



# may

## 2010



Dear VAPT Playmates,  
Happy May! I hope you are enjoying the sunshine along with a good book. I suggest "Switch" by Chip and Dan Heath for an intriguing and inspiring read that can translate well to our work as agents of change. You may read the first chapter by going to <http://heathbrothers.com/switch/chapterone.php>



We are busily preparing for our 14<sup>th</sup> Annual Come Play with Us!! VAPT conference. Our inaugural event was conducted in 1997 with over 100 participants and featured VAPT luminary and lovely person Eliana Gil. Each year we have created learning communities with Louise Guerney, Linda Homeyer, Heidi Kadesun, Garry Landreth, Scott Rivere, Trudy Post-Sprunk, Neil Cabe, Terry Kottman, Suzanne Getz-Gregg, Janine Shelby, Bill Whelan, Athena Drewes and Eliana Gil again—we just can't get enough of her wisdom! We have grown from a one-day workshop to a two-day conference with three sessions. Our training topics have included client-centered, Adlerian and cognitive-behavioral play therapy, treatment of grief, ADHD children, anger and aggression, trauma and sexual abuse; and integrating sand tray techniques and attachment theory in our work.

In addition, we added an annual Winter Workshop, again featuring national speakers, for our member's professional growth four years ago and are growing regional VAPT Chapters to offer periodic (and close by) training and peer support. This year we are collaborating with the Virginia Counselors Association and the Department of Graduate Psychology to host training with the National Institute for Trauma and Loss in Children (TLC). We hope you can join us for continued learning June 14 to 17 at James Madison University.

and...I am finishing up our VAPT application to be considered for an **APT Gold Branch** award!  
Playfully,  
Anne

**1<sup>st</sup> time for TLC to train in the mid-Atlantic region!**

VAPT is partnering with the  
**National Institute for Trauma and Loss in Children** for the  
14<sup>th</sup> Annual VAPT Conference



THE NATIONAL INSTITUTE  
FOR TRAUMA AND LOSS  
IN CHILDREN

A STARR INSTITUTE  
FOR TRAINING PROGRAM



GO TO THE ADDRESS BELOW TO REGISTER OR LEARN MORE

<http://vapt.cisat.jmu.edu/summerconference10/index.html>

## 1. National Center for Trauma and Loss in Children

The National Center for Trauma and Loss in Children (TLC) is an outstanding source for information and training. TLC has information about all aspects of trauma and loss at

<http://www.starrtraining.org/tlc>

Information about talking to children about suicide may be viewed at

<http://www.tlcinst.org/PTRCtalking.html>

(Of course, come to the training and enjoy your learning in good company!)

## 2. Helping Grieving Children at School

See this site by Alan Wolfelt for recommendations about helping the grieving child at school.

[http://griefwords.com/index.cgi?action=page&page=articles/helping31.html&site\\_id=9](http://griefwords.com/index.cgi?action=page&page=articles/helping31.html&site_id=9)

Great general resources for grieving children from Alan Wolfelt can be found at

<http://www.grievingchildren.org/resources.html>

## 3. Loss and Grief Center

Linda Goldman offers a wide range of helpful products to support loss and grief in children. Here is one about helping children in school.

[http://www.childrensgrief.net/Helping\\_the\\_grieving\\_child\\_in\\_school.htm](http://www.childrensgrief.net/Helping_the_grieving_child_in_school.htm)

## 4. NASP

The National Association for School Psychologists offer a good teacher hand out that is useful across ages and circumstances of loss.

[http://www.nasponline.org/resources/crisis\\_safety/griefwar.pdf](http://www.nasponline.org/resources/crisis_safety/griefwar.pdf)

## 5. VAPT

The Virginia Association for Play Therapy has a newsletter with information at-click on Volume 2, Number 1 - Features Children and Grief: Death of a Parent

<http://vapt.cisat.jmu.edu/newsletter.html>

## 6. Supporting Children after Suicide

A booklet to download, Supporting Children after Suicide is at (it is from Great Britain-so some resources and links do not apply)

[http://www.mcsp.org.au/files/user13/Supporting\\_Children.pdf](http://www.mcsp.org.au/files/user13/Supporting_Children.pdf)

## 7. When Trauma Happens, Children Draw

Cathy Malchiodi is an art therapist, visual artist, scholar, and author of 13 books on arts therapies, including *The Art Therapy Sourcebook*. Cathy's Psychology Today blog is a wealth of information and you can come to hear her June 16<sup>th</sup> at the VAPT conference.

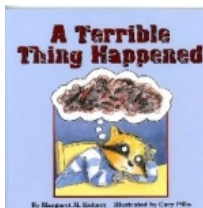


<http://www.psychologytoday.com/blog/the-healing-arts/200805/when-trauma-happens-children-draw-part-i>

---

You serve as vital source of information and support for children and families during times of loss. Here are some books you may find useful for teachers, staff and families. (Many of these resources were created by TLC!)

**A Terrible Thing Happened**



**Brave Bart**

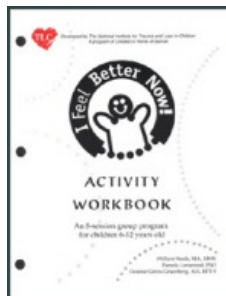


For program wide interventions:

**What Color is Your Hurt?**



**I Feel Better Now**



All these resources can be obtained from the <http://www.selfesteemshop.com>  
Remember, the Self Esteem Shop will be at our conference all 4 days!



**VAPT Chapter News !**

The chapters are quickly becoming play therapy hubs around the state. Some are offering continuing education credit with 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.

<p><b>Roanoke VAPT</b> Chairperson Stephanie Pratola <a href="mailto:pratola@pratola.com">pratola@pratola.com</a></p>	<p><b>Forest VAPT</b> Chairperson Norma White <a href="mailto:norma.white@couplesandkids.com">norma.white@couplesandkids.com</a></p>
<p><b>Central Virginia VAPT</b> Chairperson Amy Kale Fraitcs <a href="mailto:play@mail.planetcomm.net">play@mail.planetcomm.net</a></p>	<p><b>YOUR REGION AND NAME HERE...</b> </p>
<p><b>Northern Virginia VAPT</b> Chairperson Cathi Spooner and Sheri Mitschelen <a href="mailto:cathispooner@hotmail.com">cathispooner@hotmail.com</a> <a href="mailto:shmitsch@verizon.net">shmitsch@verizon.net</a></p>	<p><b>Northern Virginia VAPT</b> Chairperson Joyce Meagher <a href="mailto:kdknznr@comcast.net">kdknznr@comcast.net</a></p>
<p><b>Tidewater VAPT</b> Chairperson Kathrinn Hartman <a href="mailto:hartmak@evms.edu">hartmak@evms.edu</a></p>	<p><b>Richmond VAPT</b> Chairperson Barbara J. Smith <a href="mailto:bjsmith461@aol.com">bjsmith461@aol.com</a></p>

**PLAYFULLY,**  
*anne*