



## VAPT enote

# September 2010

Dear VAPT Playmates,

The kids are back in school and everything seems to be busier. Welcome to fall! We hope you had a wonderful summer. We are looking forward to seeing many VAPT members in Louisville next month for the 27<sup>th</sup> annual **Association for Play Therapy's international conference**. Be sure to check out VAPT on facebook to connect with others who will be attending.

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

- Graduate an APT Leadership Academy participant – Chitra Iyer
- Receive a Gold Branch award and recognition for increasing our membership
- Participate in the APT Foundation Raffle – A Basketful of Resources: Promoting Healthy Parent – Child Attachments
- Enjoy presentations by VAPT members

- **Emily DeFrance (Roanoke)**

Mending the Wounded Healer: Ethical Issues in Play Therapy  
Saturday 1:00 – 4:00pm

- **Emily DeFrance (Roanoke) and Linda Homeyer**

Manage, Compare & Contrast: Adlerian and Jungian Sandtray  
Friday 2:00 – 5:00pm

- **Eliana Gil (Fairfax) and JP Lilly**

The Seeds of Racism in Ourselves and Our Clients: When are they planted, how do they bloom?"  
Friday 9:30am-12:30pm

- **Kathrin Hartmann (Norfolk) and Frank Kirchner (Norfolk)**

Assessment and Treatment in the Autism Spectrum Disorders  
Friday 9:30am – 12:30pm

- **Kathrin Hartmann (Norfolk) and Shawn Ware-Avant (Suffolk)**

Play Therapy Interventions and Supervision for Children with Autism Spectrum Disorder  
Friday 2:00 – 5:00pm

- **Bill Nordling (Arlington) and Jeff Cochran & Nancy Cochran**

Typical Stages in CCPT: Case Studies of Child Behavior Problems in School  
Saturday 1:00 – 4:00

- **Anne Stewart (Harrisonburg) and Sue Bratton, Athena Drewes, Helen Benedict and Evangeline Munns**

Excellence in Supervision: Techniques to Help You Bat 1000  
Friday 9:30am – 12:30pm

WOW!! Great job representing the power of play, creativity and leadership in VAPT!

## 1. APT LEADERSHIP ACADEMY

At the national conference the **APT Leadership Academy** 2010 class graduates will include VAPT member **Chitra Iyer**, JMU doctoral student.

**Christen Pendleton** (Harrisonburg) and **Kathleen Levingston** (Norfolk) are joining the APT Leadership Academy for the coming year.

CONGRATULATIONS!!!

Previous VAPT Leadership Academy graduates include:

2009-10 **Sheri Mitschelen, Catherine Spooner** and **Jessica Umhoefer**

2008-09 **Beth Sydnor, Renee Staton**

2006-07 **Danielle Budash, Megan Fiore**

2005-06 **Jennifer Gilbert**

2004-05 **Stephanie Pratola, Penny Critzer** and **Anne Stewart**.

You may want to talk with one of our grads to hear about their experience.

## 2. Welcome Our New Members

I recently welcomed new VAPT members with a letter and would like to share it with you as a reminder of our many opportunities to work and play together.



Dear Virginia Association for Play Therapy playmates,  
Welcome to VAPT!

My name is Anne Stewart, president and founder of the vibrant Virginia branch of play therapy.

I want to welcome you on behalf of our organization's 200 members contributing to the *common wealth* of our children, families and colleagues.

Our branch was chartered in 1996. We are an award winning and active crew. VAPT has been awarded the prestigious GOLD BRANCH award (for excellent branch performance) 8 out of 9 years (One year we were one member short of the growth we needed for qualifying—so you all joining just made my day!! J Really.)

Our members serve at the chapter, branch and national levels in supporting networking and professional development around the state and on national committees and boards. We have had VAPT members participating in the APT Leadership Academy every year since its beginning in 2005. You can learn about this opportunity at the APT site. VAPT will reimburse your registration fee for participating in the Leadership Academy.

Each year we offer state branch trainings in the winter and summer. In addition, VAPT chapters host trainings in some areas of the state. All VAPT trainings are listed on the APT site at [www.a4pt.org](http://www.a4pt.org). All state level trainings award CE's in play therapy (APT), social work (NASW), counseling (NBCC), psychology (APA) and couple and family (AAMFT). The national conference will be held in Louisville from October 12 to 16, 2010. VAPT members will be offering 7 workshops at the conference!

Our VAPT strategic plan is to support the growth of play therapy chapters around the state. Look at the VAPT site at <http://vapt.cisat.jmu.edu> and click on Membership Map to see a list of play therapists in your area (site is updated three times a year).

I look forward to hearing how we can serve you and how you wish to contribute to the advancement of play therapy in Virginia!

Playfully,  
Anne

Here are our new members from the summer and early September. Thank you for joining VAPT!

Catherine Munns	Harrisonburg
Susanne Preston	Virginia Beach
Kristee Trumbo	Broadway
Christen Pendleton	Harrisonburg
Susan Gibson	Roanoke
Todd Stanley	Roanoke
Kristin Whiting	Clinton
Susan Snell	McLean
Carrie Walker	Richmond
Mary Darcy	Wise
Laura Johnson	Forest
Stephanie Howard	Centreville
Christine Conway	Fairfax
Holly Brear	Culpeper
Renee Branson Yung	Charlottesville
Mary Kahwajy-Baron	Bridgewater
Sharon Sterling	Arlington
Elsa Beck	Williamsburg
Angela Vandyke	Hampton
Christina Halstead	Oakton

### **3. Trauma and Crisis Resources**

Unfortunately August and September brought the anniversaries of two tragedies that continue to affect children and families in the US: Hurricane Katrina and 9-11. In honor and remembrance we wanted to post a number of resources for use with children and families who have experienced trauma.

#### **APT – Association for Play Therapy**

[www.a4pt.org](http://www.a4pt.org)

There are many great resources on APT's website and in our journal. One of our favorites is:

Preparing play therapists for disaster response: Principles and procedures.

By Jennifer Baggerly

International Journal of Play Therapy, Vol 15(2), 2006, 59-81.

Abstract

In the wake of numerous recent natural disasters such as the 2004 tsunami and 2005 hurricanes, play therapists have been asked to provide disaster response. However, the role of disaster response interventionists is vastly different from the typical role of play therapists. In order for play therapists to be prepared for disaster response, an explanation of disaster response principles and procedures is needed. This article will help educate play therapists about how to use their play therapy skills and knowledge in a disaster response environment. Specifically, this article will (a) explain basic principles

such as following the Incident Command Structure; (b) discuss the play therapist's role in disaster response in light of the phase of disaster; and (c) recommend disaster response procedures. Examples from APT members' response to the tsunami and Hurricane Katrina are provided.

### **NCTSN - National Child Traumatic Stress Network**

[www.nctsn.org](http://www.nctsn.org)

NCTSN provides training and resources to help children cope with trauma and stress. They also have links to a number of other helpful resources.

### **NASP – National Association of School Psychologists**

[www.nasponline.org](http://www.nasponline.org)

NASP keeps a wonderful Crisis Resource List which includes information and handouts for mental health professionals, parents and teachers. It is available at:

[http://www.nasponline.org/resources/crisis\\_safety/index.aspx?utm\\_source=crisis&utm\\_medium=button](http://www.nasponline.org/resources/crisis_safety/index.aspx?utm_source=crisis&utm_medium=button)

### **APA – American Psychological Association**

[www.apa.org](http://www.apa.org)

APA's Psychology Help Center has a page devoted to trauma resources including books, articles, links, and programs. It can be viewed at: <http://apa.org/topics/trauma/index.aspx>

### **NASW – National Association of Social Workers**

[www.naswdc.org](http://www.naswdc.org)

The NASW organization has a consumer website, Help Starts Here, with resources at the following address:

<http://www.helpstartshere.org/mind-and-spirit/grief-and-loss>

### **ACA – American Counseling Association**

[www.counseling.org](http://www.counseling.org)

The ACA has a number of resources available. Another great article by Jennifer Baggerly about treating trauma across the lifespan is available at:

<http://www.counseling.org/Publications/CounselingTodayArticles.aspx?AGuid=078d1b19-1090-4e0c-8b6b-d27da9c688f9>

## **4. VAPT and the National Center for Trauma and Loss in Children**

This year VAPT expanded the summer workshop to a 4-day offering. VAPT co-sponsored the training with the National Center for Trauma and Loss in Children (TLC). The training was attended by nearly 200 play therapy enthusiasts from Ohio, Pennsylvania, Washington DC, New York and North Carolina. You may view the workshop handouts by visiting our conference site and clicking on Workshop Handouts

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

Photos of the workshops are organized by day and can be located at the links below:

June 14

*Children of Trauma: Foundations for Creative Interventions*

June 15

*Structured Sensory Interventions: From Sensory Memories to Play*

<http://picasaweb.google.com/vaptplay/June2010VAPT14thAnnualPlayTherapyConferenceDay1And2#>

June 16

*Using Children's Drawings in Art Therapy and Play Therapy*

Cathy Malchiodi

<http://picasaweb.google.com/vaptplay/June2010VAPT14thAnnualPlayTherapyConferenceDay3#>

June 17

*Creative Play-Based Crisis Intervention: Promoting Posttraumatic Growth*

Anne Stewart and Lennie Echterling

<http://picasaweb.google.com/vaptplay/June2010VAPT14thAnnualPlayTherapyConferenceDay4#>

## **5. Back to School Advice for Parents of Children with Special Needs**

LD Online website offers great advice for parents of children with disabilities to help calm back to school jitters. See

[http://www.ldonline.org/article/Back\\_to\\_School:\\_Tips\\_for\\_Parents\\_of\\_Children\\_with\\_Special\\_Needs](http://www.ldonline.org/article/Back_to_School:_Tips_for_Parents_of_Children_with_Special_Needs)

## **6. Job Posting**

Here is a job announcement from VAPT member Cathi Spooner.

I also suggest using the VAPT FACEBOOK pages to make connections.

We are a private group practice that specializes in working with children and adolescents using a play therapy approach. Currently, we are seeking FT/PT licensed mental health psychotherapists to join our busy and growing team. Qualified applicants must be willing to work as a team member, utilize and/or learn play therapy, experience with children, adolescents and families, work two evenings and/or weekends a week and conduct weekly groups. We are located in Gainesville, VA and will be opening our second office in the Culpeper, VA area and a third office in Warrenton, VA. We are looking for licensed psychotherapists to join our team in Culpeper and Warrenton (also some availability in Gainesville office). Hours are flexible and we offer a great working environment. Interested applicants can submit a resume to [cspooner@phoenixfamilycounseling.com](mailto:cspooner@phoenixfamilycounseling.com). Feel free to visit our website at [www.phoenixfamilycounseling.com](http://www.phoenixfamilycounseling.com) for more information.

## **7. Welcome our new e-note helper**

Finally, we would like to introduce one of our VAPT student elves who will be helping with the e-notes this year. Jessica Umhoefer is a doctoral student in school and clinical psychology at James Madison University. She also is a graduate of the 2009 APT Leadership Academy and a former school psychologist. We are happy to have her on board! If you have any questions or ideas for e-note submissions please feel free to contact her at [umhoefja@dukes.jmu.edu](mailto:umhoefja@dukes.jmu.edu)



**Playfully,  
Anne and Jessica**

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