



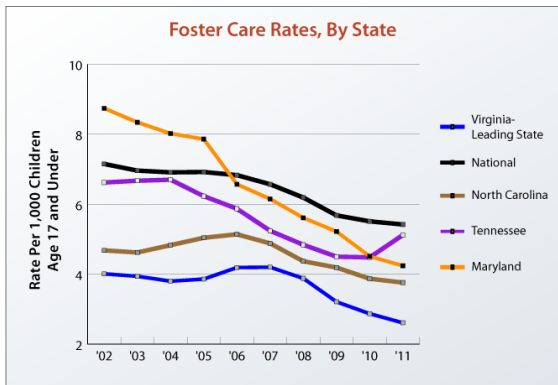
HELLO,
MAY.



May is National Foster Care Month!



- **How is Virginia Doing? Data on Foster Care in Virginia**



Nationally, the average rate of children placed in foster care has declined from 7.2 per 1,000 children in 2002 to 5.4 in 2011. During this same period, Virginia's rate has decreased from 4.0 to 2.6 per 1,000 children -- a rate that ranks Virginia best in the nation -- and best among its peer states as well. Per 1,000 children aged 17 and under in 2011, Tennessee had 5.1, Maryland had 4.2, and North Carolina had 3.8 in foster care.

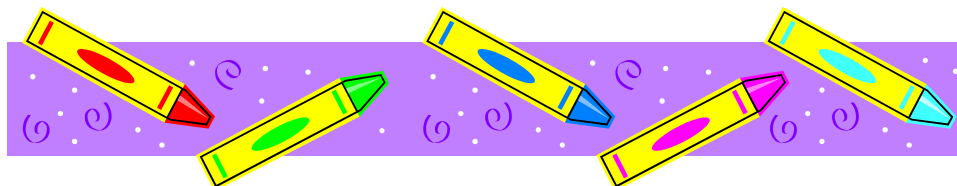
• Theraplay® with Children in Foster Care: A Case Study

The following excerpt is from an article by a Marlo Winstead, a play therapist and certified Theraplay therapist. Many excellent sources about Theraplay® can be explored at the Theraplay® website and from the Self Esteem Shop. Theraplay® is a directive play therapy approach with a growing research base. VAPT has had Theraplay® executive director, Phyllis Booth, conduct trainings for our members.

Theraplay® can play a powerful role in the lives of foster children and their families. Trauma expert Bruce Perry observes, “These children prefer the certainty of misery to the misery of uncertainty,” (2007). The attunement children receive from Theraplay is a certainty of a different kind—a potentially mind changing positive experience of empathy and care. The following case study illustrates how Theraplay provided stability in three different environments through the affective attunement of clinicians and caring adults during periods of great uncertainty in a foster child’s life. This stability and attunement allowed for the gradual development and re-development of the child’s internal working model reflected in healthier relationships with others.

To read the complete article goes to:

<http://www.theraplay.org/index.php/articles-about-theraplay/78-theraplay-and-attachment/53-article-theraplayr-with-children-in-foster-care-a-case-study>



• Color for Stress Relief



Working with children and families is rewarding and can be emotionally and physically taxing. As a Play Therapist -What do you do for fun?

Did you know there are coloring pages for adults?

Check out these websites for adult coloring pages or ways to engage your inner artist.

<http://www.art-is-fun.com/>

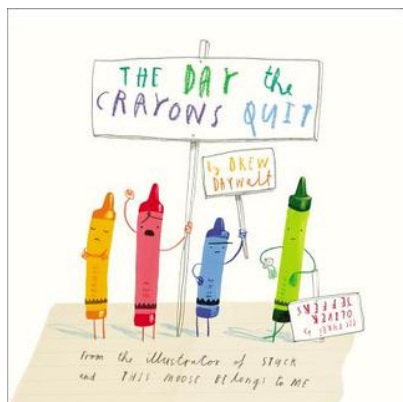
<http://www.pinterest.com/wildcrafter1/coloring-for-adults/>

• Benefits of Coloring

Coloring is not just for kids...Coloring can be **therapeutic**. It helps calm your mind so you can relax. Coloring can put you in the "**flow**". When you concentrate on coloring, you are in the moment, which is **energizing** and **revitalizing**.

Coloring is a **creative warm-up**. It helps you tap into your artistic self and spark your imagination. When you color, you **make your mark!** Artistic expression can lead to a healthy sense of self.

• The Day the Crayons Quit



Here is a book about Crayons that you can use with your clients.

by [Drew Daywalt](#), [Oliver Jeffers](#) (Illustrations)

Duncan's crayons are on strike. One morning he opens his desk looking for them and, in their place, finds a pack of letters detailing their grievances, one crayon at a time. Red is tired. Beige is bored. Black is misunderstood. Peach is naked! The conceit is an enticing one, and although the crayons' complaints are not entirely unique (a preponderance centers around some variation of overuse), the artist's indelible characterization contributes significant charm.

Recommended for Grades K-3. --Thom Barthelmess

• Building your Play Therapy Room and Library! Attention Graduate Students



[Special offer for graduate students from Child Therapy Toys!](#)

FROM the CHILD THERAPY TOYS WEBSITE:

"Putting yourself through graduate school is increasingly expensive and many of us recall the days of living on pasta and hot dogs just to try to stay above water. We at ChildTherapyToys.com do, at least, and that's why we're offering a 15% discount for graduate students. Just drop us a line at support@childtherapytoys.com. Be sure to include a student ID and a picture ID to match and we'll sign you up!"

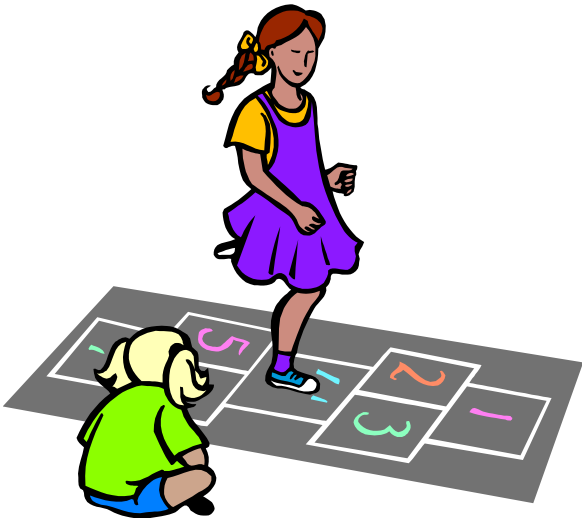
• Taking Play Outside!



Playing with sidewalk chalk is one of my favorite play therapy Activities this time of year!

You can use sidewalk chalk in many different ways. You can play hop scotch and put feelings in each square. (Remember playing this as a kid??)

To begin, a person tosses their marker (a small rock or soft ball) onto a square with a feeling in it. They must hop over that square and land on squares with one foot in each. Then they must turn around by hopping on one foot and come back the same way they went up, stopping to pick up their



marker and sharing about a time when they felt the feeling. If no mistakes were made, the same player continues by tossing their marker again avoiding contact with the square that contains the marker and sharing the feeling.

A player's turn ends when one of the following happens:

- Player loses balance and places hand or second foot down
- Player steps on a line
- Player hops on wrong square or square containing a marker

- Player puts both feet down in a single box

-They don't want to share about a time they felt the feeling

You can also do free drawing outside with sidewalk chalk. It's a great way for kids to express their thoughts or feelings with chalk.



• Chapters and Chapter Chairs

- **Central Virginia VAPT** Chairperson George Enfield ghenfield@gmail.com
- **Forest VAPT** Chairperson Norma White norma.white@couplesandkids.com
- **Harrisonburg VAPT** Chairpersons Anne Stewart and Debbie Sturm sturmdc@jmu.edu
- **Northern VAPT** Chairperson Sheri Mitschelen shmitsch@gmail.com
- **Gainesville VAPT** Chairperson Cathi Spooner csponer@phoenixfamilycounseling.com
- **Richmond VAPT** Chairperson Jan Williamson jlwilliamson@mindspring.com
- **Roanoke VAPT** Chairperson Jennifer Thomas and Kim Botetourt playtherapy@verizon.net and kim@botetourtounseling.com
- **Rockbridge Area VAPT** Chairperson **OPEN - JOIN IN!!**
- **Staunton VAPT** Chairperson Lisa Rochford lisa@connectedchild.info
- **Southwest VAPT** Chairpersons Donna Callis and Teresa Viers dcallis@CACBWCV.ORG and tviers@highlandscsb.org Chairperson Sydney Peltier speltier@highlandscsb.org
- **Tidewater VAPT** Chairpersons Debbie Balak and Holly Tracy dbalak@cox.net and peacebypiece@cox.net

Playfully,

Sheri Mitschelen, LCSW
Northern VAPT, Chair

**VAPT benefits = Enotes. FB. Twitter. Website!
AND Reduced Registration at all VAPT workshops!
Visit our VAPT Website and LIKE the VAPT Facebook page.**

Visit often for updates on trainings and resources, research, and fun!

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

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