



Christmas
Kwanzaa
Happy
Seasons
Merry Winter
Greetings
Hanukkah
Holidays



DECEMBER 2011

You are invited!

Dr. Rick Gaskill, a fellow with the [Child Trauma Academy](#) and leader in play therapy, is our presenter for the 9th [VAPT Winter Workshop](#).



The winter workshop will be held Friday, January 27th at the Crowne Plaza Hotel in Richmond. The workshop topic is **The Neurobiology of Trauma: Implications for Play Therapy Interventions**. Rick has shared this information with child, family and play therapists across the country, including participants at the Association for Play Therapy conference in Sacramento in October.

Space is limited so make your reservations at the hotel and **register online** soon for the VAPT Winter Workshop. The workshop website is <http://vapt.cisat.jmu.edu/winterconference12/>.

Here is a description of the training!

Science is now revealing insights into the development and organizational structure of the developing child's brain in ways that were unimaginable a few years ago. This new information offers new insights for child and play therapist's conceptualization. Dr. Gaskill will share how to gather relevant information and use it to inform our treatment designs and intervention strategies, to greatly enhance the effectiveness of the services we offer.

Objectives

Participants attending the workshop will:

- Examine fundamental principles of typical brain development in children.
- Explore how the neurodevelopmental trajectory of brain development can be altered by psychosocial stressors and trauma.
- Learn important interview and history criteria for assessment of social and emotional trauma.
- Relate the principles of brain development to children's social and emotional status and play therapy treatment formats.
- Formulate play therapy interventions that are biologically and developmentally focused on the affected brain regions.

VAPT, APT, and VCA Members	Non-members
\$90	\$100
VAPT, APT, and VCA Student Members	Student Non-members
\$40	\$50

1. CHILD TRAUMA ACADEMY

The Child Trauma Academy (CTA) is the creation of Dr. Bruce Perry (former keynote speaker at APT—AND Rick did the follow through when Bruce had to rush to tape for the Oprah Winfrey Show!) The CTA website states, “ CTA is a not-for-profit organization based in Houston, Texas working to improve the lives of high-risk children through direct service, research and education. We recognize the crucial importance of childhood experience in shaping the health of the individual, and ultimately, society. By creating biologically-informed child and family respectful practice, programs and policy, CTA seeks to help maltreated and traumatized children.”

CTA offers a variety of trainings and online courses in the neurosequential model of therapeutics. Several VAPT members are currently enrolled in the course. Contact CATHI SPOONER cspooner@phoenixfamilycounseling.com as soon as possible if you are interested in participating in the next training series which begins February 3, 2012. The cost of the training can be substantially decreased by combining the enrollment. You can find out more about the training at <http://childtrauma.org/index.php/services/neurosequential-model-of-therapeutics>

2. TRAUMA INFORMATION PAGE DAVID BALDWIN

This site has a wealth of information related to trauma, including articles and links to other resources. The description of the site states “These Trauma Pages focus primarily on emotional trauma and traumatic stress, including PTSD (Post-traumatic Stress Disorder) and dissociation, whether following individual traumatic experience(s) or a large-scale disaster. The purpose of this [award winning](#) site is to provide information for clinicians and researchers in the traumatic-stress field. Specifically, my interests here include both clinical and research aspects of trauma responses and their resolution. For example:

1. What goes on biologically in the brain during traumatic experience and its resolution?
2. Which psychotherapeutic procedures are most effective with traumatic symptoms, for which patients and why?
3. How can we best measure clinical efficacy and treatment outcome for trauma survivor populations?

Supportive resources supplement the more academic or research information of interest to clinicians, researchers, and student.”

Visit the site at <http://www.trauma-pages.com/articles.php>

3. SHOPPING WITH CHILDREN

This site has some great advice about ways to reduce holiday shopping stress with children in tow. The information references younger children, but most of the ideas can be adapted to fit for children of all ages and not just at holiday time!

<http://www.ivillage.com/15-stress-less-ways-shop-kids/6-b-139662>

I first posted this link on our **VAPT Facebook Fan page**. Please go become a VAPT fan at <http://www.facebook.com/pages/Virginia-Association-for-Play-Therapy/234395618441>

4. VAPT CHAPTER NEWS

Consider how you would like to exercise your creativity and enhance your work with more active engagement with your colleagues! We have VAPT chapters all around our beautiful state. The chapter chairs are area leaders in VAPT who have an interest in bringing together members and non-members in your locality to learn and play. VAPT can offer CE's for these gatherings, when there is a topical presentation or discussion. Some chapters have been meeting for a while, some are just revving up and some are re-revving!

Let's get busy and grow more APT and VAPT leaders!

Our VAPT strategic plan is to support the growth of play therapy chapters around the state.

Winchester
Roanoke
Lynchburg
Central Virginia
Rockbridge
Northern Virginia

Carmela Crawford
Stephanie Pratola
Norma White
Amy Kale Fraitas
Katie Masey

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Cathi Spooner
Sheri Mitschelen
Kathrin Hartmann
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bjsmith461@aol.com
clovell@dpcs.org

S. NEWS FROM APT!



WIN A FREE KINDLE FIRE AND CONFERENCE CREDIT! Between January and June 2012, be entered into a drawing for a new Amazon Kindle Fire by earning 50 or more APT Bucks. In addition, those who earn 100 or more APT Bucks will receive a \$200 conference credit for the 2012 APT Conference in Cleveland, Ohio. Check out all the details in our *2012 Member-Get-A-Member Campaign!*

END OF YEAR FOUNDATION CONTRIBUTIONS! Support play therapy research and public awareness initiatives - and reduce your 2011 taxes - by making a *charitable, tax-deductible contribution* to the Foundation for Play Therapy by **Dec. 31.**

Best wishes for a Happy New Year!

Playfully,

Anne

Upcoming VAPT Chapter Trainings

Go the APT site and look under **SEARCH DIRECTORIES** to find play therapy approved trainings in our state.

VAPT KIDZ Workshop Series - Orientation to Play Therapy Wednesday, January 11, 2012

Stephanie Pratola, Ph.D.
811 South College Avenue
Salem, VA
(540)387-3955
For information contact: pratola@pratola.com

Objectives for 2 hour workshop:

1. Attendees will understand the difference between Play Therapy and play in therapy.
2. Attendees will increase their awareness of diverse practice within the field of Play Therapy.
3. Attendees will become acquainted with APT as the main professional organization for play therapists
4. Attendees will learn about the accreditation process for play therapists.
5. Attendees will be able to identify community resources for increasing their expertise in Play Therapy

Sponsor: Virginia Association for Play Therapy #01-109
Play Therapy Hours: 2.0

Friday, January 20, 2012
Culturally Sensitive Play Therapy

Cathi Spooner, LCSW, RPT/S
Youth for Tomorrow Campus
11835 Hazel Circle Dr.
Bristow, VA
(703)909-8963
For information contact: contacteliteprogram@gmail.com

Objectives for 2 hour workshop:

1. Learn to identify potential cultural biases
2. Understand the impact of the acculturation process to identify possible trauma issues and areas of conflict
3. Understand the importance of developing a culturally sensitive relationship with the family system
4. Identify the importance of having symbols from diverse cultures in the play room
5. Learn at least three play therapy strategies that are culturally sensitive

Sponsor: Virginia Association for Play Therapy #01-109
Play Therapy Hours: 2