



October 2013 VAPT Enote

Greetings VAPT playmates!

We hope you are enjoying our beautiful Virginia fall season. Opportunities to connect or attend trainings have increased around the Commonwealth in the regional chapters now that school has started.

Be sure to contact the Regional Chapter Chairs to find out what is happening in your area. A list of the regional chairs and their emails is in this enote. PLAN now to attend our VAPT Winter Workshop in Richmond in January! Registration will open in the third week of November--check VAPT FB and our VAPT website for announcements!

Save the Date VAPT Winter Workshop

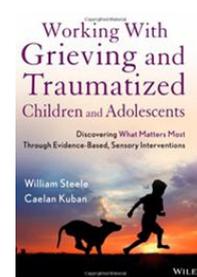
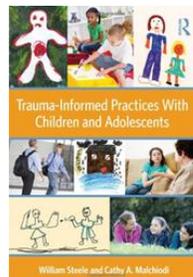
Dr. Bill Steele, PsyD, MSW
January 16 and 17, 2014
Richmond, Virginia

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>

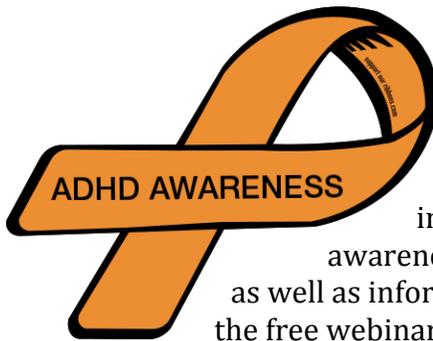


You can begin or continue to earn Certified Level One and Level Two Trauma Specialist credits with the workshops he is planning! Thanks to the VAPT BOD and Lisa Wright and Jan Williamson for advocating for this offering. Contact Cae Kuban at TLC <ckuban@tlcinst.org>, if you have any questions about how to count your TLC training credits!



Bill co-authored these great books recently!

October is ADHD Awareness Month



ADDitude Magazine provides extensive information about all facets of ADHD for children, adolescents and adults. In addition to the free online newsletter with excellent articles, they provide free webinars by experts in the field on topics related to ADHD. October is ADHD awareness month, and there are several free webinars scheduled as well as information to educate the public about ADHD. Here's a link to the free webinars: <http://www.additudemag.com/awarenesswebcasts>

Ideas for Children: Pretend Veterinary Play Area



This article, written by Carolyn Scheidies, provides information to set up an awesome veterinary play area for dramatic play. For Child Centered Play Therapists, this can provide an excellent nurturing play area.

The author provides suggestions for how to set up the play area and what items to include. Read more at: http://www.ehow.com/info_7813222_ideas-pretend-veterinary-play-area.html#ixzz2hdcR3rhl

Ideas for Leaf Themes in a Dramatic Play

This article in eHow, by Katie Tonarely, provides great ideas for incorporating Fall season themes into dramatic play with children. The activities are focused on using leaves in a variety of ways for dramatic play, such as creating a leaf man, leaf puppets and story telling with leaf themes. There is a great idea for play therapist to integrate fall leaves to explore feelings. Here's a link to the article:



http://www.ehow.com/list_7516215_ideas-leaf-theme-dramatic-play.html

Harvest Time Corn Husk Dolls



This article provides step-by-step instruction for creating corn husk dolls. This is another fall activity that can be used by play therapist for a variety of purposes, when working with kids, such as a new version of a “worry doll,” or dramatic play with corn husk doll characters, etc. For instructions on creating corn husk dolls: <http://www.marthastewart.com/node/968909/>

DSM-V Resources



The American Psychological Association has created a website to help mental health clinicians stay up-to-date with the new DSM-V. The website provides information about DSM-5 trainings, including an online training. There are also numerous free assessments that can be downloaded to use for differential diagnosis purposes. The website also provides ongoing updates for coding corrections regarding the implementation of DSM-V into clinical practice. For more information, visit the website: www.dsm5.org



VAPT Chapters

All 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

Staunton VAPT Chairperson

Lisa Rochford

lisa@connectedchild.info

Forest VAPT Chairperson

Norma White

norma.white@couplesandkids.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@botetourtounseling.com

Rockbridge Area VAPT Chairperson

Katie Masey kmasey@racs.org

Southwest VAPT Chairpersons

Donna Callis

Teresa Viers and Sydney Peltier

dcallis@CACBWCV.ORG

tviers@highlandscsb.org

speltier@highlandscsb.org

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

The 30th Annual International Society for the Study of Trauma and Dissociation (ISSTD)



The annual ISSTD conference will be held in Baltimore, MD this year. Pre-conference dates are November 14-15, 2013. The conference dates are November 16-18, 2013.

This 5-day conference provides training for beginners in the field to advanced clinicians. Several experts in the field will be speaking and workshops are provided to address trauma and dissociation in children and adolescents. For more information visit the ISSTD website: www.isst-d.org

Happy Fall!
Sincerely,

Cathi Spooner, LCSW, RPT/S, CTS-C

Visit

<http://vapt.cisat.jmu.edu/>

LIKE

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

JOIN Twitter

<https://twitter.com/VAPTPLAY>