



November 2013 VAPT Enote



Greetings!

As we move into and out of November, we quickly approach the holiday season- who could forget?! ☺

November brings us the holiday of Thanksgiving, and even for those who may not celebrate the holiday, it can be a nice reminder to pause and express gratitude, thanks and sit with some positive thoughts. In this month's enote, we'll revisit the power of positive thinking.

Also, note upcoming events listed below and contact the Regional Chapter Chairs to find out what is happening in your area!

Save the Date and Spread the Word

VAPT Winter Workshop

Dr. Bill Steele, PsyD, MSW

January 16 and 17, 2014

Richmond, Virginia

Dr. Steele is Founder of the National Institute for Trauma and Loss in Children (TLC)

See the following website to learn more about TLC's evidence-based treatments!

<http://www.starrtraining.org/trauma-and-children>



You can begin or continue to earn **Certified Level One and Level Two Trauma Specialist credits** with the workshops he is planning! Thanks to the VAPT BOD and Lisa Wright and Jan Williamson for advocating for this offering.

AND

Playful Supervision

Elizabeth Fong, PsyD, RPT/S & Sheri Mitschelen, LCSW, RPT/S

January 16, 2014

(6 to 9 pm)

Richmond, Virginia



GIVE THANKS- BE WELL

Samantha Smithstein, Psy.D., offers the idea that being thankful is not just part of a holiday, it's good for our mental health. Her blog, on the Psychology Today website, briefly explores our human tendency to focus on negative thoughts and the benefit of working to increase positive thoughts, as well as several practical methods for application in our daily life.

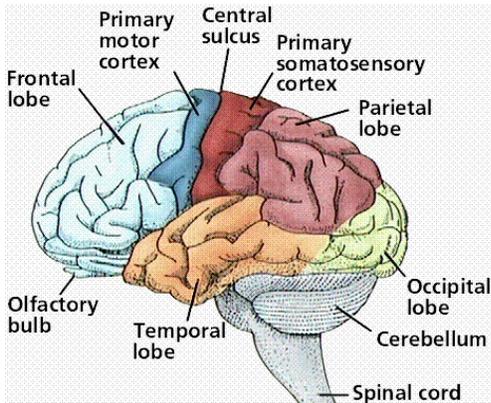
<http://www.psychologytoday.com/collections/201211/giving-thanks/gratitude-and-giving-thanks>



SELF CARE

As much as we, as therapists, offer thoughts related to self-care to our client's, here is a helpful article/reminder about our own self-care. Consider how you too, will take time this month to consider the positives in your own life and recharge your batteries!

<http://ct.counseling.org/2011/01/taking-care-of-yourself-as-a-counselor/>



Prime Your Gray Cells:

Wiring your brain for happiness and success

by Teresa Aubele, Ph.D., and Susan Reynolds

This is a useful article found on the Psychology Today website, offering a description, accessible to scientists and laypersons alike, of what happens in the human brain, as positive thoughts are experienced. The authors report, "Happy thoughts and positive thinking, in general, support brain growth, as well as the generation and reinforcement of new synapses, especially in your prefrontal cortex (PFC), which serves as the integration center of all of your brain-mind functions."

<http://www.psychologytoday.com/blog/prime-your-gray-cells/201108/happy-brain-happy-life>

Impact of Positive Self -Talk

A study by Kamal Chopra examines the impact of teaching first grade students to identify and reframe negative self-talk into positive self-talk. After a year-long series of lessons, the children participated in a qualitative interview, and Chopra found the children had developed an empowering life skill, "...the study demonstrated that even very young students are in control of themselves by consciously feeding their minds with positive empowering self-talk."

<https://www.uleth.ca/dspace/bitstream/handle/10133/3202/Kamal%20Chopra.pdf?sequence=1>

VAPT Chapters Around the Commonwealth

Are you active in your area VAPT Chapter? Are you looking for ways to find out more about play therapy and connect with play therapists in your area? Well, 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 directory for finding play therapy training and select Virginia! You may also contact your local Chapter Chair to find out more about what's happening in your area and around the state. If there is not a chapter listed that is close to you, please consider volunteering to serve in your area. Contact a chair close to you and offer mutual support to a playmate!

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

Fairfax VAPT Chairperson Sheri Mitschelen shmitsch@verizon.net

Gainesville VAPT Chairperson Cathi Spooner cspooner@phoenixfamilycounseling.com

Richmond VAPT Chairperson Jan Williamson jlwilliamson@mindspring.com

Roanoke VAPT Chairperson Kim Botetourt kim@botetourt counseling.com

Rockbridge Area VAPT Chairperson Katie Masey kmasey@racs.org

Southwest VAPT Chairpersons

Donna Callis and Teresa Viers and Sydney Peltier dcallis@CACBWCV.ORG and tviers@highlandscsb.org
speltier@highlandscsb.org

Staunton VAPT Chairperson Lisa Rochford lisa@connectedchild.info

Tidewater VAPT Chairpersons

Debbie Balak and Holly Tracy dbalak@cox.net and peacebypiece@cox.net

Remember to Spread the Word About Play Therapy!

Spreading the word about the value of play therapy to non-play therapist professionals in child serving organizations helps not only the organization, but most importantly- the kids. National surveys show that only a small percentage of children (about 20%) receive effective mental health services. When

play therapists educate the community about the therapeutic value of play therapy to address a variety of mental health issues, children and their families benefit the most. APT has provided resources to play therapists to help spread the word- Why Play Therapy brochures, a short video on the website and a You Tube channel that provides videos about play therapy from some of the founding play therapists in our profession. So, what can you do? Here are some ideas:

- Provide a link to the APT play therapy video on your website
- Conduct play therapy workshops at non-play therapy mental health conferences and talk about the therapeutic powers of play
- Write an article in a local newsletter or magazine about the importance of children's mental health and include information about the therapeutic powers of play and what is play therapy.
- Give a brief presentation to school counselors, pediatricians and/or parent/teacher organizations about play therapy and the therapeutic powers of play

All of these ideas will not only spread the word about play therapy, but will increase your visibility as a specialized provider in your community and highlight APT/VAPT as a professional resource. It's a win-win for everyone! If you provide a presentation or write an article about the therapeutic value of play therapy, then let VAPT know so we can count that towards achieving **Gold Branch** status. Contact Cathi Spooner to find out how to submit the information: cspooner@phoenixfamilycounseling.com



Fun , **creative and easy activities for children and families** to intentionally and actively bring focus and awareness to the positive people and things in their lives.

http://rantaboutthisandraveaboutthat.blogspot.com/2012_10_01_archive.html



FREE Gratitude Journal

This template, offers another festive, fun way to bring focus to the strengths, happiness, successes and joys in life.

<http://thesimplepen.com/free-printable-gratitude-journal-plus-project-ideas/>

As I wrap up this month's enote, I want to share my gratitude and respect for each of you, who generously offer yourselves, as helping professionals, to the children and families in your communities.

Thank you for all you do,

Kelly and Anne

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