



september



2015

Hi all,

Here is a message from VAPT member and Gainesville area Chapter Chair, Cathy Spooner!

Greetings fellow playmates! Just a reminder to let VAPT know when you promote the benefits play therapy in your community. VAPT is a Gold Branch member of APT. Gold Branch status shows that our chapter has provided a variety of services to members and the community in the advancement of play therapy. Gold Branch requirements include completing outreach activities to individuals or professionals in the community who are not practitioners of play therapy. Association for Play Therapy staff member Stephanie Carter's suggested the following for play therapy awareness activities:

- Providing a booth at a conference, community fair or school function
- Conducting a presentation on play therapy to schools or social service agencies
- Distributing "Why Play Therapy" brochures to schools or businesses

I direct a private group practice and typically use play therapy awareness as part of my networking and marketing to physicians and schools to help them understand what play therapy is and why it is important. Keep in mind that there are several "awareness" months for a variety of issues that impact children- such as, Child Abuse Prevention month in April, ADHD awareness week in September, Autism Awareness month in April, Domestic Violence Awareness month in October, African American History month in February, Native American History Heritage month in November, National Adoption Month in November, Poverty in America Awareness Month in January, Family Wellness Month in May, etc

If you have provided play therapy awareness in your community, please let VAPT know about your event in any of the following ways: pictures and writing up the event, forward an electronic version of your flyer, brochure, forward the article in the newspaper, etc. You can email your documentation to Cathy Spooner at cspooner@phoenixfamilycounseling.com



Back to School

Children who are anxious about returning to school will do best in a supportive and organized classroom with a predictable routine and clear expectations for behavior.

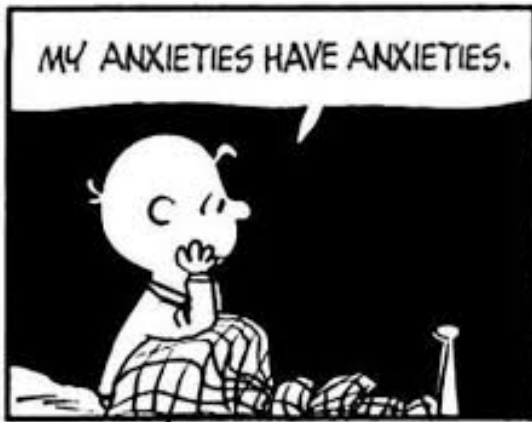
Teachers who create a positive classroom environment and do not rely on fear or punishment make great match for these children (actually for all children). This site includes a description of typical anxiety, 'red flags,' causes, and treatments.

The link below names a possible concern for a child and then describes accommodations to reduce anxiety in the classroom. Here is an excerpt:

Return after illness

Ever responsible, anxious kids may be very distressed about work they have missed while they were out. Assign a responsible buddy to copy notes and share handouts. If tests are given the day of the child's return, give them the option to take the test at another time and use the test-time to make up any other missing work.

<http://www.worrywisekids.org/node/40>



Play Therapy and Anxiety

Don't forget to consult our own APT site for information. APT summarizes a number of childhood disorders and shares the results from meta-analytic literature review of published play therapy research by Bratton, Ray & Rhine (2005) at the following site:

<http://www.a4pt.org/general/custom.asp?page=BehavioralDisorders>

School Anxiety

“Share your confidence in your child’s ability to cope.”

This is one recommendation offered to parents in a brief informative video on the following site:

<http://www.parents.com/toddlers-preschoolers/starting-preschool/issues/child-school-anxiety/>

The page effectively uses a Q and A format to describe why children may be nervous about going to school, along with a short video.

Social Anxiety in Children and Teens



This YouTube video talks about the characteristics of children who are shy compared to children with anxiety. The speaker covers how children may present and comment on their subjective experience. I recommend viewing the video and with parents, as it stresses many negative outcomes that may occur for children with significant anxiety. It could also be helpful to inform teachers or coaches and the severity of the problem for youth. (The video is NOT of Anxiety Girl...I just love the graphic and inserted it here.)

The video is like a ‘mini-lecture’ and is produced by the Anxiety and Depression Association of America.)

View it at:

https://www.youtube.com/watch?v=yWeA-u_Wx2g

Butterflies in my Stomach

Liana Lowenstein shares how to conduct a play therapy intervention for children in this video.

https://www.youtube.com/watch?v=Gt_ZHa1VwPU&spfreload=10

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 cspooner@phoenixfamilycounseling.com
- **Richmond VAPT** Chairperson Jan Williamson jlwilliamson@mindspring.com
- **Roanoke VAPT** Chairperson Jennifer Thomas and Kim Montgomery playtherapy@verizon.net and kim@botetourt counseling.com
- **Rockbridge Area VAPT** Chairperson Katie Masey
- **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,
Anne**

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>