



February 2015

**Show your love of play therapy by celebrating
National Play Therapy Week 2015
February 1 to 7**



Heart Symbol Strategies

by David Crenshaw

<http://www.rhinebeckcfc.com/heartsymbolstrategies.htm>

The Velvet-Lined Box of Hearts

Play therapist, David Crenshaw, shares this technique to help you and your clients explore important losses and disappointments in their lives. Look along the left sidebar to see many other techniques listed - click and David shares the purpose, needed materials and how to complete the activity.

Thank you, David!

10 Tools for Positive Attachment

<https://www.psychologytoday.com/blog/emotional-fitness/200909/10-tools-positive-attachment>

By spelling out attachment, the author provides reminders for play therapists about how to support healthy and satisfying relationships. Discover what A is foretc.!

10 Tips for Raising Outdoor-Loving Kids

<http://thebigoutside.com/10-tips-for-raising-outdoors-loving-kids/>

A parent written blog series that may be more aspirational than achievable for most parents - this entry has good advice for play therapists to share with parents. Given that being outdoors is accruing more and more evidence that it promotes physical health AND emotional well-being, we can support children and families by sharing resources to increase time and appreciation for being out-of-doors- especially being the out-of-doors **together!**



From the CSEFEL home webpage:

“The **Center on the Social and Emotional Foundations for Early Learning (CSEFEL)** is focused on promoting the social emotional development and school readiness of young children birth to age 5. CSEFEL is a national resource center funded by the Office of Head Start and Child Care Bureau for disseminating research and evidence-based practices to early childhood programs across the country.”

CSEFEL offers a comprehensive and understandable description of attachment and child development at <http://csefel.vanderbilt.edu/resources/wwwb/wwwb24.html>

Attachment – Origins of Love Relationships

Bob Marvin, PhD, discusses developmental pathways, which unfold across the lifespan, and the quality of relationships we have with our parents, friends and significant others at <https://www.youtube.com/watch?v=jODgWQwOWnI>

For a You Tube-based short course in the history and current context of attachment you can view:

[Ainsworth and Attachment Part 1](#)

<https://www.youtube.com/watch?v=4HHTohtXEq8>

[Ainsworth and Attachment Part 2](#)

<https://www.youtube.com/watch?v=QZdlLS2eTPU>

[Ainsworth and Attachment Part 3](#)

<https://www.youtube.com/watch?v=9HG05AIIH6Y>

Chapters and Chapter Chairs

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Playfully,
Anne

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Website -see <http://vapt.cisat.jmu.edu/>

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