



CALAPT TODAY

A Newsletter of the
California Association for Play Therapy

Volume 26, Number 2, April 2015



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President's Message

2015 is off to a great start for CALAPT! Thank you to all of our Chapter Officers and Executive Board Members for all of your hard work and for keeping us strong and focused!

Our Northern California Regional Play Therapy Conference is behind us and our Southern California Conference is rapidly approaching, please check out our calendar of events in this newsletter or on our website to make sure you do not miss anything. You can register for upcoming workshops at calplaytherapy.givezooks.com.



Jodi Smith, LCSW, RPT-S
CALAPT 2015 President

Thank you to all of our members who continue to support our goal of creating a play therapy community and providing play therapy training throughout California!

I look forward to meeting many of you at upcoming events!

Jodi Smith LCSW, RPT-S

southern california regional play therapy

May 1, Featuring: Clair Mellenthin, LCSW, RPT-S

May 2, Featuring: Victoria Keyser, PsyD
Karen Pernet, LCSW, RPT-S, SEP
Susan Reedy, MA, MFT
Jodi Smith, LCSW, RPT-S
Rachel Taylor, MFT, RPT-S

Location: Argosy University – Orange
601 S. Lewis St., Orange, CA 92868



APT Membership

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:

- Persons joining CalAPT join APT
- 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>

2015 Upcoming Events

- 4/11/15 San Bernardino Chapter ~ 6CE !!! SOLD OUT !!!**
Presents: Chicks Aren't Chicken: Play Therapy Techniques to Empower Girls
Presented by: Sharolyn Wallace, PhD, LCSW, RPT-S
- 4/17/15 San Francisco Bay Area Chapter Meeting (1.5 CE)**
- 4/18/15 Sacramento Chapter Meeting (1.5 CE)**
Presents: Grief Weavings: Integrating Cognition and Emotions into a Meaningful Story Within Your Play Therapy Practice
Presented by: Peggy Gulshen, LMFT, ATR-BC
Time: 10:00 am to 12:00 pm
Location: Alliant International University, 2030 W. El Camino Ave (upstairs in KVIE Building) Sacramento, CA, 95833
RSVP to Katherine Barrett at saccalapt@gmail.com
- 4/18/15 Central Valley Chapter Meeting (1.5 CE)**
- 5/1 & 5/2/15 Southern California Regional Play Therapy Conference**
May 1, Featuring: Clair Mellenthin, LCSW, RPT-S

May 2, Featuring: Victoria Keyser, PsyD
Karen Pernet, LCSW, RPT-S, SEP
Susan Reedy, MA, MFT
Jodi Smith, LCSW, RPT-S
Rachel Taylor, MFT, RPT-S
Location: Argosy University – Orange
601 S. Lewis St., Orange, CA 92868
- 5/16/15 Central Coast Chapter Meeting (1.5 CE)**
- 6/6/15 San Bernardino Chapter Meeting (1.5 CE)**
- 6/6/15 Sacramento Chapter Meeting (1.5 CE)**
- 6/11/15 Los Angeles Chapter Meeting (1.5 CE)**
- 6/20/15 San Francisco Chapter ~ 6.0 CE Workshop**



RPT Interview:

Victoria Keyser, PsyD, RPT

Victoria Keyser, Psy.D., RPT, is a Registered Play Therapist, and received her master's degree in Social Work from California State University, San Bernardino and Psy.D. from University of La Verne. She received her license in September 2013. Ms. Keyser founded Youth Therapy Psychological Services in La Verne, currently employing a staff of six (6) graduate student interns, one (1) MSW graduate student, and one (1) post-doctoral fellow. Both Ms. Keyser and a colleague help supervise, for a total staff of 10.



“Please tell me about yourself and what you are passionate about.”

Victoria: “I specialize in grief, I volunteer for comfort zone camps with children who have lost a parent or sibling. It’s a 3 day camp. There’s this dichotomy in therapeutic camp settings, so sometimes you are processing such profound loss and grief, these children have lost their parents in a critical time of their life. And then the next 30 minutes you are singing silly camp songs, making s’mores. That’s what I enjoy, being with kids, helping them regulate that. That’s what I think it’s all about, helping them with the highs and lows, highs and lows. They have special suicide camps, and I go to Chicago for a homicide camp, people who have lost their family members due to gang violence.”

“Why play?”

Victoria: “When I was in my first field placement as a Master’s level student in 2004, I was at Family Solutions doing school counseling. I realized early on I needed to use something other than words to work with children. I fell in love with it the first time I put a puppet on my hand, the first time I placed my hand in the sand. Some [interventions have been learned] through training, and some through my own research. I went to my first play therapy conference in Denver, I didn’t know a soul, I just got on a plane and left. I fell in love with the Association for Play Therapy. At the time it was a challenge to be a play therapist and be in a program that didn’t understand that modality, that didn’t understand the science behind it. It was hard to rationalize the use of play therapy. The goal was to open my practice so I could use play therapy, so I wouldn’t have to rationalize play therapy and in fact now they have to rationalize why they shouldn’t use it.”

“What modality of play therapy do you use? Directive? Non-directive?”

Victoria: “I really don’t know. I use a lot of candy in my work. I know it’s not good for everybody, but my agency goes through lots and lots of skittles. About a month ago, I had a client make a skittle rainbow. We put a line of glue and created rows of skittles and a brad for an arrow. Each color was a different feeling. He called it the “Feel-o-meter”. It was brilliant. The kind of play therapist I am is a grounded theory, where it comes out with whatever the client needs in the moment. I have a little puppet theatre I made, and once I had a client who wanted to make a podcast. He pulled in all the cooking supplies, and showed us how to cook. I went immediately after session and made a huge computer screen for him. He has disclosed so much through podcasts. If I had to articulate what kind of play therapist I am, it’s what a child needs in the moment.”

“Is there one client who sticks out in your mind that healed through play? One client who you continue to think about?”

Victoria: “I worked with a supervisee very closely on one case. He accidentally found us, a teenager who accidentally came to us instead of speech therapy. He was being pulled out of a lot of classes for services. We brought him to the agency [to avoid missing more classes]. He was 6’ 2” and 250 pounds. He had outbursts of anger that would scare people a lot. He would shut down because he was afraid of being angry. We gave him a tour of the agency and his eyes lit up when he saw the play room. His eyes lit up with the sand. It’s our favorite success story. Eventually he decided to use the puppets. What stuck with me is when he said, “None of them fit me”. It’s true, even the fancy expensive Folkmanis puppets were built for smaller hands. He kept trying and trying, and found a puppet eventually that fit. It was like a metaphor for his life, that he was able to find a way to fit into his own environment.”

“Any words of advice for newbies?”

Victoria: “Trust the process, it’s so cliché but it’s what happens. At my agency there’s a saying ‘Don’t drink the kool-aid’. It’s a horrible thing, but that’s what we use. I have a first year clinician, he is a 2nd yr doctoral student, who was a boy scout, a behaviorist, but he didn’t drink my kool-aid. He didn’t get play therapy, he just wanted to stop the behaviors. I told him one day, I know you don’t drink my kool-aid but you have to try this to make it work. Whenever there’s an opportunity to play, we include him. Once at an outreach in a high school campus, I told him to take the bubbles. There’s something about using bubbles as a stress reliever. He said, “They’re high school students. They’re too cool.” They ran out of bubbles in 15 minutes. He was so surprised, but we gave [the high school students] permission to be playful. That’s my advice, give them permission to be playful. He now drinks my kool-aid.”

Interview conducted by CALAPT executive board member Christy Livingston, LMFT, RPT.

A special thanks to Victoria Keyser for offering to give us insight into her world of play. I hope we all are inspired to drink the kool-aid.

Victoria Keyser PsyD, RPT will be presenting: Play Therapy for Grief & Loss (3 CE)

Saturday, May 2, 2015 at the Southern California Regional Play Therapy Conference!!

Guest Article:

The Power of Play By Clair Mellenthin, LCSW, RPT-S

Play is a fun, enjoyable activity that is the natural way in which children learn about and explore the world around them. It elevates our spirits and brightens our outlook on life. Play Therapy utilizes this natural ability of children and uses developmentally appropriate techniques to expand self-expression, self-knowledge, self-actualization and self-efficacy. Play relieves feelings of stress and boredom, connects us to people in a positive way, stimulates creative thinking and exploration, regulates our emotions, and boosts our ego. In addition, play allows us to practice skills and roles needed for survival. Play is a powerful tool in healing the relationships of children and families.

When children explore their world through the lens of play therapy, the sky is the limit. They can become a superhero in their own process of healing and growth. They find their strength, their resiliency, their inner voice and worth. I like to use the following play therapy technique when I am working with children who are experiencing anxiety symptoms, or those who have or currently are experiencing bullying. This also works well for children who have been exposed to trauma.

The SuperHero In The Mirror™ Technique:

Supplies Needed:

Dress up clothes including masks, capes, etc

Full length mirror

Directions:

Have the child stand in front of the mirror in his everyday clothes and describe the person he sees. Begin putting on 1 article of superhero accessories for every strength or super power he wishes he had right now. As soon as the child feels he looks like a superhero, have him describe the superhero he sees in the mirror as well as in his imagination. Explore what it would feel like to be that superhero: what would he do, who would he save, what powers would he use, etc. Have him practice being this superhero and enact what he could do to change the situation he is currently struggling with. At the end of the session, write down what superhero powers he already has and didn't realize with the homework assignment of practicing being a superhero in the mirror every day. You may also want to send home a mask as a visual reminder.

Clair Mellenthin, LCSW, RPT-S, Clinical Director at Wasatch Family Therapy; President of UAPT. As an experienced play therapist, and sought after presenter, she frequently appears on local and national media as an expert on child and family issues.



Clair Mellenthin, LCSW, RPT-S will be presenting:

Healing Through Play: An Introduction to Attachment-Based Play Therapy (6 CE)

Friday, May 1, 2015 at

Southern California Regional Play Therapy Conference!!



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Chapter Updates:

Central Coast Chapter Leadership and Update:

(The Central Coast Chapter includes the areas of San Luis Obispo and Santa Barbara)

President ~ Allison Locke Email: allygato1998@yahoo.com

We were very pleased to have had Colleen Sebastian, MC, LMFT, present a 1.5 CEU workshop at our March 7th chapter meeting from 10-12pm at Cal Poly University. Colleen presented on Connecting with Compassion: Using Play Therapy to Teach Nonviolent Communication. We were thrilled to have a full house for this informative workshop and look forward a successful start to 2015.

Our following chapter meeting is scheduled for May 16th at Cal Poly University from 10-12pm. We are excited to announce Dana Francis, LMFT will present a 1.5 CEU workshop on directive play therapy with anxious kids and teens. Look for specific details in our upcoming flyer.

Allison Locke, ASW

President, Central Coast Chapter

Central Valley Chapter Leadership and Update:

(The Central Valley Chapter includes the areas from Tulare to Stanislaus)

President ~ Valente Orozco Email: vorozco@cloviscounseling.com

The Central Valley chapter is off to a good year in 2015. We held our first chapter meeting with a presentation on the RPT/S process. Attendees were able to identify their next steps in the process and we look forward to more Central Valley RPTs soon! Our chapter is looking forward to the rest of the year and we are always looking for those interested in presenting at our chapter meetings. For more information, please contact us at centralvalleycalapt@gmail.com.

Los Angeles Chapter Leadership and Update:

(The Los Angeles Chapter includes the areas of Los Angeles, Ventura, & the San Fernando Valley)

President ~ Gloria Osborne Email: gloriabosborne@gmail.com

The Los Angeles Chapter would like to thank former president, Deisy Rangel, LCSW, for her phenomenal work, dedication, and support during her presidency. We are pleased to welcome new officers Linda Cariño, MSW as our President-Elect and Chequet Ching, MSW as our secretary.

We had an amazing turnout at our first 1.5 CEU workshop "A Picture is Worth A Thousand Words: Understanding When and How to Use Sandtray Play Therapy to Facilitate Healing" provided by Valerie Wilson-Lindberg, LCSW, RPT-S. A huge thank you to our presenter and attendees for making our first workshop of the year a successful one!

We have some exciting workshops planned for the year. Please save the dates for our upcoming workshops for 2015:

June 11 (1.5 CEU) - "Social Skills Groups: A Play Therapy Approach" by Monica Fyfe, LMFT, BCBA

August 8 (6.0 CEU) - "Play Therapy with Trauma Victims" by Dr. Lisa Shadburn

October 15 (1.5 CEU) - "The Neuroscience of Play Therapy: Creating Relationships to Heal Trauma" by Nathan Swaringen, LCSW

We hope to see you there!

For additional information and/or to be added to our email list, please contact us at lacalapt@gmail.com.

Gloria Osborne, MSW

CALAPT Los Angeles Chapter President

Orange County Chapter Leadership and Update:

(The Orange County Chapter includes all geographic regions of Orange County)

President~ Malaika Clelland, LCSW Email: malaikaclelland@gmail.com

We had a wonderful all day training on January 24, 2015. Aseye Allah, LCSW, RPT presented “Unbreakable Bond: Using Play Therapy to Increase Attachment in Children and Youth.” This was a very fun training with a lot of interaction. Many interventions were taught and everyone enjoyed the fun teaching style of Aseye. We also enjoyed welcoming some new people to our chapter and recruited a few new members to APT. We look forward to seeing all of you at the upcoming workshops!

On May 16, we will be having a chapter meeting and training in art therapy. These meetings take place from 9-11 am so mark your calendars. July 11 we will have another chapter meeting and training in animal assisted therapy. Stay tuned for more information coming regarding specifics for these trainings and meetings.

Thank you,
Malaika Clelland, LCSW, RPT
OC Chapter President

Sacramento Chapter Leadership and Update:

(The Sacramento Chapter includes Sacramento and outlying areas including Elk Grove, Folsom, El Dorado Hills, Roseville and Auburn and Davis, Yolo County.)

President ~ Rita McCampbell Email: ritamccampbell@gmail.com

The Sacramento Chapter welcomed our new officer slate which includes our new President-Elect Jennifer Tutt, LCSW, and our new Secretary Katherine Barrett, LCSW, RPT-S, and myself as President for the 2015 year. We were very excited to have Hannah Hunter, MFA present at our first chapter meeting of the year on February 7, 2015. Ms. Hunter led us in an experiential presentation titled "Soul Collage for Play Therapy." The 1.5CE workshop provided a fun hands-on opportunity for our chapter to come together and practice the art of SoulCollage as a self-care technique for our clinical practice, as well as a technique to use with play therapy clients and families. Our next chapter meeting will be held on April 18, 2015, from 10 am-12 pm at Alliant International University in Sacramento, CA. This will be a 1.5 CE workshop in which, Peggy Gulshen, LMFT, ATR-BC will teach us an art therapy technique to use with client’s facing issues of grief and loss.

Thank you,
Rita McCampbell, MA, MFTI
President, Sacramento Chapter

San Bernardino Chapter Leadership and Update:

(The San Bernardino Chapter includes all geographic areas of San Bernardino County)

President ~ Brianna Belcher Email: tenacious_breezy@yahoo.com

Hello CALAPT members!

We are so excited about our upcoming 6.0 training on April 11, which will feature distinguished presenter, Sharolyn Wallace! Sharolyn will be sharing with us ways to use play therapy to empower girls and work through many issues in today’s society that affect girls. We are honored to have her share her knowledge with us and we hope to see all of you there! Space is limited, so register now! We are also looking forward to our 1.5 training coming up in June, with our awesome presenter Maxine Bowden! She will be sharing her knowledge about Jungian Play therapy.

2015 New Chapter!

San Diego Chapter Leadership and Update:

(The San Diego Chapter includes all geographic areas of San Diego County)

President ~ Shirla Pamp Email: shirlapamptherapy@gmail.com

President-Elect ~ Isabelle George

Secretary ~ Josie Oakley

San Francisco Bay Area Chapter Leadership and Update:

(The San Francisco Chapter includes all geographic areas of San Francisco Bay)

President ~ Karen Wolfe Email: Karen@sfbayplaytherapy.com

The SF Bay Chapter has gotten off to a great start! We had our first 1.5 CEU on January 30th with Maryellen Mullin, LMFT presenting on “Using Kimochis to reach Emotion and Temperament in Play Therapy.” This was our first event at Sports Basement in Berkeley and it was a smash hit!

Our next event will be a meet and greet at First Five in Concord on April 17th. Susan Brumm will be presenting on “Play Therapy Meets TBRI, a trauma-informed approach to parenting.”

The description is: Trust-based Relational Intervention (TBRI) was developed to address the needs of children from "hard places," those whose early years have been affected by trauma. Building on research from the fields of trauma, neuroscience, child development, sensory integration, and attachment, TBRI is a cultural shift away from traditional child rearing methods. It provides education regarding the impact of trauma and empowers caregivers with the tools to build trust and create a nurturing, playful and structured environment in which a child can heal and grow.

We are also excited to announce that Karen Pernet and Mary Ruth Cross will be presenting on family play therapy interventions for our 6.0 workshop! The workshop will be on June 20th at California State University East Bay in Hayward.

We are providing to more areas in the Bay this year and are excited for the growth and potential this brings!

We would like to thank our fabulous team for their energy, enthusiasm, and continued commitment to spreading the good word about play therapy!

Susan Brumm, former officer and support extraordinaire

Jeannette Harroun, Past-President

Karen Wolfe, President

Janet Logan, President Elect

John McGinnis, Secretary

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

Carol Guerrero, CAP

Credentials Coordinator

Association for Play Therapy

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The newsletter is published 5 times yearly in January, April, June, August and October. Deadlines are 60 days prior to these dates.

For information Email Jodi Smith, LCSW, RPT-S at jodismithlcsw@me.com

or

download the newsletter ad form at <http://www.calplaytherapy.org/NEWSLETTER.html>

Advertisements

Dream Workshop ~ Come Explore the Wisdom of your Dream
with: Maxine Bowden LMFT RPT-S in Rancho Cucamonga, CA
Next Group begins on April, 2015 Fees: \$20 per session
RSVP to Maxine at 951-751-3568

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