



CALAPT TODAY

A Newsletter of the
California Association for Play Therapy

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How to stay connected with CalAPT!



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President's Message

August is here, for many of you this means summer is nearly over. Hopefully you all took some time to play and enjoy the California summer and all it has to offer. For those of you with a few weeks left for vacations and such- make sure to make time to play!

This has been a busy and productive year for CALAPT, thanks to our loyal members and volunteers. We are already planning for 2016 and hope to have news regarding our 2016 Regional Conferences to you soon!

The remainder of 2015 has lots in store, with multiple events each month. 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 full day workshops at calplaytherapy.givezooks.com.

Jodi Smith LCSW, RPT-S



Jodi Smith, LCSW, RPT-S
CALAPT 2015 President

32nd ANNUAL APT INTERNATIONAL CONFERENCE



Dates: October 6-11

**Location: Renaissance Waverly Hotel
Atlanta, Georgia**

**Keynote Speaker: Jeff Ashby, PhD, RPT-S
'You're Kind of a Big Deal...'**

But it is easy to forget in the busy life of a play therapist. Let this talk remind you why and how to take care of yourself so you can best serve clients and make a difference in the world.

[Register Here](#)

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

- 8/22/15 Central Valley Chapter Meeting (1.5 CE)**
Presents: The Neurobiology of Play: How Play Therapy Supports Trauma-Informed Care
Presented by: Dr. L. Marinn Pierce
10:00 am - 12:00 pm
California State University, Fresno, Kremen Education Building, Room #390
5005 N. Maple Ave, Fresno, CA 93740
RSVP to Patrick Neely at centralvalleycalapt@gmail.com
- 8/22/15 San Bernardino Chapter Meet and Greet**
Time: 10:00AM – 11:30AM
Location: Panera Bread Restaurant, 8055 Haven Ave, Rancho Cucamonga, CA
- 9/10/15 Orange County Chapter Meet and Greet**
Time: 7pm
Location: Tender Greens in the Irvine Spectrum
- 9/12/15 Sacramento Chapter ~ 6CE**
Presents: Safety-Based Intervention Strategies for Play Therapists
Presented by: Janine Shelby, PhD, RPT-S, UCLA and UCLA Harbor Medical Center
Time: 8:30AM to 4:30PM
Location: Shriners Hospital for Children, Northern California
2425 Stockton Blvd., Sacramento, CA 95817
[Register Here](#)
- 10/3/15 Central Coast Chapter Meeting (1.5 CE)**
Presents: Get Moving: Play Therapy for Boys and Active Children
Presented by: Kimberly Bartlett, LCSW, RPT-S
Time: 10:00am - 12:00pm
Cal Poly University, San Luis Obispo
Education Bldg 2, Room 213 (Free Parking: Lot C7)
RSVP to cccalapt@gmail.com
- 10/17/15 San Diego Chapter Meeting (1.5 CE)**
More information to follow
- 10/24/15 Orange County Chapter Meeting**
Information to follow
- 11/7/15 Central Valley Chapter ~ 6CE**
Presents: Ecosystemic Play Therapy for School Aged Children with Conduct Disorder
Presented by: Kevin O'Connor, PhD, ABPP, RPT-S
Time: 8:30AM to 4:30PM
Location: Alliant International University
5130 E Clinton Way, Fresno, CA 93727
- 12/4/15 San Francisco Bay Area Chapter ~ 6 CE**
Presents: Riding the Merry-Go-Round: Navigating Family Relationships Using Play Therapy
Presented by: Mary Ruth Cross, MS, LMFT, NCC, RPT-S and
Karen Pernet, MSW, LCSW, RPT-S
Time: 8:30AM to 4:30PM
Location: Cal State University East Bay, Hayward.
2500 Carlos Bee Blvd., Hayward, CA 94542, Multipurpose Room B

Ask the Expert:

How to Work with a Child with Asperger's Syndrome

By Miranda J. Gabriel, Psy.D.

Question: My client is an 11-year-old girl who was recently diagnosed with Asperger's Syndrome. Her parents report that she has always had difficulty understanding social situations and that she has no close friends. Jade tends to join groups easily but when the social interactions become too difficult or confusing for her, she leaves her classmates and plays with the 1st graders. She is starting to feel sad more often than before when she is not invited to playdates or sleepovers with her classmates. She has a younger brother who is neuro-typical in his development and Jade often gets angry at her younger brother for having friends and being popular. Jade also gets angry when routines are changed. For example, if her parents take a different route home or to school, she becomes angry and will often kick the back of the driver's car seat and will sometimes scream loudly until her parents get back to the route she knows. This is Jade's first time in psychotherapy because she is starting to show more awareness in her social difficulties and has been making her sad.

Response: There seem to be several issues that are at play for this newly diagnosed pre-teen and her family. In addition to starting therapy for the first time, Jade's parents have recently learned that their oldest daughter has Asperger's Syndrome. Her parents are probably confused and scared of this new diagnosis and will undoubtedly need assistance to learn more about Asperger's Syndrome and how to best help Jade. As the treating therapist, you can help the parents by educating them on Asperger's Syndrome and assigning reading, if they are open to this idea. In California, there are numerous organizations and agencies that provide education, support, and advocacy for families with children with special needs and it would be a good idea to connect this family to some of those local agencies. It is unclear if Jade knows about her diagnosis. Whether or not she knows, what is important is that she starts to better understand her own internal feelings, her behaviors, and how to implement change. Given that she has a very strict adherence to routines, part of the work with Jade will be to help her be more flexible in her thinking. Inflexible thinking is one of the hallmarks of children and adolescents on the autism spectrum. Jade's desire to maintain rigid routes when in the car are a safety concern, especially when she kicks the back of the driver's chair. Working with Jade on more appropriate ways to express her discontent is vital. Being able to verbalize how she is feeling when changes occur and having her parents there to reassure, soothe, and modulate her feelings will be important. Her parents can talk with her about the various routes that can be taken and perhaps a game could be made to not take the same route consecutively. Jade is also showing signs of being stressed and anxious when changes in her routine happen. Some interventions would be listening or singing to music she likes and having fidget toys in the car.

Some children on the spectrum also have concurrent sensory integration issues. For example, one child may be sensitive to bright lights so perhaps they enjoy a particular road that has more trees that provide more shade. Helping the parents to notice these possible areas of concern for their child will help them to better understand their child while also dealing with the behavior. A child with light sensitivities can try cool sunglasses or a baseball hat of their favorite color or sports team to block the sun.

Jade is struggling with her social relationships and she is starting to show more awareness, and hence more sadness. She is also comparing herself to her younger brother who tends to make friends with ease. Assessing Jade's level of social interaction would be a good starting off point. Depending on her level of understanding of social relationships, reciprocity, and social communication, Jade can be helped in several areas. While she can join a peer group easily, she is probably missing more of the nuanced social interaction that takes place among 11-year-old girls. Therapy can help Jade to build and maintain friendships, even when misunderstandings happen.

Developmentally, Jade is more comfortable with much younger children who most likely look up to her and make her feel wanted. She is becoming more aware of the discrepancies in the friendships she has versus the ones she would like to have with her classmates. This is actually a great sign for Jade as she is showing more understanding of her internal life and will hopefully be more motivated to make changes. Children on the spectrum need help understanding and implementing how to build and maintain friendships. Teaching social competence and social perspective taking is vital for children on the spectrum. One technique is to help children and preteens on the spectrum become social scientists where they stop, watch, and think about social interactions. In therapy, this can be done with social stories, books, puppets or figurines or most adeptly with the therapist who can use their wide range of social expression to teach, modulate and break down the complexities of social communication and understanding for the child.

About the Author:

Miranda J. Gabriel, Psy.D. (PSY 19388) has been a licensed clinical psychologist for about 12 years. She has a private practice in Los Altos, CA where she specializes in treating children, adolescents, and adults. She provides psychotherapy and also conducts psychological testing. One of her primary areas of specialization is in providing assessment and treatment for children and adolescents who have autism and/or Asperger's syndrome. She is currently on the Executive Board of CALAPT.

CALAPT 2015



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

The Central Coast Chapter had a great turn out for our 6 CEU Sandtray workshop on July 25th presented by Kristy Schadt, MFT, RPT-S. We participated in experiential exercises to build our knowledge of Sandtray and learned concepts of directive vs. child centered play therapy approaches in the sand tray process.

Our following chapter meeting is scheduled for October 3rd and we will be offering a 1.5 ceu workshop on play therapy techniques to utilize with active children presented by Kimberly Bartlett, LCSW, RPT-S. 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 preparing for our next 1.5 CEU event “The Neurobiology of Play: How Play Therapy Supports Trauma-Informed Care” to be held on August 22nd in Fresno. We are looking forward to an accepting and informative event and another opportunity to network with fellow play therapists and supporters. For more information or to RSVP, please contact us at centralvalleycalapt@gmail.com.

Additionally, on November 7, Kevin O’Connor will be presenting a 6.0 Workshop “Ecosystemic Play Therapy for School Aged Children with Conduct Disorders”. Registration now open at <https://calplaytherapy.givezooks.com>.

Valente Orozco
President, Central Valley Chapter

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 L.A. Chapter hosted a 6.0 CEU training on Saturday, August 8th at LMU. Our presenter was Dr. Lisa Shadburn and she presented "Helping Children Heal When Bad Things Happen: Utilizing play therapy with victims and witnesses of violence and tragedy."

Our remaining 1.5 CEU Workshop for the year will be held on Thursday, Oct 15th at The Guidance Center in Long Beach. Our presenter is Nathan Swaringen, LCSW and he will be presenting "The Neuroscience of Play Therapy: Creating Relationships to Heal Trauma."

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 great training on animal assisted play therapy given by Jodi Smith, LCSW-RPT-S on July 11. We learned a lot about the benefits of using trained dogs in play therapy and how they help with the therapeutic process. Thank you Jodi! We are looking forward to having a no-host dinner on Thursday September 10 at 7pm at Tender Greens in the Irvine Spectrum. If you cannot make it at 7 please come later as we should be there until at least 8:30. We have Patricia Kovars, MFT coming to present her "Capable Kids Cards" and she will give a brief demonstration on using the game in play therapy. We hope many of our members can join us! Also mark your calendars for our next Saturday morning meeting on October 24 from 9:30-11:30. More information is coming with the topic and speaker information.

Thank you!
Malaika Clelland, LCSW, RPT-S
Orange County 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: ritamcccampbell@gmail.com

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

The San Bernardino chapter is so grateful to have experienced a wonderful presentation on Viewing Play Therapy through a Jungian Lense, which was given by Maxine McCleery Bowden, LMFT, RPT, RPT-S. We are looking forward to our upcoming meet and greet meeting, which will take place on August 22, 2015, at Panera in Rancho Cucamonga. We are hoping to meet with our local members, establish interest in membership for those who don't know about APT, and plant seeds for next year's leadership!

Brianna Belcher, MSW
President, San Bernardino 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

San Diego launched their first workshop on June 13th and we had a full house!!! Dr. Lisa Shadburn, Psy.D. engaged aspiring and seasoned therapists in a very interactive and uplifting workshop: "Let Your Heart Sing - Integrating Music with Play Therapy Techniques." I am sure National University had never hosted a class as lively as that one before!

An officers meeting was held on July 16th where we planned our 2016 calendar of events. We already have a speaker for our 2016 full day event, but if anyone is interested in presenting a 1.5 workshop in Sunny San Diego, please do not hesitate to contact me! Save the date: Our next 1.5 Workshop will be held on October 17th, Kellye Laughery, RPT, LMFT will be presenting on play therapy & divorce.

Have a Playful Summer!

Shirla Pamp, LMFT, RPT

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 San Francisco Chapter held an informal gathering at Pizza Rustica in Lafayette on Friday 7/24 to invite members and potential members to meet the officers and generate interest in APT, including recruiting officers. We had 11 people and have had many new people sign up for the e-list and show interest in volunteering on the Team for next year due to the event. It was a great success and we are excited to get the word out about APT in the Bay!

Our next training will be in Berkeley on Friday September 18th at noon. Presenter TBD.

Our workshop this year will be a blow out with Mary Ruth Cross and Karen Pernet presenting on Family Play Therapy interventions. It will be on Friday December 4th at California State University East Bay, Hayward. Stay tuned for registration information!

Karen Wolfe, MA, LMFT
President, Association for Play Therapy, Bay Area Chapter

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

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2015 California Association for Play Therapy Board of Directors

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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

A Coloring Book of Healing Images for Adult Survivors of Child Abuse (2015),

by Ellen Lacter

Psychoeducation, healing suggestions, 119 illustrations, heavyweight paper suitable for most art media <http://colortoheal.com/>

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Available Friday Mornings & One Saturday per Month Beginning in May

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Take advantage of all your dual membership power!

Check out the websites:

www.calplaytherapy.org

and

www.a4pt.org

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- Persons joining CalAPT to join APT
- Persons living in California who join APT also become members of CalAPT

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

DISCLAIMER: The aim of the CALAPT Newsletter is to provide a forum for discussion of a wide range of articles representing various theoretical models, treatment approaches, concerns and activities in play therapy. Inclusion of a specific article does not reflect CALAPT official position or endorsement unless otherwise stated. The data and statements herein are the sole responsibility of the authors concerned.