



March Expo

Save the Dates for our 14th Annual VAPT

COME PLAY WITH US!!

Conference

JUNE 14th - 18th, 2010

Harrisonburg, Virginia



This year VAPT will partner with presenters Bill Steele, Cathy Malchiodi and Lennie Echterling from the National Institute for Trauma and Loss to conduct a 5 day training series.

Learn more about TLC at <http://www.startraining.org/tlc>

Registration will open May 1, 2010

Dear VAPT Playmates,

Happy Spring!

VAPT held its 7th Winter Workshop in Virginia Beach. Our event was held at Regent University (RU) with the help of **Drs. Rosemary Thompson and Arlene Brown** and the RU chapter of Chi Sigma Iota.

Dr. Dee Preston Dillon led workshop participants in the use of sandtray with play therapy and also conducted an advanced training workshop on supervision of play therapists with sandtray. You may view photos of the workshop at

<http://picasaweb.google.com/vaptplay/February2010VAPTWinterWorkshop2010#>

Congratulations and thanks to our regional chapters for their great training opportunities. The VAPT NOVA and KIDZ (Roanoke area) and Tidewater Chapters are all hosting gatherings and granting CE's to support the professional development and credentialing of play therapists in their areas. Well done!!! Grateful applause and special recognition to VAPT members **Cathi Spooner, Sheri Mitschelen, Liz Fong, Helen Powers, Kathrin Hartmann, Debbie Balak** and **Stephanie Pratola** for their leadership!

VAPT organization news...

- VAPT submitted the paperwork to the Virginia State Corporation Commission to be able to continue to operate in the state.
- Our VAPT Facebook Fan page and VAPT Facebook Group page continue to grow and receive viewings. Consider joining in.

- All other requirements for APT Gold Branch eligibility were met-just need to maintain/grow our membership to be able to apply.

This is the month we must assure that our membership renewals are complete and we continue to recruit new members in order to be eligible for the APT Gold Branch Award.

The month we will focus on resilience resources that can inform our work as play therapists.

Taking a global perspective....

1. The International Resilience Project

http://www.resilienceproject.org/resilience_9699.html

The primary purpose of the International Resilience Research Project (IRRP) was to address the question:

What actions do parents or other caregivers and children themselves take that seem to promote resilience in the children up to age 12?

Secondary questions were:

What are the differences in the promotion of resilience as a function of the age and gender of the child;

What are some cultural/ethnic similarities and differences in the promotion of resilience in children?

The IRRP defined resilience as “the human capacity to face, overcome, and even be strengthened by experiences of adversity.” The IRRP has published a number of reports and is now focusing on the interaction of social ecology and resilience. This is an innovative and ongoing project that conducts quantitative and qualitative research across cultures and offers findings to the world of practice.

2. Resilience Research in Children – The Penn Resiliency Program Curriculum

<http://www.ppc.sas.upenn.edu/prpsum.htm>

The Penn Resiliency Program (PRP) is a group intervention for late elementary and middle school students. The curriculum teaches cognitive-behavioral and social problem-solving skills and is based in part on cognitive-behavioral theories of depression. An important component of the PRP training is to help children become more aware of their typical way of explaining why things happen to them—i.e., their “explanatory style.” Using three dimensions- Personalization/Permanence/Pervasiveness- children can learn strategies to examine their thinking by asking:

<i>Who is to blame?</i>	ME / NOT ME	(Personalization)
<i>How long will this last?</i>	ALWAYS / NOT ALWAYS	(Permanence)
<i>How much of my life does this affect?</i>	EVERYTHING / NOT EVERYTHING	(Pervasiveness)

At this site, you can read about the program’s research findings and recommendations. There are number of great links to information on positive psychology in the site.

3. Building Resilience in Children

<http://www.healthychildren.org/> and then type in ‘Building Resilience in Children.’ I also put a link to this on our Facebook page. Pediatrician Ken Ginsberg briefly describes his model of promoting resilience in children and teens in this article. Ginsberg states that resilience can be supported by attending to 7 ‘C’s.

Competence Confidence Connection Character
Contribution Coping Control

4. How Psychosocial Sport & Play Programs Help Youth Manage Adversity: A Review of What We Know & What We Should Research

http://www.psychosocial.com/IJPR_12/Psychological_Sport_and_Play_Henley.html

This is an interesting brief article from the International Journal of Psychosocial Rehabilitation about the evidence for play and organized sports in assisting children and youth after a disaster.

5. **Crisis Intervention: Promoting Resilience and Resolution in Troubled Times**
by VAPT Member and VAPT 2010 conference speaker Lennie Echterling and J. Edson McKee and Jack Presbury

<http://www.abebooks.com/author/Lennis+G.+Echterling/3628062/>

This book provides a compelling and through description of the crisis research and shares a model for intervention to promote resilience. The authors show how to find the survivor, rather than the victim, in conducting our work.

6. **Resilience Matters in Traumatized Children's Lives--and Sensory Activities Make the Difference** by VAPT 2010 summer conference speaker CATHY MALCHIODI

<http://www.psychologytoday.com/blog/the-healing-arts/200907/resilience-matters-in-traumatized-childrens-lives-and-sensory-activitie>

Many play therapists know Cathy from her books *Art Therapy with Traumatized Children*, *Handbook or Art Therapy, Expressive Therapies*, *Creative Interventions with Traumatized Children*, and *Understanding Children's Drawings* in this blog entry Cathy describes the benefits of sensory activities in children's healing.

7. **Fishful Thinking**

<http://www.fishfulthinking.com/>

In this fun and informative site professionals, parents and children can explore how to mix the ingredients of 'fishful thinking' to have a positive impact on their thinking.



PLAYFULLY
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