



VAPT Enote

Dear VAPT members,

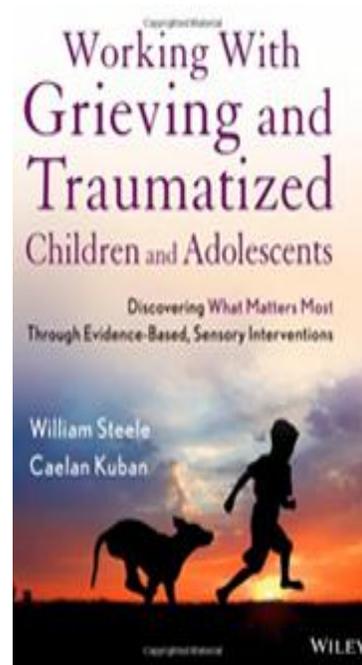
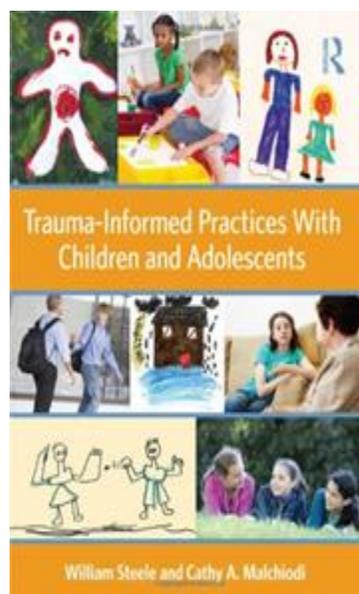
Fall has arrived!

Get out your calendars, cell phones and IPADS to **SAVE-THE-DATE** for upcoming trainings!

Dr. Bill Steele will join us for two days of training on **January 16 and 17, 2014** in Richmond, VA! Attending the VAPT Winter Workshop will permit you to begin or continue to earn Certified Level One and Level Two Trauma Specialist credits from the National Institute for Trauma and Loss in Children. Thanks to the VAPT BOD, Lisa Wright and Jan Williamson for advocating for this offering.



Dr. Steele is Founder of the National Institute for Trauma and Loss in Children (TLC) and co-author of the following books.



See the following website to learn more about TLC's evidence-based treatments!
<http://www.starrtraining.org/trauma-and-children>

Playfully,
Kelly Atwood Ed.S., LPC
Doctoral Candidate, Integrated Combined Clinical and School Psychology James Madison University

Strike a Balance!

It's September, and most schools have been underway for a month. I often hear parents welcome the return of the structure that school can bring to a family's schedule, and increasingly I am aware of articles, news reports, documentaries and individual's experiences of high stress related to schoolwork, homework, testing and hectic schedules/increased obligations that come with the school year. As families slip back into the busy structure that the school year can provide, here are some ideas, resources and reminders of tools we, as mental health providers, possess to assist children and families in navigating the school year and beyond.

Stress isn't all bad

An article from the Center for Learning and Teaching at Cornell University, titled, **Understanding Academic Anxiety**, illustrates and explains what anxiety is and how anxiety relates to academic performance. These concepts may help children and families to understand when anxiety may be useful and when it becomes problematic.

http://lsc.cornell.edu/Sidebars/Study_Skills_Resources/anxiety.pdf



Structure and routine promote feelings of safety for children, as well as an ability to predict happenings in their environment. Early experiences of stress, such as may occur in school, can be helpful teaching moments for therapists and parents to model an appropriate and consistent routine. If a consistent schedule or routine does not already exist in a client's home, concerns related to homework, stress etc. can provide a smooth segue into the important concept. *The Importance of Family Routines* (link to article is below) offers a rationale for the importance of structure in the home

environment.

<http://www.healthychildren.org/English/family-life/family-dynamics/pages/The-Importance-of-Family-Routines.aspx?nfstatus=401&nftoken=00000000-0000-0000-0000-000000000000&nfstatusdescription=ERROR%3a+No+local+token>

Focus on effort

Process-oriented praise communicates to children that their effort is important and related to success (You worked really hard on that project), as opposed to communicating a fixed characteristic or simply placing a value on something they have produced (That is a pretty picture).

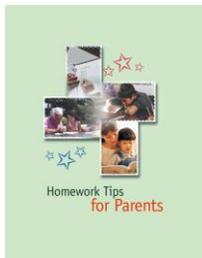
<http://onlinelibrary.wiley.com/doi/10.1111/cdev.12064/pdf>



Playtime is important!



Research shows play is associated with or can promote development and refinement of motor skills, increase body awareness, lower rates in obesity and diabetes, increase confidence and prosocial skills and improve cognitive development (attention, attitudes, creativity, imagination and memory). It is helpful to assist parents and children in understanding play as a part of self-care. This page from KaBOOM, a national non-profit agency promoting play, offers a series of research articles supporting these findings. See http://kaboom.org/take_action/play_research/studies_and_research/



Resources for Parents and Kids

Visit these sites for tips to help kids with homework.

<http://www2.ed.gov/parents/academic/involve/homework/homeworktips.pdf>

Ideas for after-school program selection and guidance on over-scheduling

<http://www.scholastic.com/parents/resources/article/extracurricular-activities/best-bets-after-school>

Homework: Amount, Effects, Help for Students and Parents

<http://ecap.crc.illinois.edu/poptopics/homework.html>

VAPT Chapters

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

Shenandoah Valley

Winchester VAPT Chairperson Carmela Crawford

ccrawford.paw@comcast.net

Harrisonburg VAPT Chairperson Debbie Sturm
sturmdc@jmu.edu

Staunton VAPT Chairperson Lisa Rochford
lisa@connectedchild.info

Rockbridge Area VAPT Chairperson Katie Masey
kmasey@racs.org

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

NOVA

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

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

Tidewater VAPT Chairpersons Debbie Balak and Holly Tracy
dbalak@cox.net and peacebypiece@cox.net

Thanks to the VAPT Board of Directors for all your service and to Kelly Atwood for composing this edition of our VAPT enote!

Playfully,

Anne