



**VAPT enote**

# **October 2010**

Dear VAPT Playmates,

Happy October! This month celebrates the 27<sup>th</sup> annual **Association for Play Therapy's international conference** in Louisville and we have over 30 VAPT members attending!

Be sure to check out VAPT on facebook to connect with other Virginia members who will be attending.

Welcome our **NEW** and **RENEWING VAPT MEMBERS** in September!!! We are very happy you are part of our playful and vibrant learning community!

Diana	Conner-Jeffers	Fairfax
Angelyn	DeBord	Nickelsville
Fatina	Smith	Fairfax
Lynn	Dell'Acqua	Norfolk
Chaniece	Winfield	Chesapeake
Jean	Wyman	Vienna
Catherine	Munns	Harrisonburg Virginia
Susanne	Preston	Beach
Kristee	Trumbo	Broadway
Christen	Pendleton	Harrisonburg

## **1. APT Conference Oct. 12-17 in Louisville, KY**

VAPT has a great deal to celebrate at this conference. We will have

- VAPT member Chitra Iyer graduate from the APT Leadership Academy
- VAPT branch receive a Gold Branch award and recognition for increasing our membership
- VAPT members Emily DeFrance (Roanoke), Eliana Gil (Fairfax), Kathrin Hartmann (Norfolk), Frank Kirchner (Norfolk), Shawn Ware-Avant (Suffolk), Bill Nordling (Arlington), and Anne Stewart (Harrisonburg) conduct presentations

And take time to play! We hope to see you there...

## 2. More Research Supporting the Power of Play

Edutopia recently sent out a newsletter that included an article by Suzie Boss that summarized a number of new studies promoting the importance of play. Edutopia is an online resource created by the George Lucas Educational Foundation to promote what works in education. To subscribe to the Edutopia newsletter visit [www.edutopia.org](http://www.edutopia.org)

One of the articles that Ms. Boss references is from *Scientific American* and is entitled "The Serious Need for Play". This article notes that

- "Childhood play is crucial for social, emotional and cognitive development."
- "Imaginative and rambunctious 'free play,' as opposed to games or structured activities, is the most essential type."
- "Kids and animals that do not play when they are young may grow into anxious, socially maladjusted adults."

While we all have experienced the power of play it is wonderful to see the media embracing research that backs it up! You can read more at <http://www.scientificamerican.com/article.cfm?id=the-serious-need-for-play>

## 3. Just for Fun

There are great ways to play all around us. One logic website that can provide hours of entertainment is [www.expandyourmind.com](http://www.expandyourmind.com) Here is an example of one of their puzzles:

Three spies, suspected as double agents, speak as follows when questioned:

Albert: "Bertie is a mole."  
Bertie: "Cedric is a mole."  
Cedric: "Bertie is lying."

Assuming that moles lie, other agents tell the truth, and there is just one mole among the three, determine who is the mole?

The answer is at the end of the enote...

## 4. James Madison University's Leadership Academy

We also wanted to announce an exciting professional development opportunity for Health and Human Service Professionals. You are invited to participate in the fifth annual *LEADERSHIP ACADEMY 2010* at James Madison University.

We know that leaders in health and human settings – hospitals, mental health organizations, and educational institutions – strive to foster productive, healthy relationships among clinicians, educators, staff, and administrators. This one-day workshop will stimulate our thinking about strategies for building community across disciplines. Value is placed on effective collaboration that is personally meaningful, principled, and culturally responsive.

Save the date for:

## Building Positive and Productive Interprofessional Communities

Friday, December 3, 2010

Montpelier Room  
East Campus Dining Hall  
8:15 am – 4:30 pm

6 CEUs, including 2 CEUs in Ethics

Sponsored by the James Madison College of Integrated Science and Technology  
Department of Graduate Psychology  
Institute for Innovation in Health and Human Services

We will announce when registration instructions will be on the website. Registration is \$90.00. We look forward to seeing you!

If you have any questions, please feel free to contact us:

Anne Stewart, PhD, Department of Graduate Psychology, [stewaral@jmu.edu](mailto:stewaral@jmu.edu)

Harriet Cobb, EdD, Department of Graduate Psychology, [cobbhc@jmu.edu](mailto:cobbhc@jmu.edu)

Sharon Lovell, PhD, College of Integrated Science and Technology, [lovellse@jmu.edu](mailto:lovellse@jmu.edu)

### **5. Work to Reduce Bullying and Cyberbullying**

October is **National Bullying Prevention** month and play therapists are in a unique position to help educators, parents and children take steps to reduce bullying and cyberbullying in schools and communities.

For information about the awareness initiative, including toolkits for interventions and media engagement, you can visit

<http://www.pacer.org/bullying/bpam/index.asp>

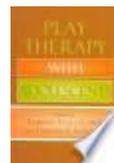
**Tips for Educators:** Below is a link to an article from the Aggression Reduction Center in Massachusetts. Responding appropriately to even small incidents involving disturbing behavior and talking to students about their behavior online are among their suggestions.

<http://www.eschoolnews.com/2010/10/06/reducing-bullying-and-cyberbullying/>

**Bullying is more likely for youths with chronic illness:** European researchers said adolescents who have a disability or chronic illness are more likely to be bullied than healthy children. Data in France showed that 41% of boys with a disability or chronic ailment reported being bullied, compared with 32% of boys without a health condition.

<http://www.cfah.org/hbns/archives/getDocument.cfm?documentID=22312>

**Comprehensive discussion of bullying:** A book chapter entitled *Cognitive-Behavioral Interventions for Bullies, Victims and Bystanders in Play Therapy with Adolescents* (by Loretta Gallo-Lopez and Charles E. Schaefer, 2005) includes a wide-ranging discussion of the forms of bullying and interventions.



**Teaching Tolerance**, a project of the Southern Poverty Law Center, shared the following anti-bullying information:

### **SPLC Film *Bullied***

The documentary *Bullied*, produced by the Southern Poverty Law Center, premiered Oct. 5 in Washington, D.C. *Bullied* tells the story of Jamie Nabozny, a Wisconsin student who fought back against anti-gay bullying. You can see if you are eligible to order a free copy at: <http://www.tolerance.org/bullied?newsletter=TT100510>

### **Anti-Gay Bullying and the Need for Empathy**

A rash of teen suicides in September tied to anti-gay bullying reminds us of the need to nurture students' empathy and teach respect for others. It also highlights the importance of giving LGBT students the tools they need to cope with harassment.

See <http://www.tolerance.org/blog/it-gets-better-can-help-lgbt-kids-survive?newsletter=TT100510>

Wishing you a joyful October!



### **Playfully, Anne and Jessica**

And...watch the fun at the Ultimate Block Party—a celebration of play in NYC.

Dr. STUART BROWN-the national featured presenter at our 2003 conference in Norfolk --helped promote!

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

Maybe next year in Virginia!

Join us on VAPT FACEBOOK group or fan page

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

The answer to the Just for Fun puzzle is:

Bertie is the mole. Both Albert and Cedric are telling the truth. Hence, when Albert said, "Bertie is a mole," he was telling the truth, and giving you the correct answer. When Bertie said, "Cedric is a mole," he was lying, as he himself is a lying mole. When Cedric responded, "Bertie is lying," he was telling the truth, and also affirming that Bertie was lying.