

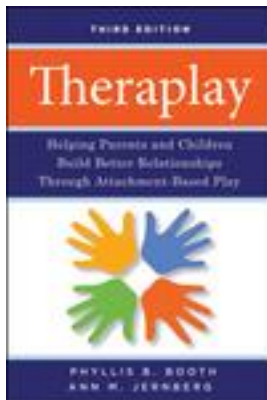


Christmas  
Kwanzaa  
Happy  
Seasons  
Merry Winter  
Greetings  
Hanukkah  
Holidays



## DECEMBER 2012

### You are invited!



**Phyllis Booth**, former director of the **THERAPLAY INSTITUTE**, is our presenter for the **10<sup>th</sup> VAPT WINTER WORKSHOP!** The winter workshop will be held Friday, January 18<sup>th</sup> at the Crowne Plaza Hotel in Richmond. The workshop topic is **Theraplay: Working with Children with Attachment, Sensory, and Regulatory Disorders**

Phyllis has shared Theraplay principles and activities with child, family and play therapists across the country and internationally. Phyllis and the Theraplay organization regularly partner with Dr. Dan Hughes to focus on attachment-based family therapy. Space is limited so make your reservations at the hotel and **register soon by printing out a registration form and mailing in a check to VAPT.** The workshop website will be open in mid-December. Check the VAPT website and VAPT Facebook Fan page for updates when the link is live!

### 1. APT Interview with Phyllis Booth

The Association for Play Therapy (APT) spotlighted ATTACHMENT as the theme for the Sacramento conference. At that time, APT conducted an interview with Phyllis about the history and methods of Theraplay interventions. You can obtain an introduction to Theraplay at [Interview with Phyllis Booth](#)

### 2. Theraplay

Theraplay is the creation of Dr. Ann Jernberg, friend and colleague of PHYLLIS BOOTH, our featured speaker for the 10th Winter Workshop. We are so pleased to welcome Phyllis back to Virginia. She was the speaker for our inaugural Winter Workshop, ten years ago in 2003 in Charlottesville. We are excited to have her join us in Richmond to share the latest developments in the use of Theraplay with children with difficulties in self-regulation. Learn more about THERAPLAY at their website, where you may view a video overview about this remarkable attachment-based intervention.

### 3 Making a list, checking it twice...

It is a bit embarrassing to admit, but for a number of years I had COPY MACHINE on my holiday wish list along with "pretty handkerchiefs." Below are some items you may wish to add to your play therapy room wish list! Find these and other gift ideas at [50 Kids Gifts Under \\$50: The Best Holiday Picks for Babies, Toddlers, Preschoolers and Big Kids](#)



### 4. Children and Holiday Stress

It is important to remember that children (and parents) need to find time to relax and enjoy a wonderful time of the year. How can children relax when they see their parents running around frantically shopping, baking, decorating and becoming stressed at the thought of blowing the holiday budget after one trip to the mall? This website has tips that may help both parents and children recognize holiday anxiety and feel less stress. Go to [Children and Holiday Stress](#).



### 5. 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.

**Central Virginia VAPT** Chairperson Amy Kale Fraites [play@mail.planetcomm.net](mailto:play@mail.planetcomm.net)

**Harrisonburg VAPT** - Chairperson Debbie Sturm [sturmdc@jmu.edu](mailto:sturmdc@jmu.edu)

**Forest VAPT** Chairperson Norma White [norma.white@couplesandkids.com](mailto:norma.white@couplesandkids.com)

**Northern Virginia VAPT** Chairperson Cathi Spooner and Sheri Mitschelen  
[cspooner@phoenixfamilycounseling.com](mailto:cspooner@phoenixfamilycounseling.com) [shmitsch@verizon.net](mailto:shmitsch@verizon.net)

**Richmond VAPT** Chairperson Jan Williamson jlwilliamson@mindspring.com

**Roanoke VAPT** Chairpersons Lisa Rochford and Kim Montgomery lisa@psychoanoke.com  
kim@botetourtounseling.com

**Rockbridge Area VAPT** Chairperson Katie Masey kmasey@racsb.org

**Southwest VAPT** Interim Chairpersons Donna Callis and Teresa Viers -  
dcallis@CACBWCV.ORG tviers@highlandscsb.org

Chairperson Sydney Peltier speltier@highlandscsb.org

**Tidewater VAPT** Chairpersons Kathrinn Hartman and Shawn Ware Avant hartmak@evms.edu  
Shawn.Ware-Avant@theupcenter.org

## 6. NEWS from APT!

Make a *tax-exempt Foundation contribution* to advance play therapy, the treatment approach in which licensed professionals use the natural benefits of play to improve the mental health of children, families, and adults! Anne Stewart, VAPT founder and president, is the current head of the Foundation!

Call for Playroom photos! Submit a photo of your playroom to Stephanie Carter by December 31. You can feature your playroom in the Spotlight by submitting a beautiful color photo via email as a JPEG attachment (do not crop or reduce) by Dec. 31. Send the photo to [Stephanie Carter](#)

Best wishes for a Happy New Year!

Playfully,

**Anno**