



SEPTEMBER
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VAPT Enote

Dear VAPT members,

Fall has arrived! Find your calendars, cell phones, and IPADS and enter these **SAVE-THE-DATE** days and locations for our upcoming VAPT trainings!

SAVE the DATES

VAPT Winter Workshop January 30, 2015. Richmond, VA

VAPT COME PLAY with US!! Conference June 13 and 14, 2015. Harrisonburg, VA

VAPT Chapters and Chapter Chairs

Southwest

Chairpersons Donna Callis and Teresa Viers and Sydney Peltier
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Tidewater

Chairpersons Debbie Balak and Holly Tracy
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Richmond VAPT Chairperson Jan Williamson jlwilliamson@mindspring.com

NOVA

Fairfax Chairperson Sheri Mitschelen shmitsch@verizon.net
Gainesville Chairperson Cathi Spooner cspooner@phoenixfamilycounseling.com

Shenandoah Valley

Rockbridge Area Chairperson Katie Masey kmasey@racsb.org
Staunton Chairperson Lisa Rochford lisa@connectedchild.info
Harrisonburg Chairperson Anne Stewart stewararl@jmu.edu
Winchester Chairperson Carmela Crawford ccrawford.paw@comcast.net

Forest Chairperson Norma White norma.white@couplesandkids.com

Roanoke Chairpersons Jennifer Thomas and Kim Montgomery
playtherapy@verizon.net and kim@botetourtcounting.com

Say HELLO to your playmates!

Self-care for play therapists



Play therapists, like most helping professionals, have a wealth of ideas, activities, and strategies to help clients, across the lifespan, maintain a balanced lifestyle. However, we often are challenged to follow our own advice. The first suggestion is, of course, to PLAY. Here are some other ideas to consider.

- ♥ Close your eyes for 5 minutes and take deep breaths.
- ♥ Take a 10 minute walk.
- ♥ Listen to music and dance between client appointments. Or anytime.
- ♥ Do your favorite stretch. Do it again!
- ♥ Find a cultural event you would enjoy and put it in your schedule.
- ♥ Have “3 minutes of self care” at each staff meeting. Rotate who is in charge of bringing a new self care idea to share and conduct.
- ♥ Plan to attend the VAPT conferences. Really, we have fun, learn, and renew together with talented, caring therapists!

Advice from Professionals for Professionals*

[How Clinicians Practice Self-Care & 9 Tips for Readers](#)

Working out, mindfulness meditation, spending time with friends are all mentioned on this webpage as helpful self-care practices. Read about the variety of ways other clinicians practice self-care.

[Tips for Self –Care](#) APA Tips for Self-Care notes that maintaining a healthy balance in our professional and personal lives actually assists us to honor our ethical principles and code of conduct. The tips include a suggestion to consider occasional self-assessments to gauge your own level of well-being.

[Taking care of yourself as a counselor](#) This article recommends problem solving with colleagues, journaling, engaging in clinical supervision and keeping a folder of thank you notes and messages from clients as a reminder of success stories.

*Click/control on the titles to follow link.

Transforming Compassion Fatigue into Compassion Satisfaction: Top 12 Self-Care Tips for Helpers

Transforming Compassion Fatigue into Compassion Satisfaction is a document that discusses a variety of helpful strategies. An assessment of compassion fatigue is suggested. <http://www.compassionfatigue.org/pages/Top12SelfCareTips.pdf>

Playgrounds for All Children: Here’s How to Find One

NPR Ed posted this story and created an app to help families locate accessible playgrounds. The photograph is one of 2505 playgrounds in 48 states and DC and 996 cities listed in NPR’s [Playgrounds for Everyone](#) app. (Click to follow link and find out how to obtain the app). An excerpt from the page follows:



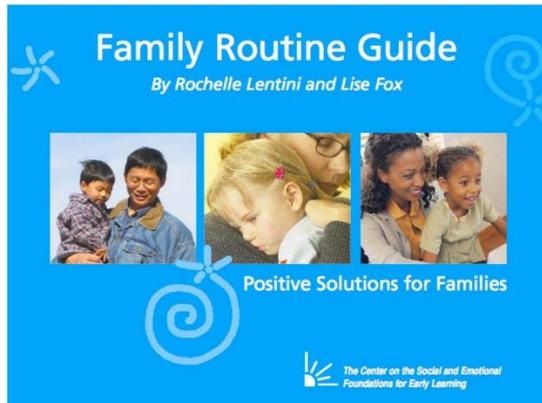
Outdoor time, motion and social interaction are crucial for development in all children, according to Angela Hanscom. She's a pediatric occupational therapist who runs an [outdoor camp in New Hampshire](#), using nature as both prevention and treatment for sensory development issues.

"Movement and play are important for both atypical and typical children," she says. For example, take the simple act of moving your head off the vertical axis, by hanging upside down, spinning or swinging. This kind of action helps develop what is called the vestibular system. That means it's giving the little hair cells

inside our inner ear important input, helping us develop awareness of our own midline and shape. This, in turn, is crucial for walking or even for balance when sitting.

Family Routine Guide

Play therapists discuss the importance of routines and everyday rituals with families and teachers. The Family Routine Guide, from the Center on the Social and Emotional Foundations for Early Learning lists a number of common routines that could be problematic for young children with challenging behaviors. The Guide includes routines such as getting dressed, brushing



teeth, riding in the car, and taking medicine. The Guide has a columnar chart framework with questions to help describe and problem-solve strategies to help routines go more smoothly. You may wish to suggest this resource to families or use it collaboratively with parents or teachers.

Here is an edited excerpt:

The first column is titled "Why might my child be doing this?" and provides ideas that will assist caregivers in thinking about what the child may be communicating through his/her challenging behavior.

After the caregiver is able to identify what the child is communicating through challenging behavior (i.e., the function of the behavior), he/she can proceed with developing a plan of support by examining the next column in the chart, "What can I do to prevent the problem behavior?" The prevention

column provides strategies that will help the child participate in the routine without having challenging behavior. The next column, "What can I do if the problem behavior occurs?", provides the caregiver with ideas on how he/she can respond in a way that does not maintain the problem behavior (or keep the behavior happening). Lastly a column entitled, "What new skills should I teach?" suggests new skills to teach to replace the challenging behavior. Importantly, many of the strategies mentioned in the guide are quick and easy to implement.

Download the complete guide at: http://csefel.vanderbilt.edu/resources/parent/mod6/family_routine_guide.pdf

Playfully,

Anne

playmates!

New playmates joined our learning community this summer.
Please join me in welcoming them!

Diane Hattler
Diana Emblar
Anna Zganiacz
Melissa Ann Woods
Lindsay Stejskal
Kristy Bazzanella

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

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

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