



18th Annual VAPT  *COME PLAY WITH US!!*  Winter Workshop

Child Parent Relationship Therapy 101: Foundations in CPRT

February 8 and 9, 2018

Montpelier Room
East Campus Dining Hall
Harrisonburg, VA

Child Parent Relationship Therapy 102: Advanced Practice in CPRT

February 10 and 11, 2018

Montpelier Room
East Campus Dining Hall
Harrisonburg, VA

Schedule is 9:00 a.m. - 4:30 p.m. each day

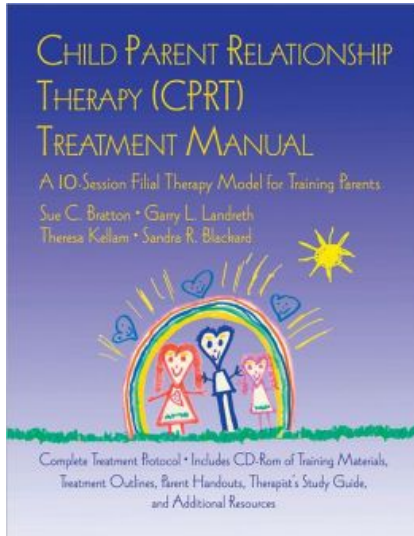
Registration opens December 1, 2017

[Check VAPT FB and your email for updates](#)

You (VAPT members) said to bring this brilliant presenter and training back to Virginia and we are!

Dr. Sue Bratton, co-originator of Child Parent Relationship Therapy with Dr. Garry Landreth, presented a two-day CPRT training for VAPT in the summer of 2015. Dr. Bratton will be conducting the foundational training (CPRT 101) for those new to this **SAMSHA-approved evidence-based intervention**. She is also conducting an advanced CPRT training (CPRT 102) for those of you wishing to pursue more complex clinical training and/or certification. Sign up for the first level (CPRT 101) or both! Sign up for CPRT 102 if you have completed the first level. For complete information about the CPRT Certificate program, visit <http://cpt.unt.edu/cprt-certification-trainings>.

Learn about SAMHSA's registry and many helpful resources at <https://nrepp.samhsa.gov/landing.aspx>.
NREPP has listed CPRT as an EBP – Way to go Garry and Sue! Way to go Play Therapy!



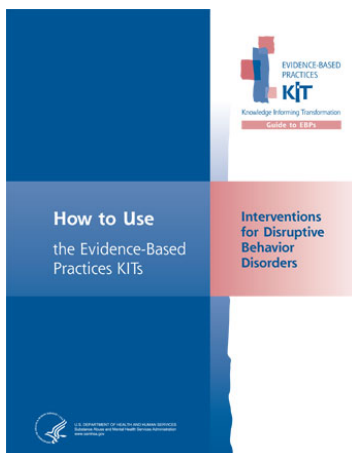
Child Parent Relationship Therapy

<https://nrepp.samhsa.gov/ProgramProfile.aspx?id=196>

Program Description Child Parent Relationship Therapy (CPRT) is a play-based treatment program for young children between 3 and 8 years who have behavioral, emotional, social, and attachment disorders and for their parents. CPRT aims to fully involve parents in the therapeutic process through group sessions in which parents learn skills to respond more effectively to their children's emotional and behavioral needs. In turn, children are expected to learn that they can count on their parents to reliably and consistently meet their needs for love, acceptance, safety, and security. The program is based upon the premise that a secure parent-child relationship is the essential factor for children's well-being. The goal of CPRT is to strengthen the quality of the parent-child attachment

bond as a means of reducing child behavior problems and stress in the parent-child relationship. In CPRT, parents are taught skills grounded in the principles of Child Centered Play Therapy (CCPT), which focuses on helping them establish or enhance a secure attachment with their child and respond to their child's underlying needs rather than focus on their child's symptoms. Parents learn attitudes and skills to help them respond to their child in ways that soothe and help their child move from reactive to receptive states, facilitate their child's self-regulation, and help their child develop internal resources and coping abilities. Parents learn to effectively limit their child's misbehavior, while demonstrating empathy and respect.

CPRT is typically administered in 10 weekly, 2-hour group sessions with five to eight parents. Sessions include a didactic component, a supervision component, and a group process component. During weeks 1-3, parents learn child-centered play therapy skills, concepts, and attitudes. In weeks 4-10, parents practice these CCPT-based skills in video-recorded play sessions with their children under the supervision of a CPRT facilitator/practitioner who is also trained in CCPT. The therapist reviews play-session videos to provide focused supervision and feedback for parents during weekly groups.



Interventions for Disruptive Behavior Disorders Evidence-Based Practices Kit

<https://store.samhsa.gov/product/Interventions-for-Disruptive-Behavior-Disorders-Evidence-Based-Practices-EBP-KIT/SMA11-4634CD-DVD>

This kit provides tools to assist in developing mental health programs that help prevent or reduce severe aggressive behavioral, emotional, and development issues in children by enhancing the knowledge of parents, caregivers, and providers. It includes six booklets.

2017 National Adoption Month

<https://www.childwelfare.gov/topics/adoption/nam/>

National Adoption Month is an initiative of the [Children's Bureau](#) with a goal to increase national awareness and bring attention to the need for permanent families for children and youth in the U.S. foster care system. Each year, the initiative focuses its outreach and awareness-raising efforts around a new adoption-related theme. For the 2017 National Adoption Month initiative, the theme "Teens Need Families, No Matter What," highlights the importance of identifying well-prepared and committed families for the thousands of teenagers in foster care. Many of these young people are less likely to be adopted, often because of their age, and will too often age out of the system without a stable support system. Securing lifelong connections for these teens, legally and emotionally, is an urgent need and critical component of their future achievement and overall well-being. Find information and resources for families, youth, and professionals, including Tip Sheets for distribution, videos and webinars.

Webinar for Professionals: How to Prepare and Support Families to Adopt Teens

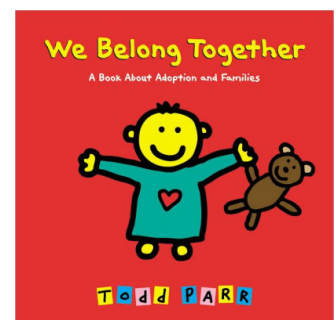
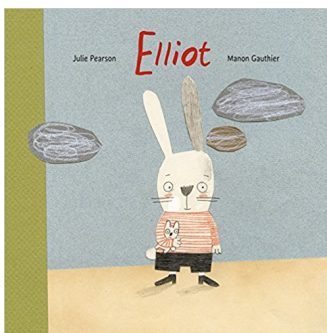
<https://www.childwelfare.gov/topics/adoption/nam/professionals/webinar/>

The webinar description states "National Adoption Month is highlighting the urgency and importance of identifying permanent families for thousands of teenagers in foster care. This year, we are focused on preparing and supporting families to adopt teens. This webinar will focus on providing information to support child welfare professionals in effectively preparing prospective and current adoptive parents to meet the needs of the teens they adopt."



Books on Adoption

Books for children, families and play therapists recommended by Dee Dee at the Self Esteem Shop – Thank you. We are grateful for you!



Elliot = <https://selfesteemshop.com/shop/elliott/>

Porcupette = <https://selfesteemshop.com/shop/porcupette-finds-a-family/>

We Belong Together = <https://selfesteemshop.com/shop/we-belong-together-a-book-about-adoption-and-families/>

7 Surprising Health Benefits of Gratitude

<http://time.com/5026174/health-benefits-of-gratitude/>

It seems gratitude may be a pathway to self-care. See this TIME magazine article about the health benefits of expressing gratitude.

Gratitude Game


Try this simple sentence completion with a child, family or group. (Can be used with colored pick-up sticks, too.)

GRATITUDE GAME

 Name a Person You are Thankful for

 Name a Place You are Thankful for

 Name a Food You are Thankful for

 Name a Thing You are Thankful for

 Name Anything of Your Choice

Stay in Touch with our VAPT Play Therapy World!

VAPT benefits = [Enotes](#). [FB](#). [Twitter](#). [Website](#)

Reduced Registration at all national APT and branch VAPT workshops!

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>

Chapters and Chapter Chairs

Find the chapter chair for your region – help them arrange a gathering and/or trainings for CE's in your gorgeous part of Virginia!

- **Central Virginia VAPT** | Chairperson George Enfield | ghenfield@gmail.com
- **Forest VAPT** | Chairperson Norma White | norma.white@couplesandkids.com
- **Harrisonburg VAPT** | Chairperson Anne Stewart | stewaral@jmu.edu
- **Northern VAPT** | Chairperson Megan Fiore Winn | <mfioreapt@gmail.com>
- **Richmond VAPT** | Chairperson Jan Williamson | jlwilliamson@mindspring.com
- **Roanoke VAPT** | Chairpersons Jennifer Thomas | playtherapy@verizon.net
Kim Montgomery | kim@botetourtounseling.com
- **Rockbridge Area VAPT** | Chairperson Katie Masey
- **Staunton VAPT** | Chairperson Lisa Rochford lisa@connectedchild.info
- **Southwest VAPT** | Chairpersons Donna Callis | dcallis@highlandscsb.org
Sydney Peltier | sydney@thriveworks.com
- **Tidewater VAPT** | Chairpersons Debbie Balak | dbalak@cox.net
Holly Tracy | peacebypiece@cox.net

And just for some fun...

Your Ninja Name:

A - ka	J - zu	S - ari
B - zu	K - me	T - chi
C - mi	L - ta	U - do
D - te	M - rin	V - ru
E - ku	N - to	W - mei
F - lu	O - mo	X - na
G - ji	P - no	Y - fu
H - ri	Q - ke	Z - zi
I - ki	R - shi	

#playon,
Anne (alias Ka-to-to-ku)

start each day
with a ♥
grateful heart