



## February Enote 2014

### Celebrate National Play Therapy Awareness Week February 2 - 8

Help increase the public's awareness of play therapy and registered play therapist. VAPT president, Anne Stewart, is the national chair for the Foundation for Play Therapy, which raises funds to support **research in play therapy** and to increase and measure the **public's awareness** of play therapy.  
[Make a donation-receive an APT Dude to geocache!](#)

Increased public awareness of the terms "play therapy" and "registered play therapist" will directly benefit your practice, agency, and institution.



The Foundation has arranged to poll national public awareness of those terms on Mar. 20-22! Help increase public awareness of play therapy!

Thank you.  
Playfully,  
Anne

---

Here are materials to help you promote the power of play therapy!

### Why Play Therapy?



Order you FREE brochures from APT.

[Why Play Therapy and APT membership brochures!](#)

Here is a phenomenal handout-all about the power of play!  
Thanks to Camille Catlett, Anne Stewart and Janet Stewart for creating this list of resources to promote play. The handout is also available at

[Play is the heart of development handout](#) is available to download along with a copy of a PPT presentation by Camille, Anne and Janet at the Southern Early Childhood Association (SECA) conference.



## Play is . . . the heart of development<sup>1</sup>

*American Journal of Play* <http://www.journalofplay.org/>

Assessing and Scaffolding Make-Believe Play

[http://www.naeyc.org/files/yc/file/201201/Leong\\_Make\\_Believe\\_Play\\_Jan2012.pdf](http://www.naeyc.org/files/yc/file/201201/Leong_Make_Believe_Play_Jan2012.pdf)

The Case for Play: How a Handful of Researchers Are Trying to Save Childhood

*Read about the work of two researchers who have documented the many benefits that accrue from opportunities for young children to play.* <http://chronicle.com/article/The-Case-for-Play/126382/>

Educational Services, Inc. (2000). *A creative adventure: Supporting development and learning through art, music, movement and dialogue: A guide for parents and professionals.*

Alexandria, VA: Head Start Information & Publication Center.

<http://eclkc.ohs.acf.hhs.gov/hslc/hs/resources/video/Video%20Presentations/ACreativeAdvent.htm>

Five Numbers to Remember About Early Child Development

[http://developingchild.harvard.edu/resources/multimedia/interactive\\_features/five-numbers/](http://developingchild.harvard.edu/resources/multimedia/interactive_features/five-numbers/)

Games for Growing: Teaching Your Baby With Early Learning Games

<http://www.researchtopractice.info/productSolutionsGG.php>

Importance of Play

*A 2-minute video describing the importance of play for young children*

<http://www.youtube.com/watch?v=t5JyA0m2TvE&feature=related>

Invention at Play

*These websites offer evidence for the importance of play and activities for using play to support learning.*

---

<sup>1</sup> This handout was created by Camille Catlett, Anne Stewart, and Janet Stewart. It is available to download at <http://fpg.unc.edu/presentations/play-heart-development>. Please cite this resource as follows:

Catlett, C., Stewart, A., & Stewart, J. (2014). *Play: The heart of development handout*. Retrieved from <http://fpg.unc.edu/presentations/play-heart-development>

The authors encourage you to use and share this information as long as you provide appropriate attribution when doing so. For additional information, please contact Camille Catlett ([camille.catlett@unc.edu](mailto:camille.catlett@unc.edu)) or Anne Stewart ([stewaral@jmu.edu](mailto:stewaral@jmu.edu)).

<http://invention.smithsonian.org/centerpieces/iap/iapeducatorsmanual.pdf> (educators' guide)  
<http://invention.smithsonian.org/centerpieces/iap/iapfamilyguide.pdf> (family guide)  
[http://inventionatplay.org/iapfamilyguide\\_espanol.pdf](http://inventionatplay.org/iapfamilyguide_espanol.pdf) (family guide in Spanish)

National Institute for Play <http://nifplay.org/>

### The Power of Play

*Each of these 5-minute video segments highlights effective ways to help children, and the adults to support them, to see the connections between play and development in all domains, and especially creative and critical thinking.*

<http://www.youtube.com/watch?v=XXyYQccegEk> (Segment 1/6)

[http://www.youtube.com/watch?v=mhhV4S-\\_gbE](http://www.youtube.com/watch?v=mhhV4S-_gbE) (Segment 2/6)

<http://www.youtube.com/watch?v=MNrSyTUlg1o> (Segment 3/6)

<http://www.youtube.com/watch?v=CNKXByseRtM> (Segment 4/6)

<http://www.youtube.com/watch?v=rmAudvS7r8o> (Segment 5/6)

<http://www.youtube.com/watch?v=Qfxz28jt80I> (Segment 6/6)

### Powerful Playtime: Toys and Learning for the Very Young Child

<http://www.researchtopractice.info/productSolutionsPP.php>

### The Promise of Play: Play in the Lives of Animals and Children

<http://www.youtube.com/watch?v=zvpG6lkGMVs>

### Stuart Brown: Play Is More Than Fun

*Dr. Brown's research, summarized in this video segment, highlights the impact of play on the brain and shows how play is deeply involved with development and intelligence.*

[http://www.ted.com/talks/stuart\\_brown\\_says\\_play\\_is\\_more\\_than\\_fun\\_it\\_s\\_vital.html](http://www.ted.com/talks/stuart_brown_says_play_is_more_than_fun_it_s_vital.html)

### Wedge, M. (2011). *Play and the Child's Sense of Self*

<http://www.psychologytoday.com/collections/201202/play-time/what-are-we-doing-the-kids>

### The Wisdom of Play: How Children Learn to Make Sense of the World

<http://www.communityplaythings.com/~media/files/cpus/library/training-resources/booklets/wisdom-of-play.pdf>

### Why Play-Based Learning?

[http://www.earlychildhoodaustralia.org.au/ngsplp/wp-content/uploads/2012/05/Why\\_play\\_based\\_learning.pdf](http://www.earlychildhoodaustralia.org.au/ngsplp/wp-content/uploads/2012/05/Why_play_based_learning.pdf)

### The Wisdom of Play: How Children Learn to Make Sense of the World

<http://www.communityplaythings.com/~media/files/cpus/library/training-resources/booklets/wisdom-of-play.pdf>

## **Play is . . .** a support for each and every young learner

### Early Childhood Intervention: The Power of Family

<http://www.opensocietyfoundations.org/multimedia/early-childhood-intervention-power-family>

### How we Play- Cultural Determinants of Physical Activity in Young Children

[http://www.aahperd.org/headstartbodystart/activityresources/upload/HowWePlay\\_LitReview.pdf](http://www.aahperd.org/headstartbodystart/activityresources/upload/HowWePlay_LitReview.pdf)

### Inspiring Play Magazine

<http://issuu.com/inspiringplay/docs/inspiring-play-magazine-fall-2012/1?e=5549491/2965477>

Kids with Special Needs and the Power of Play [http://www.youtube.com/watch?v=pwWeW7PTB\\_w](http://www.youtube.com/watch?v=pwWeW7PTB_w)  
Lane, S.J., & Mistrett, S. (2002). Let's play! Assistive technology interventions for play. *Young Exceptional Children*, 5(2), 19-27. <http://yec.sagepub.com/content/5/2/19.full.pdf+html>

Lifter, K., Foster-Sanda, S., Arzamarski, C., Briesch, J., & McClure, E. (2011). Overview of play: Its uses and importance in early intervention/early childhood special education. *Infants and Young Children*, 24, 225-245.  
[http://journals.lww.com/iycjournal/Fulltext/2011/07000/Overview\\_of\\_Play\\_Its\\_Uses\\_and\\_Importance\\_in\\_Early.2.aspx#](http://journals.lww.com/iycjournal/Fulltext/2011/07000/Overview_of_Play_Its_Uses_and_Importance_in_Early.2.aspx#)

Making the Most of Creativity in Activities for Young Children with Disabilities  
<http://www.naeyc.org/files/tyc/file/MitchellVol2No2NEXT.pdf>

National Professional Development Center on Inclusion. (2009). *Research synthesis points on early childhood inclusion*. Chapel Hill: The University of North Carolina, FPG, Author.  
[http://npdci.fpg.unc.edu/sites/npdci.fpg.unc.edu/files/resources/NPDCI-ResearchSynthesisPoints-10-2009\\_0.pdf](http://npdci.fpg.unc.edu/sites/npdci.fpg.unc.edu/files/resources/NPDCI-ResearchSynthesisPoints-10-2009_0.pdf)

Play-Focused Program and Children With Autism  
<http://www.medicinenet.com/script/main/art.asp?articlekey=164577>

Play Modifications for Children with Disabilities  
<https://mymission.lamission.edu/userdata/mermelrd/docs/NAE50.pdf>

Video 1.12 Routine in a Program – Rolling with Friends (from CONNECT Module 1)  
<http://community.fpg.unc.edu/connect-modules/resources/videos/video-1-12>

## Play is . . . how we build relationships

10 Things Every Parent Should Know About Play  
<http://families.naeyc.org/learning-and-development/child-development/10-things-every-parent-should-know-about-play>

Boulder Boy from *First Person Impressions of Being a Baby*. Available for purchase at  
[www.childdevelopmentmedia.com/first-person-impressions-of-being-a-baby/](http://www.childdevelopmentmedia.com/first-person-impressions-of-being-a-baby/)

The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent-Child Bonds <http://pediatrics.aappublications.org/content/119/1/182.full>

Isaacs, J. B. (2012). *Starting school at a disadvantage: The school readiness of poor children*.  
<http://www.brookings.edu/research/papers/2012/03/19-school-disadvantage-isaacs>

The Promise of Play: Play in the Family  
<http://www.youtube.com/watch?v=MGJFxCne9pE&feature=relmfu>

What is Early Learning? <http://www.bornlearning.org/files/whatisearlylearning.pdf>

## Play is . . . a pathway to healing

Trauma, Brain and Relationship: Helping Children Heal  
*Each segment of this video is available to download separately. The segments are The Very First Relationship, Brain Development at Risk, The Many Faces of Trauma, Relationship-Induced Trauma,*

*Healing Trauma, and You Make the Difference*

[http://healingresources.info/emotional\\_trauma\\_online\\_video.htm#int](http://healingresources.info/emotional_trauma_online_video.htm#int)

## Play is . . . natural

Children and Nature: Helping Kids Connect to Life Mysteries

<http://www.rootsofaction.com/leave-no-child-inside-how-nature-benefits-children/>

Children and Nature Network

*This network is leading the movement to connect children, families, and communities to nature through innovative ideas, evidence-based resources and tools, and broad-based collaboration.*

<http://www.childrenandnature.org/>

[http://www.childrenandnature.org/research/detail/nature\\_is\\_critical\\_and\\_diminishing\\_test/](http://www.childrenandnature.org/research/detail/nature_is_critical_and_diminishing_test/)

A Conversation About Play with Dr. Alison Gopnik

[http://www.naeyc.org/files/tyc/file/TYC\\_V3N2\\_Gopnik.pdf](http://www.naeyc.org/files/tyc/file/TYC_V3N2_Gopnik.pdf)

Cozolino, L. (2010). *The neuroscience of psychotherapy*. New York: Norton Publishing.

Erikson, M. F. (n.d.). Shared nature experience as a pathway to strong family bonds. *Children and Nature Network Leadership Writing Series, 1*(1).

[http://www.recpro.org/assets/Library/Children\\_in\\_Nature/shared\\_nature\\_exp\\_pathway\\_family\\_bonds.pdf](http://www.recpro.org/assets/Library/Children_in_Nature/shared_nature_exp_pathway_family_bonds.pdf)

Get 'Em Outside video <http://www.gettingkidsoutdoors.org/get-%E2%80%98em-outside-video/>

Get Out and Play <http://www.healinglandscapes.org/related/play.html>

Novotney, A. (2008). Getting back to the great outdoors. *Monitor on Psychology, 39*(3), 58. <http://www.apa.org/monitor/2008/03/outdoors.aspx>

Living in the Real World Jim Greenman 1991

[http://www.naturalplaygrounds.com/documents/NaturalPlaygroundsDotCom\\_Living\\_RealWorld.pdf](http://www.naturalplaygrounds.com/documents/NaturalPlaygroundsDotCom_Living_RealWorld.pdf)

Louv, R. (2008). *Last child in the woods*. Chapel Hill, NC: Algonquin Books.

Louv, R. (2011). *The nature principle: Human restoration and the end of nature-deficit disorder*. Chapel Hill, NC: Algonquin Books.

National Center for Physical Development and Outdoor Play

<http://www.aahperd.org/headstartbodystart/>

Natural Learning Initiative <http://www.naturalearning.org/>

North American Association for Environmental Education (NAAEE) <http://www.naaee.net/>

NAAEE Publication (guidelines for excellence in programs, International Journal of Early Childhood Environmental Education, free download of the Early Childhood Environmental Education Rating Scale) <http://www.naaee.net/publications>

Environmental Education Toolbox (organized collection of publication for educators who provide professional development on environmental education) <http://www.naaee.net/publications/eetoolbox>

Outdoor Play <http://www.pgpedia.com/o/outdoor-play>

Places to Play: A Guide to Protected Places for Fresh Air Fund Families

[http://www.tpl.org/sites/default/files/tpl\\_convio/files/live/assets/files/local-places-to-play-guide.pdf](http://www.tpl.org/sites/default/files/tpl_convio/files/live/assets/files/local-places-to-play-guide.pdf)

*Play Again* (award winning film)

<http://playagainfilm.com/> (free 2-minute trailer; ordering information)

Resource Guide Supplement to *Last Child in the Woods*

<http://richardlouv.com/books/last-child/resource-guide/>

Sachs, N., & Vincenta, T. *Prescription for Play: Nature-Based Learning and Play for Children with Autism and Other Special Needs*

[http://kaboom.org/docs/documents/pdf/playschool/Prescription for Play Supplemental Materials.pdf](http://kaboom.org/docs/documents/pdf/playschool/Prescription_for_Play_Supplemental_Materials.pdf)

Sequential Outdoor Learning Environment <http://www.solenvironment.org/>

*Shane's Inspiration: Where I Feel Like Me* (video on universally inclusive playgrounds)

<http://www.youtube.com/watch?v=vUDKtK6Gfls>

Supporting Outdoor Play and Exploration for Infants and Toddlers

<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/docs/ehs-ta-paper-14-outdoor-play.pdf>

Therapeutic Landscapes Network <http://www.healinglandscapes.org/>

Townsend, M., & Weerasuriya, R. (2010). *Beyond blue to green: The benefits of contact with nature for mental health and well being*. [http://www.hphpcentral.com/wp-content/uploads/2010/09/beyondblue\\_togreen.pdf](http://www.hphpcentral.com/wp-content/uploads/2010/09/beyondblue_togreen.pdf)

University of New Mexico Family Development Program. *Watch me play. Watch me learn: In nature*.

*This resource is available in English and Spanish.*

<http://fdp.unm.edu/resources/books/watch-me-play-watch-me-learn-in-nature.html>

Wells, N. (2003). Nearby nature: A buffer of life stress among rural children. *Environment and Behavior*, 35(3), 311-330. <http://www.outdoorfoundation.org/pdf/NearbyNature.pdf>

Wells, N.M. (2000). At home with nature: effects of "greenness" on children's cognitive functioning. *Environment and Behavior*, 32 (6), 775-795.

[http://www.sfrc.ufl.edu/urbanforestry/Resources/PDF%20downloads/Wells\\_2000.pdf](http://www.sfrc.ufl.edu/urbanforestry/Resources/PDF%20downloads/Wells_2000.pdf)

The Wisdom of Nature: Out My Back Door

<http://www.communityplaythings.com/~media/files/cpus/library/training-resources/booklets/wisdom-of-nature.pdf>

**Play is . . . essential**

**Marano, H. E. (1999). The power of play.**

<http://www.psychologytoday.com/collections/201202/play-time/the-power-play>

National Institute for Play. (n.d.) *Play science: The patterns of play*.

[http://nifplay.org/states\\_play.html](http://nifplay.org/states_play.html)

Ultimate Block Party

<http://www.youtube.com/watch?v=yMoM1MtuO1w&feature=related> or

<http://www.ultimateblockparty.com/>

Use social media to spread the word!

## **JOIN VAPT FB**

Make sure you are a VAPT Fan by liking our VAPT page (you do not have to be a member--have your family like us!). Visit FB often, post, and share what we share!  
<https://www.facebook.com/pages/Virginia-Association-for-Play-Therapy/234395618441#!/pages/Virginia-Association-for-Play-Therapy/234395618441>

## **MEET ANDREW**

Post a great video about how play therapy matches the way children communicate their emotional world.

View and post MEET ANDREW

[http://www.youtube.com/watch?v=IhFhfamS\\_ul&feature=share&list=UU0DXBcxCd63IZDtMzzFotA](http://www.youtube.com/watch?v=IhFhfamS_ul&feature=share&list=UU0DXBcxCd63IZDtMzzFotA)

## **PRESS RELEASE**

You are welcome to craft your own communication by using information, branch logo, and photos from the APT national site.

The site provides guidance about the use of the material--please read it carefully and spread the word! We have a lot to celebrate!

Photos and logo <http://www.a4pt.org/ps.index.cfm?ID=2293>

Press release <http://www.a4pt.org/ps.pressroom.cfm>

## **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>

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 George Enfield [ghenfield@gmail.com](mailto:ghenfield@gmail.com)

**Harrisonburg VAPT** - Chairpersons Anne Stewart and Debbie Sturm  
[sturmdc@jmu.edu](mailto:sturmdc@jmu.edu)

**Forest VAPT** Chairperson Norma White [norma.white@couplesandkids.com](mailto:norma.white@couplesandkids.com)

**Fairfax VAPT** Chairperson Sheri Mitschelen [shmitsch@verizon.net](mailto:shmitsch@verizon.net)

**Gainesville VAPT** Chairperson Cathi Spooner [cspooner@phoenixfamilycounseling.com](mailto:cspooner@phoenixfamilycounseling.com)

**Richmond VAPT** Chairperson Jan Williamson [jlwilliamson@mindspring.com](mailto:jlwilliamson@mindspring.com)

**Roanoke VAPT** Chairperson Roanoke VAPT Chairperson Jennifer Thomas and Kim Botetourt [playtherapy@verizon.net](mailto:playtherapy@verizon.net) and [kim@botetourt counseling.com](mailto:kim@botetourt counseling.com)

**Rockbridge Area VAPT** Chairperson Katie Masey [kmasey@racs.org](mailto:kmasey@racs.org)

**Staunton** Chairperson Lisa Rochford [lisa@connectedchild.info](mailto:lisa@connectedchild.info)

**Southwest VAPT** Chairpersons Donna Callis and Teresa Viers  
[dcallis@CACBWCV.ORG](mailto:dcallis@CACBWCV.ORG) and [tviers@highlandscsb.org](mailto:tviers@highlandscsb.org)

Chairperson Sydney Peltier [speltier@highlandscsb.org](mailto:speltier@highlandscsb.org)  
**Tidewater VAPT** Chairpersons Debbie Balak and Holly Tracy  
[dbalak@cox.net](mailto:dbalak@cox.net) and [peacebypiece@cox.net](mailto:peacebypiece@cox.net)

# **17<sup>th</sup> Annual VAPT Conference**

## **June 13-14, 2014**

### **Harrisonburg, VA**



## **Building Sandcastles in the Sky: Integrative Sand Tray Therapy with Children & Families**

**With Dr. Eric Green**

### **Overview**

This workshop will provide the overview, rationale, process, and research-supported benefits of Eric Green's integrative sand tray therapy model with children and families. Additionally, the workshop material will address the activation of archetypal (or symbolic) imagination that naturally occurs when children engage in the multi-sensory, 'primal' sand therapy process. The presenter will include his research and clinical applications of sand tray therapy with diverse populations including: (a) high-functioning children on the Autism spectrum, (b) children diagnosed with externalizing behavioral disorders, including Oppositional Defiant Disorders; and (c) children traumatized by human-made and/or natural disasters. Brief video clips will be featured from the presenter's play therapy private practice with children. "Sand Tray" will be compared and contrasted with "Sandplay" for advanced practitioners. Finally, participants will have multiple opportunities to engage in experiential sand tray activities and personal, critical reflection throughout the training.

### **Learning Objectives**

1. After the session, participants will be able to articulate the basic premise behind the healing power of an integrative sand tray approach with children.
2. After the session, participants will execute one sand tray intervention for practical use with their clients, applicable in school systems, community agencies, hospitals, private practice, etc.
3. After the session, participants will list 2 mechanisms of competently incorporating “Sand Tray” into culturally and diagnostically diverse clinical populations.

## **Presenter Bio**

**Eric Green, PhD, LPC-S, RPT-S, Certified School Counselor, Sandplay Therapist Practitioner,** is currently an Associate Professor in the Department of Counseling and Human Services at the University of North Texas at Dallas (UNT Dallas). He teaches graduate coursework in play therapy and is the director of the university’s community counseling clinic, which serves under-resourced children in the South Dallas community through play therapy interventions at no or low-charge. Before joining UNT Dallas, Eric was a full-time faculty member and coordinated the play therapy graduate certificate program at the Johns Hopkins University in Baltimore, MD. He maintains a part-time, annual summer teaching schedule at Johns Hopkins’ Baltimore (Homewood) campus. Eric presents regularly at state, national, and international mental health conferences, including being a regularly invited keynote speaker at various Associations for Play Therapy’s (APT) state branch conferences as well as international play-based organizations [Gold Coast, Queensland, Australia (August 2013); Niagara Falls, Toronto, Canada (April 2013); Canadian Sandplay Therapists of America (February 2014)]. He has more than 50 professional publications related to children’s mental health, Eric and Athena Drewes published a new book in late 2013, “Integrating Expressive Arts into Play Therapy with Children” (John Wiley, 2013). Eric’s second book, “The Handbook of Jungian Play Therapy” (Johns Hopkins University Press) will be released in summer 2014. He’s recently completed a 3-year term as an editorial board member with the *International Journal of Play Therapy*, as well as he’s a graduate of the APT Leadership Academy. He was the 2006 recipient of one of the national awards conferred by APT, *Play Therapy Promotion and Education*. Eric maintains a part-time, private practice in child psychotherapy in Dallas, TX. He is a member of the Jung Society of North Texas as well as an affiliate member of the Sandplay Therapists of America. In spring 2013, Eric released a DVD titled, “Jungian Play Therapy and Sandplay with Children” (Alexander Street Press). [www.drericgreen.com](http://www.drericgreen.com)