



VAPT eNote March 2011



Dear VAPT members,

Thank you for your caring and generous response to the heartbreaking events in Japan. Our professional organizations and advocacy groups offer excellent guidance about the good work we can do in our communities now. We have collected a few resources for you to consult.

Playfully,
Anne and Jessica

1. Response to Crisis in Japan

APT – Association for Play Therapy

APT has a article specifically for play therapists involved in disaster response.

www.a4pt.org

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.

APA – American Psychological Association

APA created a webpage with links to several helpful resources across different national organizations :

<http://www.apa.org/helpcenter/japan-earthquake.aspx>

From the website:

"In the aftermath of the recent earthquake and tsunami in Japan, the American Psychological Association has been following news of on-going response and relief efforts. A number of resources promoting psychological wellbeing and resilience have been posted to the Internet. These resources range from materials for survivors to information for persons not directly affected but who may be concerned about the welfare of family and friends in Japan. APA has gathered these resources together below to help those who may be seeking such information."

Links to resources and handouts including:

- [Managing Your Distress about the Earthquake from Afar](#)
- [Managing Traumatic Stress: Tips for Recovering From Disasters and Other Traumatic Events](#)
- [The Road to Resilience](#)

American Red Cross

- [Taking Care of Your Emotional Health After a Disaster](#) (PDF, 308KB)

SAMHSA

- [Resources to Help Cope with Traumatic Event](#)

CDC

- [Coping with a Disaster or Traumatic Event](#)
- [Psychological First Aid in Radiation Disasters](#)

National Child Traumatic Stress Network

- [Recovery after an Earthquake](#)
- [Recovery after a Tsunami](#)

Cathi Malchiodi – Blog

Thoughts on Japan, Disaster Relief and Resilience

MARCH 24, 2011

Many of you participated in Cathi Malchiodi's one-day training in expressive arts and trauma treatment for children and teens last summer at VAPT's summer conference. Here is her blog about the crisis in Japan.

<http://tlcinstitute.wordpress.com/2011/03/24/thoughts-on-japan-disaster-relief-and-resilience/>

NASP – National Association of School Psychologists

NASP also created a webpage with helpful resources for use with children. One of the best resources *Global Disasters: Helping Children Cope* has also been translated into Japanese.

http://www.nasponline.org/resources/crisis_safety/japan/index.aspx

From the website:

"Along with the rest of the world, the hearts and thoughts of NASP leadership and staff go out to the people of Japan and those trying to aid survivors and resolve the country's nuclear crisis. NASP is working with leaders of the Japan Association of School Psychologists (JASP) to provide resources for students, families and educators in Japan as well as affected students and families in the United States."

ACA – American Counseling Association

The ACA webpage encourages persons to give money to the Red Cross or their foundation.

<http://www.counseling.org/PressRoom/NewsReleases.aspx?AGuid=e3cc2ff0-aedo-4b72-95ac-5a12ccobfbao>

NASW – National Association of Social Workers

The NASW also set up a fund to assist social workers in Japan who are responding to the crisis. For more information visit the link to their website.

<http://www.naswfoundation.org/g11.asp>

<http://www.yomiuri.co.jp/dy/national/T110325003530.htm>

2. Save the Dates for our 15th Annual VAPT Conference



JUNE 23rd, 24th, 25th 2011
Harrisonburg, Virginia

VAPT will again partner with faculty from the
National Institute for Trauma and Loss*

Learn more about TLC at <http://www.startraining.org/tlc>

More information will be coming!

*If you participated in TLC training at VAPT last year, these workshops are all new.
If you have not participated in the TLC training, these workshops help you fulfill
TLC Level One Certification.

3. Child Abuse Prevention Month

You can find information about Virginia's Child Abuse Prevention campaign at

http://www.preventchildabuseva.org/prevention_month.htm

VAPT Supports a Fun Family Concert in Harrisonburg

Singer, songwriter, author and peace educator, John Farrell, will be performing in Harrisonburg soon!

APRIL 9, 2011

Eastern Mennonite High School Auditorium
801 Parkwood Drive
Harrisonburg, VA 22802
Concert starts at 11:00 am



John's work can be used to promote exploration of typical childhood issues, peace education and literacy. You can listen to some songs at <http://www.johnfarrell.net/>

4. Upcoming Filial Therapy Training in Northern VA

VAPT NOVA Chapter

An Introduction to Filial Therapy

Presenter: Dr. William Nordling, RPT-S

2.0 hour training

When: April 29, 2011

Where: Fairfax City Regional Library, Room A& B
10360 North Street, Fairfax, VA 22030

Time: 10:00 -10:15am Meet and Greet/Registration
10:15 – 10:30am Welcome and Brief Meeting
10:30am – 12:30pm Training

Please RSVP to Liz Fong at contacteliteprogram@gmail.com to register. Feel free to bring a colleague and lunch. The cost of the training is \$5.00. Checks made payable to VAPT.

Happy Spring!



**Playfully,
Anne and Jessica**

Join us on the VAPT [Facebook](#) group page!

VAPT website

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



Play Therapy Works Inc is hiring!

We are looking for a part-time licensed therapist to work with children and/or adolescents and their families in a busy Danville area practice.

Competitive wages, flexible hours, great work environment!!

Opportunity to increase hours at your discretion.

Must be licensed and have experience in play therapy and/or interest in learning. Interested parties please forward a cover letter and resume to Suzanne Sanford at

suzanne.sanford@playtherapyworks.net

or fax to 434-836-8725

or call me at 434-836-8724 for more information

Check us out online at www.playtherapyworks.net



**APT Annual Conference
October 11-16, Sacramento, CA**