



VAPT 20th come play with us!! Conference

Taming the Trauma:

Play Therapy Interventions for Hurting Children and Teens

and

The Worry Wars:

Equipping our Clients to Effectively Fight their Fears



Presented by
Paris Goodyear-Brown, LCSW, RPT-S

Monday, May 16 and Tuesday, May 17, 2016

James Madison University
Festival Conference & Student Center
1301 Carrier Drive
Harrisonburg, Virginia 22807

Additional Play Therapy trainings Co-sponsored by VAPT



APRIL 8, 2016

Symbols in the Sand: Understanding Symbols and Meaning in Play Therapy - Fairfax

Presenter: Jennifer Glacel, LCSW, RPT/S

MAY 13, 2016

Children and Grief: Play-Based Interventions for Therapists - Fairfax

Presenter: Wendy Radding, LCSW, RPT

The program offers 3.0 contact hours in Play Therapy

For more information and to register

<http://www.crossroadsfamilycounselingcenter.com/2016-training-sessions/>

JUNE 10-12, 2016

MID-ATLANTIC PLAY THERAPY TRAINING INSTITUTE - Arlington

The program offers 20.0 CEU's in Play Therapy

For more information and to register

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

March 9th is Barbie's Birthday



Did you know that Barbie has evolved, Finally!

Introducing the 2016 Barbie® Fashionistas™ Dolls. Releasing over time throughout the year, the line includes 4 body types, 7 skin tones, 22 eye colors, 24 hairstyles, and countless on-trend fashions and accessories.

Every year on March 17, the Irish and the Irish-at-heart across the globe observe *St. Patrick's Day*. What began as a religious feast *day* for the patron *saint* of Ireland has become an international festival celebrating Irish culture with parades, dancing, special foods and a whole lot of green.

St. Patricks Day Play Therapy ideas...

How To Make A Rainbow Sensory Bottle

<http://kidscraftroom.com/rainbow-sensory-play-bottles-and-homemade-musical-instruments/>

RAINBOW Sensory Bottles



Musical Shakers



First, have the child put the colored pompoms into the bottle.

For a play therapy twist-you could have the child choose colored pompoms that reflect a feeling or a positive thought that they put into the bottle.

Next put in the rice. This gives a bit of noise when the bottles were shaken and this was nice and plain so it didn't detract from the colors. You could use lots of other things too like pasta, seeds, etc...Putting in the rice offers a great opportunity for the children to *problem solve* and practice their *fine motor skills*.

- Can the children problem solve how best to get the rice into the bottle?
- You could give them simple tools to try, maybe a spoon, chop sticks, funnel, rolled up piece of paper, tweezers etc.

Now for the rainbow ribbon lid. A grown up will need to make a hole in the lid to thread the ribbon through,

It can easily be done using an old screwdriver. Then you need to prepare your ribbons. There are lots of *color learning*

opportunities here too and the chance to do some *measuring* and *cutting*.

Look at all the color learning opportunities with the pompoms above. You can use the same ideas here with the rainbow colored ribbons too.

- Can the children decide how long they want their ribbon to be?
- Do they want them all the same length or different lengths?
- Once they have the ribbon lengths tape the ends together to make it easier to thread through the lid. Once through remove the tape and tie the rainbow ribbons in a tight and thick knot.
- Pop your lid on the bottle and hey presto! A visual treat to turn, twist, tip and spin and enjoy looking at all the racing and tumbling colors. The sensation of the weighted rice moving about is great for tiny tots and of course it makes a fantastic noise!

St Patricks Day Slime Play for Kids



We love slime and our [easy homemade slime recipe](#) is the best there is! Simple and quick to make with no fail results.

Add themed confetti and glitter too! Make sure to check out more St. Patrick's Day activities too at the bottom of this webpage.

<http://littlebinsforlittlehands.com/st-patricks-day-slime-recipe-holiday-sensory-play/>

ST PATRICK DAY SLIME SUPPLIES

Elmer's Clear washable glue

St Patricks Day Confetti

Gold Glitter

White Washable Elmer's Glue

Liquid Starch

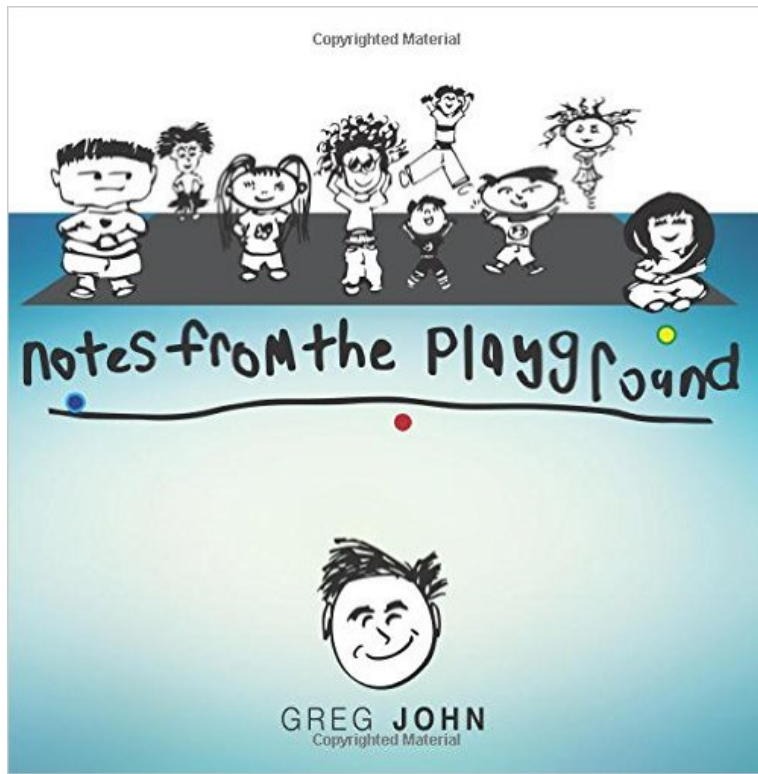
Water

Green food coloring

Measuring cup, bowls and spoons

A couple hints and tricks for your slime! Two of the slimes use clear glue, the dark green and gold glitter and the clear with shamrocks. The mint green slime uses white glue. I added [6 drops of liquid green food coloring](#) to get a nice deep green color for our green clear slime. I added less to the white glue slime to make the mint green color. The white glue slime will need to be mixed longer and may appear stringier at first. Mix and remove from excess liquid and place in dry container. It gets even better after a 30 mins. The clear glue slime will mix quickly, but is also better after a bit of time to set up!

CHECK OUT THIS BOOK



Written by Principal Greg John. The vignettes in Greg's new book, Notes from the Playground, chart the unfolding of young hearts as children stand up, get knocked down, and stand once again.

The book takes you back to what it was like to step onto this asphalt proving ground, and underscores how play contributes to kids' physical and emotional well-being; their academic achievement; and their capacity for trust, self-control, and conflict resolution.

See more at:

<http://www.playworks.org/blog/bringing-out-best-notes-playground#sthash.YTEiRq6R.dpuf>

NEW – THE APT School-Based RPT Credential!!

School Based-Registered Play Therapists (SB-RPT) are school counselors or school psychologists who hold a license from their state's department of education, and who have satisfied the criteria described in the SB-RPT Guide.

For more information go to:

http://c.ymcdn.com/sites/www.a4pt.org/resource/resmgr/RPT_and_RPT-S_Credentials/SB-RPT_Guide_December_2015.pdf

and VAPT Chapter Chairs

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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

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

Facebook

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

Playfully,

Sheri Mitschelen, LCSW, RPT/S

Owner and Clinical Director of Crossroads Family Counseling Center, LLC in Fairfax, VA