



VAPT enote

October 2011

Dear VAPT Playmates,

Happy October! This month we celebrated the 28th **annual Association for Play Therapy international conference!** Remember to consult the APT training and education webpage to discover great APT CE approved training in your area. VAPT offers CE with many of the chapters and Virginia is fortunate to have a number of excellent approved providers you can join up with to learn and grow!

1. APT Conference in Sacramento

VAPT celebrated at the APT conference in Sacramento!

- VAPT members Christen Pendleton and Kathleen Levingston graduated from the APT Leadership Academy
- VAPT branch received a Gold Branch award! Thank you Amy Kale Fraites for accepting the award!
- VAPT members Eliana Gil (Fairfax), Jennifer Gilbert and Bill Whelan (Charlottesville), and Anne Stewart (Harrisonburg) conducted presentations

And take time to play!

2. Research about Children and Spirituality

<http://www.psychologytoday.com/blog/creative-development/201004/spirituality-children>

This article reports on a study of children in Canada and India, noting, "...young children also seem to have a surprisingly sophisticated grasp of spirituality, and are happier for it. They differentiate between what it means to "go to a place of worship" regularly versus "believing in a higher power that watches over me." Such a conceptual difference is one that many adults today have trouble with separating."

This information indicates that spirituality is an important aspect of children's development and world view. The abstract for the original study is shown below, along with the citation.

The relation between spirituality and happiness was assessed in 320 children aged 8–12 from public and private (i.e., faith-based) schools. Children rated their own spirituality using the Spiritual Well-Being Questionnaire and 11 items selected and modified from the Brief Multidimensional Measurement of Religiousness/Spirituality which reflected the children's practices and beliefs. Children's happiness was assessed using self-reports based on the Oxford Happiness Scale short form, the Subjective Happiness Scale, and a single-item measure. Parents also rated their children's happiness. Children and parents rated the children's temperament using the emotionality, activity, and sociability temperament survey. Children's spirituality, but not their religious practices (e.g., attending church, praying, and meditating), was strongly linked to their happiness. Children who

were more spiritual were happier. Spirituality accounted for between 3 and 26% of the unique variance in children's happiness depending on the measures. Temperament was also a predictor of happiness, but spirituality remained a significant predictor of happiness even after removing the variance associated with temperament. The personal (i.e., meaning and value in one's own life) and communal (quality and depth of inter-personal relationships) domains of spirituality were particularly good predictors of children's happiness. These results parallel studies of adult happiness and suggest strategies to enhance happiness in children.

Holder, M., Coleman, B., & Wallace, J. (2010). Spirituality, Religiousness, and Happiness in Children Aged 8–12 Years. *Journal of Happiness Studies*. Volume 11, Number 2, 131-150, DOI: 10.1007/s10902-008-9126-1

3. Interfaith Youth Core

<http://www.ifyc.org/about-movement>

The Interfaith Youth Core is an organization and movement to connect and promote dialogue among persons from different faith traditions. As we work with children and families in our communities, it is vital that we reflect on our own beliefs and explore ways to understand the beliefs of our clients.

The IFYC may be a helpful resource for you and/or your clients in this process. Below is some information from their website:

Guiding Ideas

IFYC's work is based on three guiding ideas that draw from relevant social science data and research: (See sources below)

1. Appreciative knowledge of diverse religious traditions and philosophical perspectives.

The amount of knowledge one has about a religion corresponds to positive attitudes toward that religion. Interfaith activities should create opportunities for participants to learn more about diverse perspectives.

2. Meaningful encounters between people of different faith and philosophical backgrounds.

Actually knowing someone of a particular faith positively impacts one's attitudes toward that religion overall. The power of interfaith activities comes from firsthand encounter which can transform negative stereotypes.

3. Common action projects between people of different backgrounds.

Relationships that involve common activities influence both personal attitudes and the bonds of a community. This is why IFYC advocates for interfaith cooperation, work such as service-learning and social action, that facilitates such meaningful encounters and builds social capital.

The founder of IFYC is Eboo Patel. Eboo Patel's core belief is that religion is a bridge of cooperation rather than a barrier of division. Below is a link to a recent blog about key spiritual issues of our times.

<http://www.ifyc.org/content/what-key-spiritual-issue-our-time>

4. James Madison University's Leadership Academy

We also wanted to announce an exciting professional development opportunity. You are invited to participate in the sixth annual *LEADERSHIP ACADEMY 2011* at James Madison University.

We know that leaders in health and human service settings – hospitals, mental health organizations, schools and universities– strive to foster a healthy and productive environment. This one-day workshop will focus on gender dynamics in the workplace to deepen our understanding of the role gender plays in our daily professional lives. We want to develop strategies to facilitate the development of respectful, authentic relationships between men and women in the context of a positive work environment. Value is placed on effective collaboration that is personally meaningful, principled, and culturally responsive.

The website is now up and registration is open.

<http://www.cisat.ju.edu/leadership/index.html>

Gender Dynamics in the Workplace: Creating an Inclusive Environment

Friday, December 2, 2011

Montpelier Room
East Campus Dining Hall
8:00 am – 4:00 pm

This year's special guest speakers are:

Martha Maywood Mertz, Athena International, Scottsdale, AZ

Arthur Dean, Special Assistant to the President for Diversity, James Madison University

...and featuring **Mike Deaton**, Drummer

Registration instructions are on our website, which is listed above.

If you have any questions, please feel free to contact us:

Harriet Cobb, EdD, Department of Graduate Psychology, cobbc@jmu.edu

Anne Stewart, PhD, Department of Graduate Psychology, stewaral@jmu.edu

Andrea Henriques

Phone: 540-568-5352

Fax: 540-568-4747

5. SAVE the DATE S

VAPT Winter Workshop AND Summer Conference dates and speakers shown below!

Neuroscience and Play Therapy

Neuroscience and play therapy is our professional development theme for upcoming conferences.

SAVE the DATE

Winter Workshop 2012 Neurobiologically Informed Play Therapy Interventions

Presented by
Dr. Richard Gaskill, LCP, LCPC, RPT-S

January 27, 2012
Richmond, Virginia

Rick is a ChildTrauma Academy Fellow with expertise in play therapy and therapeutic interventions with at-risk children and the Neurosequential Model of Therapeutics (NMT) in preschool settings.

He has worked in community mental health for over 30 years. He currently serves as the Clinical Director and Deputy Director of Sumner Mental Health Center in Wellington, KS. He served as the Center's Children's Services Director for over 20 years. In his work with children, Dr. Gaskill has developed numerous programs for children and parents; including child development classes, parenting classes, Child-Parent Relationship Training (Filial Therapy), Infant-Parent Relationship groups, attachment enhancement treatment groups, therapeutic alternative schools, therapeutic preschools, after school programs, and juvenile offender programs.

Dr. Gaskill is on adjunct faculty at Wichita State University, in Wichita, Kansas where he teaches play therapy classes, child psychopathology, and supervises play therapy practicum. He has presented workshops on play therapy interventions and the Neurosequential Model of Therapeutics applications throughout the US and Canada.

Dr. Gaskill was the first Registered Play Therapist-Supervisor in Kansas and was a founding board member of the Kansas Play Therapy Association Board, serving as President in 2004. He has also served on KSAPT and national APT committees for play therapy.

Co-hosted with the Richmond SCAN and Regent University Counseling Department and the James Madison University Department of Graduate Psychology.

SAVE this DATE , too!

16th Annual Come Play with Us!! Conference Healing Experiences with the Brain in Mind: Integrating Play Therapy, Art, Sand, and Clay

Presented by
Dr. Bonnie Badenoch, LMFT

June 18 and 19, 2012 (must attend both days)
Harrisonburg, Virginia

Bonnie Badenoch, PhD, LMFT is an in-the-trenches therapist, supervisor, teacher, and author who has spent the last six years integrating the discoveries of neuroscience into the art of therapy. Out of this study, combined with her 19 years of



working with survivors of trauma and attachment struggles, came her book, *Being a Brain-Wise Therapist: A Practical Guide to Interpersonal Neurobiology*, published in 2008. Therapists are saying that this book fills the gap between science and practice, and does it with compassion and heart. Her new book, *The Brain-Savvy Therapist's Workbook*, offers practices to foster therapist mental health and walks through the therapy process from first contact to transition. She has a gift for translating the complexities of brain science into words and examples that allow people to internalize the principles so they can use them in the counseling room with clients of all ages. Bonnie Badenoch is co-founder of **Nurturing the Heart with the Brain in Mind**.
<http://www.nurturingtheheart.org/>

"*Being a Brain-Wise Therapist* is filled with the wisdom of a seasoned front-line therapist who writes like a poet and understands science as if she were a full-time academician." Daniel Siegel, foreword

6. 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 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 Carmela Crawford
Roanoke Stephanie Pratola
Lynchburg/Forest Norma White
Central Virginia Amy Kale Fraiters
Rockbridge Katie Masey
Northern Virginia
 Joyce Meagher
 Cathi Spooner
 Sheri Mitschelen
Tidewater Kathrin Hartmann
Richmond Barbara J. Smith
Danville Cindy Lovell

dccrawford1@verizon.net
pratola@pratola.com
norma.white@couplestandkids.com
play@mail.planetcomm.net
kmasey@racs.org

kdknzlr@comcast.net
cathispooner@hotmail.com
shmitsch@cox.net
HartmaK@EVMS.EDU
bjsmith461@aol.com
clovell@dpcs.org

Playfully, Anne

Join us on VAPT FACEBOOK fan page
VAPT website <http://vapt.cisat.jmu.edu>