



MARCH



2013

Dear VAPT Playmates,

Happy March!

VAPT will hold the annual COME PLAY WITH US!! conference on JUNE 14 and 15 at James Madison University's Festival Conference Center in Harrisonburg, Virginia. Our presenter will be DR. ESTHER HESS, a leader in Dr. Stanley Greenspan's DIR FLOORTIME therapy. View www.icdl.com for more information about the DIR FLOORTIME model.



Check the VAPT FB fan page for updates to see when registration opens for this fantastic event and just to see what's new in our corner of the play therapy world!

PUBLIC AWARENESS of Play Therapy in OHIO!

Esther Hess and Anne Stewart, VAPT President and APT conference award ceremony emcee, at Cleveland Market during 2012 APT conference, with the APT Dude. Anne and Esther received a lot of questions and fun comments and shared their message about the power of play therapy!

I hope you are enjoying the, occasional, warmer weather! Since March is a time to get outside here are some fun play therapy activities you can do indoors or outdoors.

Playfully,
Sheri Mitschelen, LCSW, RPT/S
Northern Virginia VAPT Chairperson
Owner and Clinical Director of
Crossroads Family Counseling Center in Fairfax, VA 22030
www.crossroadsfamilycounselingcenter.com



1. Play therapy activity

Reality Therapy's Three Wishes Magic Bubble Wand Activity

By Dr. Michelle Stangline

THE MAGIC BUBBLE WAND ACTIVITY IS A FRESH TAKE ON THE TRADITIONAL "REALITY THERAPY'S THREE WISHES" QUESTION. INSTEAD OF JUST ASKING A CLIENT TO NAME THREE WISHES, (ONE WILL PROBABLY BE RELATED TO WHY THEY ARE IN THERAPY), TRY THIS TECHNIQUE WITH THE MAGIC BUBBLE WAND.



DIRECTIONS FOR THREE WISHES

1. Ask your client to come up with three wishes in their life that would really make a difference if one or more wishes came true. One of the wishes has to be based in reality.
2. Process each wish with the client. What would they really gain if each wish came true? How would their life be better?
3. Go over goal setting with the client. What would it take to make one or more of the wishes come true in their life? What responsibility would they have to take to make the wish or wishes come true?

For Free Play Therapy activities go to: <http://www.creativecounseling101.com/counseling-techniques.html>



You can also use BLOWING BUBBLES to help children reduce anxiety. One way to help a child relax is to encourage slow, deep breathing. You can help the child practice this by getting them to imagine or by slowly blowing bubbles. The slower they blow the bigger the bubble and the less the anxiety experienced.

Materials Needed to make a Magic Bubble Wish Wand:

Wire coat hanger or thick wire
1 Wooden Dowel Paint and Paint Pens 2 Marbles
Thin wire for decor
1 minute epoxy glue

Directions for Magic Bubble Wand:

1. Tell the client you are going to make a "Magic Bubble Wand" to make three wishes with.
2. Next, take the coat hanger and ask the client to form it into a shape. Stars and butterflies are easy to form, but any shape can be made. Leave enough wire to wrap around the dowel. The child may need

assistance.

3. Decorate the long wooden dowel with paint and paint pens.
4. Glue a marble at each end of the dowel. Allow to dry.
5. Wrap the remaining wire around the dowel. Apply the epoxy glue to secure the wire. Allow to dry.

Directions for Magic Bubble Liquid

1. Mix six cups water with 1/2 cup dish washing soap, and 2-3 tablespoons of glycerin. Stir slowly. It is best if the solution is allowed to sit overnight.

2. PLAY AND THERAPY BLOG

Play Therapy: The Universal Language of Very Young Children

This site is sponsored by Child Therapy Toys at <http://www.myplaytherapy.com/>

The current blog was written by Allesandra Long, LMSW, M.A. , describing play therapy with a bi-lingual preschooler. Long references Axline and Bowlby in discussing her child-centered work with an energetic 3 year old!

3. VAPT CHAPTER NEWS

Our VAPT strategic plan is to support the growth of play therapy chapters around the state. We hope to have a chapter (at least) every 50 miles around the state!

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@couplesandkids.com

Northern Virginia VAPT Chairperson Sheri Mitschelen, shmitsch@verizon

NoVA Chapter news: NOVA VAPT has two more trainings in their series in April and May, 2013. For more information or to be added to the email list please contact Sheri Mitschelen, LCSW at shmitsch@verizon.net.

Richmond VAPT Chairperson: Jan Williamson jlwilliamson@mindspring.com

Richmond chapter news: Richmond is setting up a "Meet and Greet" for Richmond area play therapists or anyone working with children and mental health. Contact Jan Williamson at jlwilliamson@mindspring.com.

Rockbridge VAPT Chairperson: Katie Masey kmasey@racs.org

Rockbridge Chapter news— The chapter completed a drama therapy training series with Stephanie Hodde, PhD. Some participants will be traveling to Roanoke to attend their Chapter training this week on "Mindfulness Training in Children" One more meeting is planned for the Spring, TBD.

4. Upcoming Events and Trainings:

Always consult the APT Training page to find APT approved trainings!



THE MID-ATLANTIC PLAY THERAPY TRAINING INSTITUTE

APRIL 12-14, 2013

PLAY THERAPY SPEAKERS INCLUDE:

Sue Bratton, PhD, LPC, RPT-S

Eliana Gil, PhD, RPT-S, LMFT

Dee Preston-Dillon, PhD

Anne Stewart, PhD

Risë VanFleet, PhD, RPT-S, CDBC

Register at: www.playtherapytraining.org/



Richmond Area Play Therapists

From VAPT Chapter Chair Jan Williamson

Come and meet area play therapists in a social event sponsored by the Virginia Association for Play Therapy. We will have refreshments and ask for your ideas on what you would like to see such a network do. We are particularly interested in seeing if you would like to establish a quarterly area meeting for trainings, presentations, networking opportunities or other shared activities.

When: April 17th, Wednesday from 6:15- 7:45

Where: The West End Public Library

5420 Patterson Ave. Richmond, 23226

(The library is between Matoaka Rd. and Seneca on Patterson)

If you want to RSVP (so we have some idea of how many cookies to bake) or need more information please contact Jan Williamson at the Child Advocacy Center in Richmond (804-643-7226) or e-mail JWilliamson@grscan.com

Jan is your local contact point or “spark plug” for VAPT and happy to answer any questions.



NOVA Area Play Therapists

Group Play Therapy Leads to Emotional Rewards

Danielle Budash, PsyD, RPT

This workshop will introduce participants to “Emotional Rewards,” a structured play therapy group designed to provide children with a positive emotional experience and promote social-emotional-behavioral development. Emotional

Rewards familiarizes children with the AAA program...Applause, Affirmation, and Activities...a fun, playful way to gain emotional skills, earn points, and redeem for rewards.

When: April 26, 2013

Where: George Mason Regional Library

7001 Little River Turnpike Annandale, VA 22003

(703) 256-3800

To register contact: Erica Cartledge at e.nicolecartledge@gmail.com.

5. VAPT Membership Drive for Gold Branch status

Please share this invitation with your colleagues and encourage them to join VAPT/APT in APRIL! If you have been thinking about or planning on joining the Association for Play Therapy now is the time to do it. The VA state chapter is seeking new members and encouraging veteran members to renew their membership.

Let your colleagues know that if they have been thinking about joining it's easy to do.
Go to www.a4pt.org and then to the Membership section to fill out an online application.

Professionals - The fee is \$80.00 + \$15.00 for the State fee = \$95.00

Students - The fee is \$45.00 + \$5.00 State fee = \$50.00

Members receive:

- FREE subscription to biweekly *Member Flash* to learn about important play therapy and APT news.
- FREE subscription to monthly *Mining Reports* featuring brief multi-disciplinary literature reviews that identify emerging trends, best practices, or the most current wisdom on specific topics.
- FREE subscription to quarterly *Play Therapy*TM featuring news, clinical articles, editorials, a leadership directory, advertisements, and other play therapy and APT information.
- FREE subscription to the peer-reviewed quarterly *International Journal of Play Therapy*[®] featuring original play therapy research, case studies, theoretical applications, and current practices.
- FREE and exclusive access to the *Members Only* section of the APT website featuring Community Listserves, Community Forums, archived Mining Reports and Play Therapy magazine articles, self-populating online member and RPT/S credentialing renewal forms, and a private Find A Member Directory.

6. The Association for Play Therapy is having a PUBLIC AWARENESS CAMPAIGN!

Use social media to *Boost Public Awareness* of the terms *PLAY THERAPY* and *REGISTERED PLAY THERAPIST*. APT will poll American adults on **Mar. 28-30**. Use Social Media, Facebook, websites, Twitter to help promote Play therapy. Go to www.A4PT.com and click on Boost Public Awareness

For Signs that say:

I USE PLAY THERAPY BECAUSE ...

I AM A REGISTERED PLAY THERAPIST BECAUSE ...

Finish the sentence by neatly posting your personal message in large capital block letters on the sign for easy reading by others.

Circulate your photo to as many people as possible by **March 25, 2013**.

Take a photo of you holding the sign; preferably above your waist (see a photo example on the VAPT website <http://vapt.cisat.jmu.edu/>).

At a recent training in Northern Virginia the attendees filled out form saying

I USE PLAY THERAPY BECAUSE...

- Sometimes words get in the way
- Of its healing power
- Kids need to express themselves in a safe environment
- Children connect best through play!
- It is the fastest way to promote strong attachment and healing in kids.
- Children use it successfully
- It works!



7. Visit and "LIKE" our VAPT Website and Facebook page

Visit often for updates on trainings and research and fun. See <http://vapt.cisat.jmu.edu/> and <http://www.facebook.com/pages/Virginia-Association-for-Play-Therapy/234395618441>