



February Enote 2013

Dear VAPT members,

Happy February!

More training coming up!



Our summer COME PLAY WITH US!! Conference will focus on a treatment model and interventions for working with children with autism and sensory and regulatory challenges. Save the date for JUNE 14 and 15 at JMU with Dr. Esther Hess on FLOORTIME!

The VAPT and APT membership is looking ahead to their annual conference in 2013. Go to <http://www.a4pt.org/> to learn about and register for international 2013 Conference:

Submit online Conference Registration by September.

Consult Conference Program Brochure (May 2013).

Explore Westin Mission Hills Resort & Spa.

Find Hotel Roommates (APT members only).

Reserve Airport Shuttle Service.

Explore Palm Springs.

If you have questions or need assistance, contact Conference Coordinator *Kathy Lebby*, (559) 294-2128 x5.

Since its 1984 debut in New York, the APT Conference has become a major international multi-disciplinary event for mental health professionals wishing to earn continuing education credit for licensure or credentialing, network with popular authors, speakers, and vendors, and enjoy extra-curricular activities with peers. Conference sites are geographically rotated between eastern, central, and western sections and competitively awarded to those locations offering reasonable air access, ticket fares, and hotel lodging rates. If we fail to satisfy our room block guarantee, APT is assessed a penalty and may increase registration fees the following year to cover costs. Registration fees are established at or below the average rates assessed for conferences sponsored by other mental health organizations.

Future Conference sites include:

2016 - Galt House Hotel, Louisville, KY, Oct. 18-23

2015 - Renaissance Waverly Hotel, Atlanta, GA, Oct. 6-11

2014 - Westin Galleria Hotel, Houston, TX, Oct. 7-12

2013 - Westin Mission Hills Resort & Spa, Rancho Mirage, CA, Oct. 8-13

Obesity

by NORMA WHITE
VAPT Chapter Chair
Forest, Virginia

Approximately 17% (or 12.5 million) of children and adolescents aged 2-19 years old in the US are obese. Since 1980, obesity prevalence among children and adolescents has almost tripled. There are significant racial and ethnic disparities in obesity prevalence among U.S. children and adolescents.

In 2007-2008, Hispanic boys, aged 2 to 19 years, were significantly more likely to be obese than non-Hispanic white boys, and non-Hispanic black girls were significantly more likely to be obese than non-Hispanic white girls. 1 in 7 low-income, preschool-aged children is obese. Even states with the lowest prevalence of obesity have counties where many low-income children are obese and at risk for chronic disease.



So what does this mean for those of us who are play therapists? Do we have an ethical obligation to educate our clients about sodas, portion size, and food groups? I would argue that we do.

A simple board game is available from the Department of Health and Human Services, Centers for Disease Control and Prevention. It can be placed in a waiting room along with a die and tokens. Winners get to choose between an apple or an orange. This game is a fun way to educate our clients about portion control and healthy snacking. You can download it at: http://www.cdc.gov/healthyweight/healthy_eating/portion_size.html

Research shows that people unintentionally consume more calories when faced with larger portions. This can mean significant excess calorie intake, especially when eating high-calorie foods.

You may want to see just how well informed you are!
Take The Portion Control Quiz from the National Heart Lung and Blood Institute (NHLBI)
<http://hin.nhlbi.nih.gov/portion/>
and the NHLBI Visual Reality quiz
(<http://nhlbisupport.com/chd I/visualreality/visual.htm>)
to test your skills at estimating serving sizes.

More information can be obtained from the following:
Prevalence of Obesity Among Children and Adolescents
http://www.cdc.gov/nchs/data/hestat/obesity_child_07_08/obesity_child_07_08.htm
Fact Sheet
<http://www.cdc.gov/obesity/downloads/pedNSSFactSheet.pdf>



Be sure to check out the national anti-obesity campaign **LET'S MOVE** at <http://www.letsmove.gov/> for handouts, educational information for children, parents, and schools, and videos!

Mandala Fun

Free coloring mandala pages at www.coloring-book.info and http://www.coloring-book.info/coloring/coloring_page.php?id=209

This site has over 90 mandalas to print and color as well as coloring books and pages.

VAPT CHAPTERS

Are you looking for ways to find out more about play therapy and connect with play therapists in your area? VAPT has regional chapters around Virginia to bring play therapy resources and networking opportunities to your area.

All our VAPT sponsored trainings that award CE's are posted on the national APT site--look under the APT education and training directory for finding play therapy training and select Virginia!
<http://www.a4pt.org/events.cfm>

You may also contact your local Chapter Chair to find out more about what's happening in your area and around the state.

Chapters and Chapter Chairs

Central Virginia VAPT Chairperson Amy Kale Fraites play@mail.planetcomm.net

Harrisonburg VAPT - Chairperson Debbie Sturm sturmdc@jmu.edu

Forest VAPT Chairperson Norma White norma.white@couplestandkids.com

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VAPT OUTREACH

Spread the word about play therapy and the therapeutic powers of play in your professional community. VAPT has consistently been award Gold Branch status for our increase in membership each year, number of training hours, and play therapy awareness outreach. If you have provided a presentation to non-play therapy professionals about play therapy and the therapeutic powers of play therapy, submit your information to Cathi Spooner at cspooner@phoenixfamilycounseling.com

LIKE VAPT Fan page on Facebook at

<http://www.facebook.com/pages/Virginia-Association-for-Play-Therapy/234395618441>

