



VAPT enote



November 2010



Dear VAPT Playmates,

Happy November! As the weather grows colder we hope you are taking time to share your knowledge and excitement about the power of play. This edition of the enote includes a number of important announcements and resources to assist you. If you have additional ideas or announcements you would like included in an upcoming enote please feel free to contact us.

SAVE the DATE
VAPT WINTER WORKSHOP
FEBRUARY 4, 2011
Regent University, Virginia Beach

1. November is Military Family Appreciation Month



In honor of Military Family Appreciation month we would like to extend our thanks and support to all military personnel and their families. We also wanted to provide a list of resources for those of you working with and supporting military children and families. Thanks for all you do.

VAPT will host training for the **SAME SKY SHARING** program in Harrisonburg on **January 21 and 22, 2011**. **Dr. Deborah Johnson**, director National Services for the University of Rochester's Children's Institute will conduct the training. The goals of Same Sky Sharing are to:

- Minimize emotional and behavioral problems that may result when children experience military separations in their families
- Increase children's abilities to identify and appropriately express their feelings and understanding about family change and transitions
- Increase children's relevant coping skills and help them identify and use support systems



- Enhance children's positive perceptions and strengths of themselves and their families

The Same Sky Sharing program, currently in the pilot testing phase, includes a procedure manual, board games and training for staff, as well as adaptations to address the needs of different ages and circumstances.

See <http://www.childrensinstitute.net/programs/same-sky-sharing>

More details will follow via email and VAPT's Facebook page!

RESOURCES FOR WORKING WITH MILITARY FAMILIES

APT www.a4pt.org

The Association for Play Therapy has developed a mining report on *Working with Children of Military Families* by Joseph Wehrman which is available to members on their website.

Military One Source www.militaryonesource.com

Military One Source provides resources and information to military members, their families, as well as to those who work with and support military families. They have several online resources including topics to educate families about parenting during

deployment, how to handle sibling relationships, and information on child development which are available for free. They also have a toll-free number to assist in locating local information and resources.

Zero to Three www.zerotothree.org/about-us/funded-projects/military-families/

Zero to Three provides training and information on working with military families with young children. They also created a video entitled *Young Children on the Homefront* which offers tips and strategies from military families on how to support young children through deployment, as well as a workbook entitled *Over There* in which families can document their own experience and stories dealing with deployment.

Sesame Street Workshop www.sesameworkshop.org/initiatives/emotion/tlc

Sesame Workshop created *Talk, Listen, Connect* to assist families in dealing with deployments, homecomings, and transitions. Their website includes videos and resources that can be used with children and families.

American Academy of Pediatrics www.aap.org/sections/uniformedservices/deployment/index.html

The American Academy of Pediatrics created a website devoted to supporting military children and adolescents. They also include links to their videos along with facilitator guides: for adolescents *Military Youth Coping with Separation* and for children *Mr. Poe and Friends Discuss Reunion after Deployment*.

NASP www.nasponline.org

The National Association of School Psychologists has a military family interest group that members can join. Additionally they provide several articles and podcasts for professionals on how to support children through deployment. To access these resources search the NASP website for "military".

APA <http://apa.org/topics/military/index.aspx>

The American Psychological Association provides a series of handouts entitled *Resilience in a Time of War* that provide tips for parents, teachers, and professionals working with military children. The handouts are geared for different ages of children from preschoolers to adolescents.

2. Tell your community about the Power of Play

Let us know when you spread the word about the power of play!

VAPT member, **Cathi Spooner, LCSW, RPT-S**, is serving as our play therapy awareness contact for the state branch. Here is her update on play therapy awareness activities for Virginia.



Greetings fellow playmates! Just a reminder to let VAPT know when you promote the benefits of play therapy in your community. VAPT is a Gold Branch member of APT. Gold Branch status shows that our chapter has provided a variety of services to members and the community in the advancement of play therapy. Part of the requirements for Gold Branch status are outreach activities to individuals or professionals in the community who are not familiar with play therapy. Association for Play Therapy staff member Stephanie Carter noted that the following events qualify for play therapy awareness activities:
Providing a booth at a conference, community fair or school function
Conducting a presentation on play therapy to schools or social service agencies

Distributing "Why Play Therapy" brochures to schools or businesses

I direct a private group practice and typically use play therapy awareness as part of my networking and marketing to physicians and schools to help them understand what play therapy is and why it is important.

Keep in mind that there are several "awareness" months for a variety of issues that impact children that could be associated with how play therapy supports the health and well-being of children and families. In addition, just focusing on the seasonal events could offer you a focus for a talk or event.

January	Poverty in America Awareness
February	National Children's Dental Health Month
March	National Self-Injury Awareness Month
	National Nutrition Month
April	Child Abuse Prevention Month
	Autism Awareness Month

May	Family Wellness Month
June	Summer Fun with the Family
July	Tips for Fun Family Vacations
August	Back to School Tips
September	ADHD Awareness Week
October	Domestic Violence Awareness Month
November	Native American History Heritage Month National Adoption Month
December	Cultural Celebrations and holidays

If you have provided play therapy awareness in your community, please let VAPT know about your event in any of the following ways: pictures and writing up the event, forward an electronic version of your flyer, brochure, forward the article in the newspaper, etc. Remember to let them know about VAPT and invite them to join in.

Please send the information in the following format:

PT Awareness Activity

Date

Title

Presenter

Audience (Note group affiliation and approximate number attending)

Location

Length of activity (Ex. 90 minute presentation)

Format (Ex. lecture, Q and A, panel, etc)

Materials distributed (Indicate if you distributed handouts, APT brochures, etc)

3. Fun Thanksgiving Activities

Holidays are a time to celebrate family traditions and rituals. They also present opportunities to assist our clients in creating positive family interactions. Here is an example of a great way to encourage reflection and celebration. Please feel free to copy and share with others. Courtesy of Disney Family Fun at <http://familyfun.go.com/thanksgiving/thanksgiving-craft-decorations/thanksgiving-turkey-crafts/turkey-day-awards-671385/>

Turkey Day Awards

With the whole family together, Thanksgiving is the perfect time to look back and celebrate the year's achievements. Whether it's an after-dinner gathering in the living room or a powwow around a backyard fireplace, it's nice to do this with a bit of ceremony -- and these commemorative scrolls add a special flourish to the festivities.

Ask each family member for their nominations -- and be sure everyone gets an award, whether it's "best haircut of the year" or "toughest survivor of a home renovation."



Materials

- 12- by 12-inch sheets of scrapbook paper
- Marker
- Glue gun
- Sticks
- Small pinecones or acorns
- Ribbon or raffia

Instructions

Cut the sheets of scrapbook paper in half to measure 6 by 12 inches. In the middle of each half sheet, write the award and the winner's name using a marker.

Use a glue gun to affix 2 sticks to the scroll's top and bottom.

Glue small pinecones or acorns to the ends of the sticks for decoration. Roll the scroll and tie it with ribbon or raffia.

4. Attachment Conference

Conversations on Attachment: Integrating the Science of Love and Spirituality

March 31 – April 1

Eastern Mennonite University

Harrisonburg, VA

12 CEU's

Internationally recognized speakers Dan Siegel M.D., Susan Johnson, Ed.D., Jim Coan Ph.D., John Paul Lederach Ph.D., and Nancey Murphy Ph.D., will provide the keynote addresses for this event as well as discipline specific break out sessions with leaders from various fields. (VAPT members **Bill Whelan** and **Anne Stewart** will be presenting in breakout sessions.)

The Master of Arts in Counseling program will host Susan Johnson, Ed.D., the originator of Emotion Focused Couples Therapy for an all day pre-conference training. This approach is the leading evidence based, empirically validated treatment approach for working with couple distress. This training is geared specifically for clinicians and mental health professionals wanting to enhance their work with couples or learn how to apply attachment theory to clinical practice (6 CE's).

To register for the Attachment Conference and/or the training with Sue Johnson go to: www.emu.edu/attachment. Registration for the Ethics Workshop is not yet available online but can be made through Brenda Fairweather 540-432-4243.

5. JMU Leadership Academy

You are invited to participate in the fifth annual LEADERSHIP ACADEMY 2010 at James Madison University. Registration instructions and conference details are at <http://www.cisat.jmu.edu/leadership/index.html>

We know that leaders in health and human settings – hospitals, mental health organizations, schools and higher education institutions – strive to foster productive, healthy relationships among clinicians, educators, staff, and administrators. This one-day workshop will stimulate our thinking about collaboration across disciplines; helping us engage in collaboration that is personally meaningful, principled, and culturally responsive.

Building Positive and Productive Interprofessional Communities

Friday, December 3, 2010

Montpelier Room

East Campus Dining Hall, JMU, Harrisonburg, VA

8:15 am – 4:30 pm

6 CEUs, including 2 CEUs in Ethics

This year's special guest presenters are:

Madeline Schmitt from the University of Rochester's Department of Nursing

Camille Catlett from the Frank Porter Graham Center at the University of North Carolina

Katherine Schwartz from James Madison University's School of Art and Art History

6. APT Conference was held in Louisville in October

VAPT had over 30 members attend the international conference in Louisville in October. Congratulations to Jessica Umhoefer for graduating from the APT Leadership Academy!

I wish to extend a special thank you to Amy Kale Fraites, Emily DeFrance and Eliana Gil for their assistance at the October APT conference. They helped transport and assemble our VAPT Foundation Raffle Basket, attend the APT Officers meeting and accept the VAPT Gold Branch award. Thank you so much!

We wish you a wonderful Thanksgiving!



**Playfully,
Anne and Jessica**

Join us on the VAPT Facebook group page

VAPT website <http://vapt.cisat.jmu.edu>