



VAPT enote

November 2011

Dear VAPT Playmates,

Happy November! As the weather grows colder we hope you are taking time to share your knowledge and excitement about the power of play. This edition of the enote includes a number of important announcements and resources to assist you. If you have additional ideas or announcements you would like included in an upcoming enote please feel free to contact me (Anne at stewaral@jmu.edu or your VAPT chapter chair. View the Membership Map for your geographic area to see the name of your chapter chair).

Register now for the **VAPT WINTER WORKSHOP**

The Neurobiology of Trauma: Implications for Play Therapy Interventions

Presented by

Richard L. Gaskill, Ed.D., RPT-S

Fellow of the Child Trauma Academy

Deputy and Clinical Director of Sumner Mental Health Center, Wellington, Kansas

Friday, January 27, 2012

9:00 am to 4:30 pm

Crowne Plaza Richmond Downtown Hotel

555 East Canal Street

Richmond, VA 23219

You are invited to attend **The Neurobiology of Trauma; Implications for Play Therapy Interventions**. The workshop is co-sponsored by the Virginia Association for Play Therapy and the Institute for Continuing Education. We are pleased to offer this one-day workshop full of learning and fun with accomplished leader and therapist, **Rick Gaskill**. Rick is a Fellow of the Child Trauma Academy and has served as the president of the Kansas Association for Play Therapy. We hope you can join us!

REGISTER ONLINE at <http://vapt.cisat.jmu.edu/winterconference12/index.html>

1. November is National Adoption Month

November is National Adoption Month, a time to raise awareness about the adoption of children and youth from foster care. The Child Welfare Information Gateway noted that "the first major effort to promote awareness of the need for adoptive families for children in foster care occurred in Massachusetts in 1976, when Governor Michael Dukakis announced an Adoption Week. In 1984, President Reagan proclaimed the first National Adoption Week, and in 1995, under President Clinton, the week was expanded to the entire month of November. Every November, a Presidential Proclamation launches activities and celebrations to help build

awareness of adoption throughout the nation. Thousands of community organizations arrange and host programs, events, and activities to share positive adoption stories, challenge the myths, and draw attention to the thousands of children in foster care who are waiting for permanent families.”

The following sites have helpful resources.

The Child Welfare Information Gateway

<http://www.childwelfare.gov/adoption/nam/posters.cfm>

You can view the 2011 National Adoption Month poster in [English](#) and [Spanish](#) as well as other materials on this website to learn how you can take action all year to benefit children in foster care waiting for permanent families.

The National Council for Adoption

<https://www.adoptioncouncil.org/>

The National Council For Adoption (NCFA) is “an adoption advocacy nonprofit that promotes a culture of adoption through education, research, and legislative action. Our areas of focus are infant adoption, adoption out of foster care, and intercountry adoption.” The site has information for prospective parents and professionals. It includes a link to a page entitled *Gracious Answers to Awkward Questions About Our Adopted Kids*.

National Adoption Month

<http://national-adoption-month.adoption.com/>

The site has information about advocacy, an awareness calendar, and recommended books for children, caregivers, and professionals.

2. Stories and Resources for Children in Adoptive Families

The following list was compiled by Mark DeNoble as part of the play therapy class at James Madison University. He stated, that “parents of adopted children can share these resources with their children to help them explore adoption-related issues and to ease their journey through childhood with a focus on mental wellness.”

I Wished for You: An Adoption Story

This is a story for children ages 4 through 8 that tells the tale of a mother and daughter bear having a chat about how they became a family. This book could be used as an opening discussion to adoption when read together by parent and child. The author, Marianne Richmond, has written other useful children’s books on the topic of adoption. Parents should be cautioned though that the book has some religious content, which some parents may not want to introduce to their child.

Rosie's Family: An Adoption Story

This book by Lori Cosgrove, also for children ages 4 through 8, addresses the adoption story through the lens of dealing with differences. In it, Rosie the beagle is adopted by a family of schnauzers, so Rosie can clearly see that she looks different from her parents. This book would be particularly useful to children of racial or ethnic backgrounds that are different from their adoptive parents.

Parents Wanted

This book, written by George Harrar, is aimed at children aged 9-12. It tells the story of a young boy with ADHD who is adopted after losing his family. It discusses living in foster care, dealing with foster parents and the adoption process, and introduces the child to key issues that he or she may encounter. The book is well written, child-friendly, and inexpensive.

Adopted: The Ultimate Teen Guide or Adopted Teens Only: A Survival Guide to Adolescence

These guides are aimed at helping the teenager who has been adopted, recently or in younger childhood. The ultimate guide is a bit more comprehensive and expensive, while the survival guide is less expensive and a shorter read. Either or both are useful for teens of adopted families.

3. Tell your community about the Power of Play

Let us know when you spread the word about the power of play!

VAPT member, **Cathi Spooner, LCSW, RPT-S**, is serving as our play therapy awareness contact for the state branch. Here is her reminder on play therapy awareness activities for Virginia:

Greetings fellow playmates! Just a reminder to let VAPT know when you promote the benefits of play therapy in your community. VAPT is a Gold Branch member of APT. Gold Branch status shows that our chapter has provided a variety of services

to members and the community in the advancement of play therapy. Part of the requirements for Gold Branch status are outreach activities to individuals or professionals in the community who are not familiar with play therapy. Association for Play Therapy staff member Stephanie Carter noted that the following events qualify for play therapy awareness activities:

- Providing a booth at a conference, community fair or school function
- Conducting a presentation on play therapy to schools or social service agencies
- Distributing "Why Play Therapy" brochures to schools or businesses

I direct a private group practice and typically use play therapy awareness as part of my networking and marketing to physicians and schools to help them understand what play therapy is and why it is important. If you have provided play therapy awareness in your community, please let Cathi know about your event in any of the following ways: pictures and writing up the event, forward an electronic version of your flyer, brochure, forward the article in the newspaper, etc.

Remember to let them know about VAPT and invite them to join!

Please send the information about your play therapy awareness event in the following format to cspooner@phoenixfamilycounseling.com:

Play Therapy Awareness Event

Date

Title

Presenter

Audience (Note group affiliation and approximate number attending)

Location

Length of activity (Ex. 90 minute presentation)

Format (Ex. lecture, Q and A, panel, etc)

Materials distributed (Indicate if you distributed handouts, APT brochures, etc)

4. JMU Leadership Academy

There is still time to register!

You are invited to participate in the sixth annual LEADERSHIP ACADEMY 2011 at James Madison University. Registration instructions and conference details are at <http://www.cisat.jmu.edu/leadership/index.htm>

Gender Dynamics in the Workplace: Creating an Inclusive Environment

Friday, December 2, 2011

8:15 am—4:00 pm

Montpelier Room

East Campus Dining Hall

James Madison University

Harrisonburg, VA 22807

PRESENTATIONS:

Tapping Into Your Rock Star Leader

Martha Maywood Mertz

Athena Center for Leadership Studies

Scottsdale, AZ

This will be a lively, interactive session focused upon "Women's Ways of Leading – A Gold Standard for Leadership in the 21st Century." This clearly isn't only for women – but the model I'll talk about is taken from the ways highly effective and admired women lead. The session will invite people to consider time tested leadership principles while exploring their personal leadership strengths.

Learning Objectives:

- Develop the Athena Leadership Model Attitudes:
 - Authentic Self
 - Relationships

- Giving Back
- Collaboration
- Courageous Acts
- Learning
- Fierce Advocacy
- Celebration and Joy

Intersection of Gender and Culture within Leadership

Arthur Dean

Special Assistant to the President for Diversity

James Madison University

Emphasis will be placed on understanding the intersection of gender and culture in the workplace. We will practice ways to engage people around gender issues productively. We will discuss developing a 360 perspective around gender and culture.

Learning Objectives:

- Develop awareness of how gender and culture impact leadership
- Apply strategies to engage people about gender issues
- Create a 360 degree perspective around gender in the workplace

Many Instruments in the Orchestra: The Importance of Diversity in Collaboration

Mike Deaton

Rhythm Playground

Harrisonburg, VA

This experience focuses on creating something together and is based mainly on experiential learning. It is a fun, hands-on approach to learning about communication, co-operation and collaboration. We will do this through rhythm games that anyone can play. I promise you, no experience or special skills are needed.

Learning objectives:

- Develop different communication styles (specifically those rooted in gender and culture)
- Understand how these communication styles interact
- Use active listening
- Learn methods for effective communication
- Use echoing—repeating back rhythmic patterns
- Learn how cooperation is like a muscle that needs to be exercised
- Create inclusivity—the importance and necessity of including all voices
- Learn to share leadership
- Build upon existing ideas and create harmony
- Understand composition—working together to create spontaneous music
- Apply these concepts in the workplace moment by moment

Gender Dynamics and Bullying

Harriet Cobb, EdD

Department of Graduate Psychology

James Madison University

This presentation will explore the issue of bullying that can occasionally occur in any workplace environment. Understanding this dynamic from a gender perspective and the role of the leader in responding to it effectively and ethically will be discussed.

Learning objectives:

- Learn assessment and identification of bullying patterns
- Apply strategies for intervention

- Develop strategies for prevention

(This workshop is not for APT approved play therapy continuing education CE's.)

5. APT Conference was held in Sacramento in October

VAPT members attended the international conference in Sacramento in October. Congratulations to **Christen Pendleton** and **Kathleen Levingston**, our newest APT Leadership Academy graduates! **Katie Masey** is our current APT Leadership Academy student. Way to go, Katie!

I wish to extend a special thank you to **Amy Kale Fraites** for her assistance at the October APT conference. Amy accepted the VAPT Gold Branch award. Thank you so much!



**Playfully,
Anne**

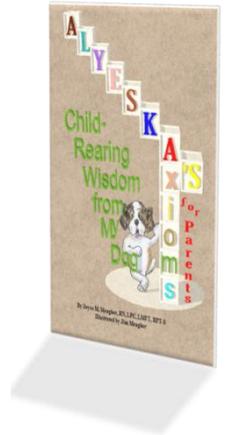
Join us on the VAPT Facebook Fan page
VAPT website <http://vapt.cisat.jmu.edu>

Announcement from VAPT member, Joyce Meagher. A new parenting book.

Coming Early December:

ALYESKA'S AXIOM'S FOR PARENTS:

Child-rearing Wisdom from My Dog



By combining love of animals and years of experience as a therapist, I'm offering you a unique book that will touch your hearts and increase your parenting knowledge!

Written in a playful, whimsically-illustrated, concise format, this book/workbook will keep you smiling, but acknowledging the timeliness of my conclusions and practical suggestions for improving parenting skills. It also contains questions to ponder and note space with each axiom.

It contains ten child-rearing axioms, or universal truths, which are core tenets for successful parenting. Parents are encouraged to follow these axioms and alleviate many struggles with their children, while teaching their youth responsibility and independence.

Use this workbook individually, or as a therapist working with parents alone or in groups!

About the Author

- **Joyce Meagher, RN, LPC, LMFT, RPT-S**, graduated with a BS in Nursing from the University of Michigan. She moved throughout the United States as a military wife for 21 years, while raising 2 children, plus several dogs, cats, guinea pigs, gerbils, and birds. Joyce received her MA in Counseling from Wright State University in Ohio and began her specialization in child play therapy in 1978. She continues in her private practice in Fairfax, VA, seeing clients of all ages, while teaching and mentoring counseling and play therapy students.

- **Joyce** has 40 years of experience in the mental health field, including psychiatric nursing. She has presented at regional, national, and international conferences in the areas of play therapy, expert witness, and building a private practice. She is a contributing author of 101 Play Therapy Techniques (Volumes 1 and 2).
- Joyce has taught play therapy courses for several universities, and has supervised many individuals in the field of mental health. She is the owner of LifeSpan Counseling.

Joyce is currently taking orders for the first 100 copies, available in early December. If you are interested in obtaining one of these limited initial copies, signed by the author, call 702-816-3335 or email jjmeagher@comcast.net