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Connect With CalAPT

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Hello!

The first few months of 2016 have been very busy for CALAPT. Both our Orange County and San Diego Chapters have already successfully hosted their full day workshops and the rest of our chapters have some wonderful events planned for the remainder of 2016. Be sure to check out our calendar (here and on our website) to make sure you do not miss anything!

We have also had several changes to our board. We have been encouraged and excited by the positive response we have had from so many members who are interested in joining our leadership team and hope to announce our new additions soon!

Our 2016 Southern California Play Therapy Conference is just around the corner. We are excited about our new venue and wonderful speaker lineup (more information in this newsletter). Although the 2016 Northern California Regional Play Therapy Conference was cancelled due to difficulty identifying a coordinator for the event, we have some exciting news for 2017 for both of our regional conferences. In 2017, Liana Lowenstein will be speaking for two days at our Southern California event in March. In July 2017, our Northern California event will be back, this time for two days, in beautiful San Luis Obispo!

Jodi Smith LCSW, RPT-S
CalAPT President
Adolescents are passionate, innovative, creative and wired to connect. The principals of play therapy are ideal to give teens the freedom of self-expression that they crave. Since teens “experience” the therapy the results are usually more profound and long-lasting. In this training, therapists will learn play therapy theories specific to adolescents and how to use interventions effectively.

Victoria Keyser, MSW, PsyD, RPT

May 21: Morning Session 1A (Choose 1)
Culturally Responsive Play Therapy for Bereaved Children (3 CE)

This workshop will focus on utilizing play therapy to treat bereaved children in a way that is consistent with their cultural beliefs and practices. Several playful and creative activities will be presented and practiced during the workshop.

Georgianne Wisen, LCSW, RPT

May 21: Morning Session 1B (Choose 1)
The Most Popular Therapist on the Block: Child-Centered Play Therapy For Assessment (3 CE)

This workshop will explore the starting points for Play Therapy and how to introduce the therapeutic relationship to younger clients using a Child-Centered Play Therapy framework. By the end of this workshop, attendees will be able to evidence knowledge, understanding and competence in Play Therapy assessment, treatment planning, and initial intervention skills.

Susan Reedy, MA, LMFT

May 21: Afternoon Session 2A (Choose 1)
Mindful Play Therapy: Learning to “Pay Attention” can be FUN! (3 CE)

Participants will be introduced to the work of Jon Kabat Zinn and the history of MBSR (Mindfulness Based Stress Reduction). Clinicians will learn how to introduce mindfulness practices to children as young as 4 up through adolescence, both in individual and group play therapy sessions.

Jessica Stone, PhD, RPT-S

May 21: Afternoon Session 2B (Choose 1)
Play Therapy with the Virtual Sandtray App: Pros, Cons, Possibilities (3 CE)

Traditional sandtray work can be especially challenging for therapists who do not have adequate space or who need their offices to be ‘portable’. This training will introduce participants to the virtual sandtray, a well developed digital modality for play therapists.

SoCal Regional Play Therapy Conference

May 20 & 21
Etiwanda Gardens
7576 Etiwanda Ave.
Rancho Cucamonga, CA 91739

Holly Willard, LCSW, RPT-S

May 20: Full Day Training
Not Just Child’s Play:
Using Play Therapy With Teens (6 CE)

Full Conference Ticket
APT Member: $260
Non-APT Member: $320
Student: $260

Single Day Ticket
APT Member: $155
Non-APT Member: $185
Student: $155

Group Discount
Full Conference ONLY:$250

Buy Tickets Here

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Other Upcoming Chapter Events

April 21, 2016
Central Coast Chapter
• Presents: Meet and Greet and Intervention Exchange
• Time: 6:00-8:00pm
• Location: The home of your 2016 President!: 1745 Oceanaire Dr, San Luis Obispo, CA
• RSVP: by April 16, 2016 to cccapt@gmail.com

April 21, 2016
Los Angeles Chapter
• Presents: “Good-byes That Heal: Leveraging the Power of Play Therapy During the Termination Process”
• Presented by: Bridgette Mitchell, LCSW, RPT-S
• Time: 6:00-8:00pm
• Location: The Guidance Center, 1301 Pine Ave, Long Beach, CA
• RSVP to Licex Frausto at lacalapt@gmail.com

April 30, 2016
San Diego Chapter
• Presents: Play Therapy Using the Virtual Sandtray App: Pros, Cons and Possibilities (1.5 CE)
• Presented by: Jessica Stone, Ph.D., RPT-S
• Time: 10:00am-12:00pm
• Location: National University: 11255 N Torrey Pines Rd San Diego, CA 92037
• RSVP to: sandiegocalapt@gmail.com

May 7, 2016
Orange County Chapter
• Presents: Art Therapy: Utilizing Art, Picture Books and Stories
• Presented by: Sara DeSmet MA, LMFT, ATR
• Time: 9:00am-11:00am
• Location: Argosy University, 601 S. Lewis St., Orange CA
• RSVP by May 1 to: jennharber@cox.net

May 7, 2016
San Bernardino Chapter
• Meet and Greet (No CEUs offered)
• Time: 10:00am
• Location: Panera Bread: 1053 East 19th Street Upland, CA 91784

May 7, 2016
Central Valley Chapter
• Meet and Greet (No CEUs offered)
• Time: 11:00am-12:30pm
• Location: Alliant International University, 5130 E Clinton Way, Fresno, CA 93727
• RSVP to jpatneely02@gmail.com or centralvalleycalapt@gmail.com by May 5th

May 14, 2016
Central Coast Chapter
• Presents: Animal-Assisted Play Therapy
• Presented by: Jodi Smith, LCSW, RPT-S
• Time: 10:00am-12:00pm
• Location: The Veteran’s Memorial Building, 801 Grand Ave., San Luis Obispo, CA
• RSVP to Pam Benadiba at cccalapt@gmail.com
I was very familiar with Care of the Soul and many Jungian oriented books way before I began working as a therapist with children in school and agency settings. So when I found the book, The Handbook of Jungian Play Therapy with Children and Adolescents by Eric Green, PHD, I was thrilled. I had already seen Eric present at the Play Therapy conference in Sacramento a few years back and really enjoyed his presentation on using the Mandala as a therapeutic technique.

This book is very thorough—including sections on working with children who have been sexually abused, have ADHD, have experienced death or trauma, and children diagnosed with Autism. It also has a very helpful section on integrating different theoretical rationale with Jungian Play Therapy. Some of the techniques he specifically describes are: sandplay, spontaneous drawings, expressive arts and using mandalas.

All of these techniques are very valuable, but the magic of this book is the continual call to be...to just be. Techniques without a doubt benefit our clients, but as Eric states over and over...it is really all about who we are with our clients not what we do. As he says, “The play therapist and child must surrender the demands of the ego to micro-manage the relationship building process. Instead, the therapist must allow the process of rapport building to organically flourish, based upon a trusting, emotionally safe therapist alliance over time.”

Also within the book is a description of Jungian therapy and how it is adapted for children. As he states, “the predominant goal of JPT is activating the individuation process in children through an analytical attitude, where images are produced.” He describes many ways, including the techniques mentioned earlier, how to allow the symbols to come forth from the unconscious and through careful attending and the sacred space formed through the therapeutic alliance, healing can begin. I highly recommend this book.
Toy Review: Boo Doll by My Bianco
Submitted by Shirla Pamp, San Diego Chapter President

I purchased a Boo Doll (by My Blanco), at the Play Therapy Conference in Arizona in February. It was a hard decision to make, which product to buy: Boo, Blanco, Heart, Puppets.... so many choices, all amazing play therapy items that are made with a material that allows clients to draw on them with washable markers but the drawings aren't permanent, you can rinse them off with cold water! Once rinsed, you can allow the item to air dry and the product is as good as new the next day! It's just like Play Therapy: Magical!

At first I was skeptical about the product, when a client first used my Boo to express how angry he felt, I was excited and nervous if the markers would indeed wash off! So I thought to myself "at least one child will get a good use out of it if it doesn't work!". That evening, I brought Boo home with me and placed him in my bathtub under cold water and saw my client's anger melt away in a minute! I was so excited I called the whole family to witness, even the cats were curious! Not only did all the marker drawings wash off, the next morning it looked as if it had never been used! Boo has now been used multiple times, I have now allowed client's to experience with me the release of their anger or sadness as we take "Boo" to the bathroom to see "his" troubles go down the drain. I look forward to purchasing a heart next (or puppets?!?). Check out the website for more information, items can come in different skin tones!
The Virtual Sandtray App is a new and exciting way to create, save, load, and share sandtrays with your clients, patients, students, supervisors and during trainings - wherever you may be. With the Virtual Sandtray App you can go above and beyond what is possible in a traditional tray. This app is not a game, rather it is a professional tool designed to enhance and expand a traditional method to new heights and possibilities.

Traditionally a specialist has a box with sand in it and many miniatures available to be chosen by the client and placed in the sand. Some features of sandtray therapy vary with the approach and foundation of the specialist, however, in general the items are placed by the client into the sand depicting a representation of his/her world view, experiences, and/or difficulties. At times there is a verbal story to complement the tray and at times there is not. A specialist's primary job is to understand trays via this “nonverbal medium of communication” in a way that assists the person through the issues affecting his/her life.

The Virtual Sandtray App allows the client to have access to an amazingly creative tool to create sandtrays in numerous environments. The specialist assisting the client has the ability to manage the files in a professional manner. The features and models available can be customized to maximize the usefulness of the app for your needs. The research thus far supports the use of digital tools to attain and further therapeutic goals while maintaining the key features of the traditional tray.

With a deep respect for the various theoretical modalities of working with a sandtray, The Virtual Sandtray App's focus remains on the key aspects of the therapeutic value of this time honored tool. For instance, the key aspects of Sandtray therapy include a "dynamic interpersonal relationship", an emphasis of promoting "play and relationship", and the Sandtray therapist "facilitates rather than choreographs the process" (Homeyer & Sweeney, 2011). Each of these can be achieved with the Virtual Sandtray App.

Times are changing and it is critical that our play therapy toolboxes expand to incorporate these changes. A significant concept of our work is the importance of speaking the client's language (Stone, 2015). Therapists frequently have educational instruction regarding this important concept. It is the creation of a safe holding environment for the client. In 2016 the majority of clients speak a digital language, speak it quite well and consider it a fun, familiar medium. To discount the importance of speaking a client’s language based on the fact that it is digital is a mistake, especially if that ‘language’ can lead to important clinical information and interactions.

Created by a psychologist and registered play therapist and a self taught programmer, this professional app has an attention to detail which is unmatched. The cost is less than half the price of a traditional starter sandtray kit and new model packages will be added continuously to increase your model collection. The Virtual Sandtray App is an important addition to a specialist's toolbox to meet client needs. With The Virtual Sandtray App the possibilities are virtually endless! Learn more about this at our upcoming Southern California Regional Play Therapy Conference!

Emotional intelligence is the ability to sense, understand, and react to others’ emotions while comprehending social networks. Research has shown that even more than IQ, your emotional & social intelligence is more correlated with success and overall happiness. Some of the proven benefits of increasing social and emotional intelligence are: better physical health, higher academic scores, fewer behavior problems, closer relationships, increased resiliency, and less prone substance abuse, mental health issues and violence. Daniel Goleman’s model identifies four key areas of emotional intelligence: self-awareness, self-management, social awareness, and relationship management. In my therapy practice I use many different interventions to help kids recognize, express and manage their emotions. Here are some of my favorite activities:

**FEELINGS CHARADES:**
Discuss the importance of expressing feelings appropriately. Identify 10-15 feelings and take turns acting out each feeling while the other participants guess. You can also act out ways to deal with the feelings and identify if it is an appropriate or inappropriate way to behave.

**FEELINGS BOX:**
All feelings are okay, it’s how we deal with them that is important. Explain to the child(ren) that they are in charge of managing their emotions and identify several appropriate ways to handle emotions. Help the child obtain a box and put items in the box that can help them when they are having “big feelings.” I recommend having an activity in the box for each sense: something to smell, listen to, play with, eat and look at. (i.e. legos, cars, army guys, hard candy, headphones, books, journal, coloring books, body spray, pictures of family or favorite memories, stress ball, punching balloon, etc). If the item is too big or something they use frequently, they can put sticky note in the box reminding them of the item. When you see your children getting upset, you can prompt them to use their feelings box.

Holly will be presenting at our Southern California Regional Play Therapy Conference on May 20, 2016.

Follow this link to hear Holly talk about some of her favorite play therapy techniques for building emotional intelligence:
www.grandviewfamilycounseling.com/
Central Coast Chapter: Pam (Chapter President)

March 9 was fantastic! We had a great turn out. Ashley Smith, LMFT presented a 1.5 CEU workshop on using play therapy techniques within the Trauma Focused-Cognitive Behavioral Therapy model. The presentation provided a history on the development of TF-CBT, an overview of the TF-CBT model, descriptions of how to use specific play therapy techniques throughout each component of the model, and resources for obtaining further training.

Central Valley Chapter: Elisabeth Contreras (Chapter President)

The Central Valley Chapter is excited and ready to play June 11th! Our first presentation will have you tapping your feet as you hear the sound of music from a Gestalt Therapy perspective with our very own Past President Valente Orozco, LCSW, RPT/S, PPS. Valente Orozco, LCSW, RPT/S, PPS is a Registered Play Therapist Supervisor and Certified Gestalt Therapist working with Children and Adolescents in private practice. Hope to see you all soon!

Los Angeles Chapter: Gloria Osborne, MSW (Chapter President)

The Los Angeles Chapter will be having our last 1.5 CEU training for the year presented by Nathan Swaringen, LCSW on Thursday, October 15, 2015 from 6pm-7:30pm at The Guidance Center in Long Beach. Nathan will be presenting “The Neurobiology of Play Therapy: How Attachment Heals Trauma.” We hope to see you there! We are also looking for potential presenters for the 2016-2017 year. If you or someone you know is interested in presenting for the Los Angeles Chapter, please email us at lacalapt@gmail.com. Contact us for additional information.

Orange County Chapter: Sahar Naraghi-Babaei, LCSW (Chapter President)

We started the New Year great with an amazing presentation by Dr. Janine Shelby on January 30, 2016. Janine Shelby presented on Safety-Based Intervention Strategies for Play Therapists. She introduced great interventions and demonstrated their use through video demonstrations. We had a full house and heard tremendous positive feedback. We also had some new people who joined our chapter and a few individuals who signed up to be APT members. On May 7, we will be hosting our annual meet and greet. We hope to see all our Chapter members as well as other play therapist on this day! Our next two-hour meetings will be held on July 9 and October 22. We will have a free training on those dates! Please stay tuned for more specific information regarding those meetings. We hope that many of you can join us!
Sacramento Chapter: Jennifer W. Tutt, LCSW (Chapter President)

The Sacramento Chapter was pleased to start off the year with a presentation by Morgan Katcher. Ms. Katcher presented on “Play Therapist Strategies for New Parents Struggling with Post-Partum Depression and Transitioning into Parenthood.” The workshop emphasized the importance of self-care for new parents and focused on wonderful play and art interventions therapists can do with their clients who are parents-to-be or adjusting to life with their newborn.

In April we will have a presentation by co-presenters Gabrielle Guedet, Ph.D., MFT and Toni McCormick, LCSW. Dr. Guedet and Ms. McCormick’s titled "An Exploration of Play Therapy Techniques for treating Sexual Behavioral Problems in children 12 and under," we hope to see you there!

Over the summer, we look forward to a 1.5 CE by Kate Craig, LMFT, who will present on Animal Assisted Play Therapy. For our chapter’s 6 CE workshop, we look forward to a wonderful and exciting workshop from Clair Mellenthin, LCSW, RPT-S in September - stay tuned for more information. . We will round out our year in November with a 1.5 CE where I will facilitate a sharing of great play therapy interventions and participants will have the opportunity learn and try the interventions before taking them into their practices.

San Francisco Bay Area Chapter: Kate Leyva, LMFT (Chapter President)

The San Francisco Bay chapter has started off with an exciting year of events. Our January 1.5 presentation by Leslie Baker, LMFT on Tech Gone Wild: Sexting, Cyberbullying & Porn: Interventions in Family Play Therapy was a success and we had a Meet and Greet with two 1/2 hour presentations on Using Play Therapy to Facilitate Social Skills (Kate Leyva, LMFT) and A Play Therapy Approach to Teaching Emotional Intelligence (Karen Wolfe, LMFT).

On June 25th we will be having a 6.0 workshop run by Ken Schwartzenberger, LCSW, RPTS. He will be presenting on Neurobiology of Play in Attachment and Neurosensory Play Therapy in the Treatment of Childhood Trauma. We are also having a luncheon on July 15th and a 1.5 Workshop with Brian Lukas, PhD on September 30th.

So, mark your calendars! We are looking forward to playing and learning with you.
Chapter Updates

San Bernardino Chapter: Reannin Weinstein (Chapter President)

Happy April to all! The San Bernardino Chapter was proud to have hosted Maxine McCleery Bowden, LMFT, RPT-S and her amazing Where the Wild Things Are training. We enjoyed a day with Maxine learning about Jungian therapy and its application in play therapy. Our participants got the chance to experience sand trays, work with mandalas, participate in storytelling, delve into dream work, and learn about their Myer’s-Briggs Personality Inventory. The San Bernardino Chapter will also be hosting a meet and greet on May 7. This will be a chance for new and existing members to meet, share ideas, learn about leadership, and network. Look for our flyer and we hope to see you there.

San Diego Chapter: Shirla Pamp, LMFT, RPT (Chapter President)

The San Diego Chapter hosted its first full day workshop on Integrative Play Therapy with Kimberly Bartlett, LCSW, RPT-S on 2/27/16 and had a great turnout! Thank you all for your continued support! Our next Chapter Meeting will be on April 30th, Jessica Stone Ph.D, RPT-S has volunteered to come from Colorado to introduce a new app she created, the Virtual Sandtray. This training will provide attendees with the pros, cons and possibilities of utilizing the Virtual Sandtray App in their practice, or in the field when visiting hospitals, schools, doing disaster relief work, distance learning, distance supervision, etc... The training will be held from 10-12pm at the National University Headquarters in Torrey Pines. Hope to see you there!
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The Association for Play Therapy (APT) is the parent organization of CalAPT. The Association for Play Therapy observes a dual membership policy. Dual membership requires that persons joining CalAPT join APT, and that persons living in California who join APT also become members of CalAPT.

The purpose of dual membership is to increase collaboration and interaction between APT and its state branches – a partnership CalAPT supports!

Being an APT member provides you with discounted rates for full day trainings, Quarterly Journals, and the Play Therapy Magazine. Membership also allows for discounted rates for the Annual National Play Therapy Conference. To renew your membership please talk with your nearby chapter or visit the APT Website at: http://www.a4pt.org/memberapp.cfm

We encourage all play therapists and CALAPT members to seek formal credentialing with the Association for Play Therapy. For more information, go to http://www.a4pt.org/?page=Credentials or contact:

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Play Therapy Supervision
Utilizing an Integrative Play Therapy perspective, clinicians will explore ways to integrate a range of play therapy orientations into their practice.
Kimberly Bartlett LCSW, RPT-S

Fundamentals Of Sandplay Therapy I
The History and Origins of Sandplay
Linda Cunningham, Ph.D., LMFT, CST-T
Saturday March 12, 2016
6 CE ~ 9:00-4:30
St. Paul’s Episcopal Church, 415 El Camino Real, Burlingame, CA
Registration at: www.norcalsandplay.org

The Virtual Sandtray App is a new and exciting way to create, save, load, and share sandtrays with your clients, patients, students, supervisors and during trainings - wherever you may be. With the Virtual Sandtray App you can go above and beyond what is possible in a traditional tray. This app is not a game, rather it is a professional tool designed to enhance and expand the traditional method to new heights and possibilities. The possibilities are virtually endless!
www.sandtrayplay.com

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