized Children through Play and Expressive Therapies at an upcoming Institute of the Arts in Healing in Alexandria, VA, July 10 – 12.

The link for the conference announcement is:

<http://www.expressivemedia.org/iah/email.php>

The link to the event site:

<http://www.expressivemedia.org/iah/>

Please spread the word! See the APT website for a discount coupon!

8. 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.

Roanoke VAPT

Chairperson Stephanie Pratola

pratola@pratola.com

Forest VAPT

Chairperson Norma White

norma.white@couplesandkids.com

Central Virginia VAPT

Chairperson Amy Kale Fraitas

play@mail.planetcomm.net

Northern Virginia VAPT

Chairperson Joyce Meagher

kdknzlr@comcast.net

Northern Virginia VAPT

Chairperson Cathi Spooner and Sheri Mitschelen

cathispooner@hotmail.com

shmitsch@verizon.net

Tidewater VAPT

Chairperson Kathrinn Hartman

hartmak@evms.edu

Richmond VAPT

Chairperson Barbara J. Smith

bjsmith461@aol.com

Southwest VAPT

Chairperson Suzanne Sanford

playtherapyworks@msn.com

Below are some photos from recent VAPT Chapter meeting in Southwest Virginia--creating mandalas and visiting a colleague’s play room.

Thanks, Suzanne!



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alive