



VAPT enote



January 2011



Dear VAPT Playmates,

Happy New Year! We hope you are staying warm and dry in all the snow that has hit Virginia recently. Hopefully many of you are planning to join us for the **VAPT Winter Workshop on March 25th** (please note the date has changed).

1. VAPT 8th Annual Winter Workshop

SAVE the DATE
VAPT WINTER WORKSHOP
Play Therapy with Children in Military Families
with
Mary Anne Peabody

March 25, 2011
Regent University, Virginia Beach

Mary Anne is the **CURRENT PRESIDENT OF THE NATIONAL ASSOCIATION FOR PLAY THERAPY!!**

Website registration opens on the VAPT website <http://vapt.cisat.jmu.edu> February 11th.

2. Play Therapy and Autism Spectrum Disorders

Play Therapy has been found to assist children with autism improve their communication and interpersonal skills. It also can help them in building an imaginative play repertoire. Several different methods of play therapy are used with children with autism spectrum disorders.

DIR/Floortime Play

Developed by Dr. Stanley Greenspan the Developmental, Individual Differences, Relationship-based (DIR/Floortime) model aims to build healthy foundations for social, emotional, and intellectual capacities rather than focusing on skills and isolated behaviors. This technique uses a

multidisciplinary team to comprehensively assess the individual needs of the child then creates an individually tailored intervention plan that includes home-based play interactions (called Floortime). More information is available at <http://www.icdl.com/dirFloortime/overview/index.shtml>

The P.L.A.Y. Project

The Play and Language for Autistic Youngsters (P.L.A.Y.) Project is based on Greenspan's DIR/Floortime but with an emphasis on more parental involvement. The goal is to assist the parent in becoming the child's "play partner". It was developed by Dr. Rick Solomon who is currently in the middle of a NIMH funded randomly controlled study to demonstrate the effects of this model. For more information visit <http://www.playproject.org/>

Nondirective Play

A 2007 study from the British University of York also demonstrated the benefits of nondirective play for children with autism spectrum disorders. In a case study approach they found that children with autism spectrum disorders were able to build an attachment with the play therapist, develop growing independence, and demonstrate greater imaginative play.

3. Access your Local Play Therapy Resources

Be sure to take full advantage of your VAPT membership and check out the VAPT website Membership Map. Available at <http://vapt.cisat.jmu.edu/members.htm> it can help you to connect with other play therapists and VAPT members in your region. You can also identify and contact your local chapter chair who can help you in accessing local resources and trainings.

4. Fun Valentine Activities



Valentine's Day is fast approaching and provides a great opportunity to assist our clients with positive family interactions. Here is an example of a fun way to encourage communication and sharing. Please feel free to copy and share with others. Courtesy of Disney Family Fun at <http://familyfun.go.com/valentines-day/valentines-day-2010/scratch-and-win-825191/>

Scratch Off Cards – Everyone can hit the jackpot with these lottery-inspired valentines featuring messages hidden beneath scratch-off hearts.

Materials

- Metallic acrylic paint
- Dishwashing liquid
- Disposable container
- Foam brush
- Clear contact paper
- [Templates](#) (available on the website)
- Card stock
- Markers
- Glue
- 3-D paint pens

Instructions

1. To make 36 hearts, combine 2 tablespoons of metallic acrylic paint and 1 tablespoon of dishwashing liquid in a disposable container. With a foam brush, paint a thin coating of the mixture onto the nonadhesive side of a 13-inch square of clear contact paper. When the coating is dry, add two more coats, letting each dry thoroughly.

2. Next, download our [templates](#). Print the Lucky Lotto page onto card stock and cut out the tickets. Using our heart template as a guide, cut hearts from the painted contact paper.
3. Write a message on the right-hand side of each ticket. Peel the backing from a painted heart and stick it in place over the note. If you like, glue each ticket to a 3- by 6-inch rectangle of card stock and decorate it with 3-D paint pens.

5. Upcoming 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 Ledarach Ph.D., and Nancy 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 Rebecca Lahaie 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.

6. VAPT co-sponsored a Same Sky Sharing Workshop

On January 21st and 22nd VAPT co-sponsored a workshop on the Same Sky Sharing curriculum with Deborah Johnson. Participants enjoyed learning about ways to support children who are dealing with a separation due to military deployment (and brainstormed many other types of separations that children face that could benefit from this work too). Workshop participants also had a lot of time to play, creating amazing sand tray displays of the stages of deployment, playing board games dealing with emotions and coping, role playing with puppets, and creating star constellations of support networks. Thanks to James Madison University's Graduate Psychology Department for helping to sponsor this successful training!

We are looking forward to seeing you in March!



**Playfully,
Anne and Jessica**

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