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How to stay connected with CalAPT!

| CalAPT email | calapt@calplaytherapy.org |
| CalAPT website | www.calplaytherapy.org |
| CalAPT Facebook Page | www.facebook.com/CALAPT |
| CalAPT Twitter Page | @calapt |
Hello Everyone!
The year is half way over! Thus far CalAPT has had two successful Regional Conferences. Thank you to everyone who was able to support the Northern or the Southern Play Therapy Conferences. We want to thank all the volunteers that helped out during the events; as well as all our wonderful Presenters. Many of the Chapters have also had their trainings that provide 6 Continuing Education Credits. For more information on training provided by different chapters please visit the CalAPT website. It is important to us that everyone is connected to the chapter in their area. If you would like more information on a specific chapter please visit our leadership page at http://www.calplaytherapy.org/LEADERSHIP.html to find the chapter closest to you.

Please remember that 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 contact your nearby chapter or visit the APT Website at http://www.a4pt.org/memberapp.cfm

Aseye Allah, CALAPT 2014 President
arkaa3@yahoo.com

2014 Conference Highlights:
Keynote by Dr. Bruce Perry: The Power of Early Childhood
Topics including Trauma, Diversity & Culture, Neurobiology & Psychopharmacology, Autism Spectrum Disorders, Ethics & Supervisor Training, Family Play Therapy and many more.
Poster Sessions highlighting research and practice in play therapy.
Exhibits! With over 30 exhibitors, you can restock your playroom and see what’s new in our exhibit hall.

Online Registration http://www.cvent.com/events/apt-annual-conference-october-7-12-2014/event-summary-e79704b9ebb4bd39ee20b7ae6a9126a.aspx
Featured Article: Intervention

Calming Lotion
By Dana Francis LMFT

Recommended Age Range: Toddler to Adult

Treatment Modality: Individual or Family or Classroom

Rational for Activity: All individuals when feeling overwhelmed, stressed, anxious or angry need to have the ability to self-soothe. Teaching this skill and making it readily available can occur in therapy and in a classroom setting.

Goals:
1. Provide a positive distraction from troubling thoughts or uncomfortable feelings when using the Calming Lotion.
2. Promote soothing through the tactile component of applying the Calming Lotion.
3. Empower a child to use the Calming Lotion on her own once modeled for her by a supportive adult.

Ideas for Application:
1. Introduce to parent/child dyad as part of strategies for “calming down”.
2. Use Theraplay Interventions (handprints, handstack, this little piggy… ) with younger aged children) as playful ways to apply the Calming Lotion.
3. Send home a bottle of Calming Lotion for child’s “Calm Down Bag”.
4. Introduce to classroom and make available for individual student use.
5. Encourage adults in child’s home/classroom to model using the Calming Lotion when they are stressed, overwhelmed, anxious or angry.

Materials Needed:
- Bottle of inexpensive hand or body lotion.
- Relaxing photo/image with Calming Lotion title to cover bottle with.

Resources for this intervention include: Theraplay Training, Liana Lowenstein’s Newsletter and Dr. Sutton’s Newsletter

Intervention by:
Dana Francis, MFT, PPS
ddf@charter.net

Dana Francis, MFT, PPS, is Immediate Past President of the Central Coast Chapter of the Association for Play Therapy. She currently works as an elementary school counselor in both a general education and special education setting. She also provides therapeutic support to families and children at the Art Therapy Center in Grover Beach, CA. Her passion is using directive and non-directive forms of art, play and sand interventions with clients of all ages.
For the first time in my career I have been asked for the progress notes for one of my child clients. Her parents are divorcing and it is the mother who is asking for my records. This little girl needs tx and my concern is that mom will end tx if she does not get the records. I am torn between wanting to protect this child’s tx without alienating her mother if I say no.

Your question was recently discussed on the APT list serve. The consensus was against giving progress notes to anyone. This gives us information re: standards of practice. In addition, confidentiality is fundamental to therapy. When I called CAMFT about this issue I was told very clearly and firmly that children are entitled to confidentiality. We can give a summary of a child’s tx and emotional status. We cannot provide progress notes without a court order. This is the easiest way to answer mother’s request. It puts CAMFT and the BBS between you and her. However, I would not start with that feedback.

I recommend that you begin by assessing the parent’s goals. My own experience has been that three kinds of situations result in requests for progress notes. One is rooted in an intrusive and/or controlling parenting style and the other is rooted in an attempt to discredit or demonize an ex-spouse. A third possibility is rooted in a parent’s desperation to know who the child loves most and/or fear that the child is sharing information that might jeopardize custody.

Both motives share common denominators: extreme parental anxiety and the risk to therapists colluding with maladaptive parenting. If the parent is intrusive and/or controlling giving them progress notes reinforces that dynamic. If the parent wants to demonize or discredit the other parent and we provide the records we become part of the family’s dysfunction. Attention is drawn away from the child’s needs for a secure attachment to both parents. The conflict takes over the therapist as well as the parents.

Counter transference is a huge risk. We can over identify with either parent or the child. My recommendation before making a decision is to do SIFT. Take note of your Sensory response, your Images, your Feelings, and your Thoughts. Self-awareness will give you clinical insight into your own dynamic. Your comment about “alienating her mother if I say no” tells you that there might be something intimidating about her or that you have to make a choice between what mother wants and what her child needs. This is part of the parallel process. Mom is deciding between marriage and divorce and she might see her child deciding about which parent she prefers. You have to make a clinical decision that benefits both mother and child and you have to choose between gratifying mother and being ethical.

You might try addressing the core issue right away. “Right now your daughter trusts me to keep therapy confidential. If I betray that trust I will lose my therapeutic relationship with her. That’s one issue. The other is the quality of our relationship.” This opens the door for talking about her motives and her view of your role. I would begin with her view of your role, since exploring her motives is probably too personal. Getting clarification from her about her view of your role gives you important information about her motive.

Address her fear. She needs reassurance about her daughter’s love for her. “In divorce there is a lot of loss. It’s more important than ever for you to be a secure base for your daughter so that she has your support to help her navigate the changes she faces. I want to do everything I can to protect the quality of your relationship. How do you think seeing progress notes help your relationship with your daughter?”
Central Coast Chapter Leadership and Update:
(The Central Coast Chapter includes the areas of San Luis Obispo and Santa Barbara)

President
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Secretary
Jenni Basch, MFT-I
jennibasch@gmail.com

Immediate Past President
Dana Francis, MFT
dfdf@charter.net

We had a great turnout for our May workshop on Mindfulness and Play Therapy with Christine Hoffman! We enjoyed the time we spent together and we learned some fabulous techniques. Our next presentation will be our 6 hour CEU workshop on July 26 with Lyla Tyler. This workshop will provide information on two different populations; working with children of divorce and working with dysregulated children.

Thank you,

Anne C. Harris, MFT
President, Central Coast Chapter

Basically, you are opening the dialogue crucial to a clinically sound intervention that addresses core issues and helps mom cope with her anxiety in a more adaptive way. Depending on mom’s mental health she might or might not respond well to your position. Even if mother cannot make a child centered decision you can. This models putting the child’s needs ahead of her own. It also ensures that this little girl will get tx if she needs it. I have seen many young adults start tx with me by saying that they have resisted starting because they were betrayed as children. They remain angry and disillusioned years after when they believe that their therapist shared private information with their parents.

The primary goal is to try to focus mom on strengthening her own quality of attachment with her little girl. Mom needs to trust that attachment. She likely feels it is threatened. You need to understand what is happening or not happening that is creating mom’s doubt. What does she need from you that she doesn’t think her daughter would share with her? “You know your child much better than I will ever know her and you will know her for many more years than I will know her. Your daughter will share with you more than she will share with me. It’s a just a question of creating the right climate for that to happen. I want to help your daughter tell you herself how she feels. I don’t want her to go through me.”
Central Valley Chapter Leadership and Update:
(The Central Valley Chapter includes the areas of San Joaquin County and Modesto)

**President**
Lisa Huerta  
Mslisa87@hotmail.com

**President-Elect**
Valente Orozco, LCSW  
vorozco@cloviscounseling.com

**Secretary**
Elisabeth Contreras, MFT-Intern  
Contreras81@gmail.com

The Central Valley Chapter continues to organize and plan events for the year. We are looking forward to our next chapter meeting and training, “Using Play Therapy with Families.” This free event will provide 1.5 CEUs and be held at the Fresno campus of Alliant International University on June 21st, 2014 from 10am to 12pm. Additionally, we are in the process of organizing a full-day training event and are looking for interested presenters. For more information please contact us at centralvalleycalapt@gmail.com.

-Central Valley Chapter Officers

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

**President**
Deisy Rangel, LCSW  
deisyrange1@gmail.com

**President-Elect**
Karla Gonzales, LMFT  
kpenaflorLMFT@gmail.com

**Secretary**
Gloria Osborne, MSW  
gloriabosborne@gmail.com

**Immediate Past President**
Monica Fyfe, MFT, BCBA  
monicafyfe@hotmail.com

The L.A. Chapter had their Meet and Greet on Thursday May 15th, 2014. We were excited to have guests engage in therapeutic play activities, tour play rooms and openly ask questions to RPT's in their community. A big thank you to all who volunteered! Our next L.A. Chapter training will be held on Saturday August 2nd at LMU. Our presenter will be Ken Schwartzenger, LCSW, RPT-S and will be presenting on Drama Play: Acting in the Theater of a Child’s Play.

Deisy Rangel, LCSW  
President- LA Chapter

Deisy, Karla & Gloria
**Orange County Chapter Leadership and Update:**
*(The Orange County Chapter includes all geographic regions of Orange County)*

**President**
Lisa Klipfel, LMFT  
lisa@lisaklipfelmft.com

**President-Elect**
Malaika Clelland, LCSW  
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**Secretary**
Cristina Minchala, LMFT  
cminchala@gmail.com

**Immediate Past President**
Robin Christopherson, MFT-Intern  
robinmft@yahoo.com

Our next OC Chapter meeting on July 12 from 9-11 am will include a treat from Jodi Smith, LCSW, RPT-S and Victoria Keyser, MSW, PsyD who will be presenting on **Play Therapy for Grief and Loss**. Grief and loss is a common, yet difficult subject frequently encountered in therapeutic work with children. This workshop will focus specifically on grief and loss related to the death of a loved one, however, the techniques discussed and demonstrated can be generalized to other grief issues such as divorce, medical issues, foster children and more. Come learn some new play therapy techniques from this great team of therapists.

We want to thank Susan Kelsey, LMFT, RPT-S for presenting to our chapter about Play Therapy on the Go. Susan provided some great techniques that can be used in any setting. Working in non-profits, and as interns, space is at a commodity. We look forward to future presentations from Susan.

Thank you,
Lisa Klipfel, MFT  
President OC Chapter CALAPT &  
Lisa Klipfel & Dude!

**Riverside Chapter Leadership and Update:**
*(The Riverside Chapter includes all geographic areas of Riverside County)*

**President**
Vacant

**President-Elect**
Vacant

**Secretary**
Vacant

**Immediate Past President**
Kimberly Bartlett, LCSW, RPT

We are still looking for volunteers to be on the chapter leadership team. Please consider using your wonderful leadership skills to revitalize the Riverside Chapter. Please contact CALAPT President, Aseye Allah at arkaa3@yahoo.com
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
Sidonie Smith-Dustman, LMFT
sasdustman@yahoo.com

President-Elect
Rita McCampbell
ritamccampbell@gmail.com

Secretary
Jennifer Tutt, LCSW
jentutt@sbcglobal.net

Immediate Past President
Shelli Rose, LMFT
sbwrose@gmail.com

The Sacramento CALAPT Chapter recently hosted a workshop on April 12, 2014 with presenter Suzy Campbell OTR on Sensory Processing with use of Play Therapy. The workshop went great, and we want to thank all that attended. Our CEU will be on September 13, 2014 hosting Kimberly VanderDussen presenting Super Heros in Play Therapy

Sidonie Smith-Dustman, MA, LMFT, IPMHS
Sacramento CALAPT Chapter President

San Bernardino Chapter Leadership and Update:
(The San Bernardino Chapter includes all geographic areas of San Bernardino County)

President
Gladys Dorantes Corado
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Secretary
Marissa Soria
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Immediate Past President
Roxana Guadalquivir
rguadaquivir@hotmail.com

Hello, fellow play therapy enthusiasts! We are happy to report that our chapter had an excellent, informative, and very successful full day play therapy training in April. Our wonderful presenter, Dr. Lisa Shadburn, provided some very useful information regarding play therapy with children and families of divorce and provided some excellent therapeutic strategies to apply those strategies with clients. On June 7th, our chapter enjoyed a 1.5 ceu workshop Entitled "Play Therapy Interventions to Improve Self-Regulation in Children and Adolescents" given by Linda Llamas and Theresa Marie Vaughan. This training was fun and very informative as well. We are looking forward to our next 1.5 ceu workshop in August with our presenter, Fidelis Garcia, whose topic will be Play Therapy with Adults.

~ Gladys Dorantes Corado
2014 San Bernardino Chapter President

Gladys, Brianna, Lisa Shadburn, & Roxanna
San Francisco Bay Area Chapter Leadership and Update:
(The San Francisco Chapter includes all geographic areas of San Francisco Bay)

President
Jeannette Harroun, LMFT
Jeannettehar1@aol.com

President-Elect
Karen Wolfe

Secretary
John McGinnis, LMFT
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Immediate Past President
Susan Brumm, LPCC
sbrumml1@gmail.com

The San Francisco Chapter held their annual “Tripleheader” meeting. The meeting provided attendees with an opportunity for networking and learning. Susan Brumm, Karen Wolfe and Jeannette Harroun lead hands-on presentations of three play therapy interventions.

Our next event will be our 6.0 Workshop in June, 2014. Katrinca Ford will be presenting. Katrinca’s trainings are always a lot of fun with plenty of opportunities for hands-on learning and play. The event will be held at Argosy University in Alameda. We hope you will join us for this exciting workshop!

We have more events planned for the remainder of the year including 1.5 CEU workshops in September and November, so stay tuned!

-Jeannette Harroun, M.A., MFT
2014 Chapter President

Special Announcement

As we get closer to the end of the year you will begin to see opportunities for leadership positions within each chapter and at the state levels. There are many benefits to involvement in CALAPT. For positions at the Chapter level please contact the chapter president nearest you in order to communicate about open positions. Please keep your eyes open for information concerning positions available at the State Level.

Aseye Allah
-2014 CALAPT President

Play is The Highest Form of Research
~Albert Einstein
## CALAPT Leadership Opportunities!

Interested in networking, expanding your resume and attending FREE play therapy trainings? If so, then CALAPT leadership may be for you!

### Benefits of Service as a CALAPT Officer Include:

- Free attendance at all CALAPT Chapter Workshops throughout the state
- Free continuing education credits specific to play therapy for the BBS, APA, and APT
- Leadership experience to add to your resume
- Opportunities to network & strengthen your professional career while serving the play therapy community

Leadership opportunities are available at the local chapter level as well as the executive board level. Contact President, Aseye Allah at arkaa3@yahoo.com for more information.

### Executive Board

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Aseye Allah, LCSW, RPT</td>
<td><a href="mailto:arkaa3@yahoo.com">arkaa3@yahoo.com</a></td>
</tr>
<tr>
<td>President-Elect</td>
<td>Susan Kelsey, LMFT, RPT-S</td>
<td><a href="mailto:susankelseyymft@gmail.com">susankelseyymft@gmail.com</a></td>
</tr>
<tr>
<td>Immediate Past-President</td>
<td>Mary Ruth Cross, MFT, NCC, RPT-S</td>
<td><a href="mailto:maryruthcross@comcast.net">maryruthcross@comcast.net</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Patricia Temple, MFT</td>
<td><a href="mailto:Ptemple99@gmail.com">Ptemple99@gmail.com</a></td>
</tr>
<tr>
<td>Secretary</td>
<td>Miranda Gabriel, Psy.D.</td>
<td><a href="mailto:dr.mgabriel@gmail.com">dr.mgabriel@gmail.com</a></td>
</tr>
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### Members-at-Large

<table>
<thead>
<tr>
<th>Member-at-Large A / Web Administrator</th>
<th>Robin Christopherson, MFT-Intern</th>
<th><a href="mailto:robinmft@yahoo.com">robinmft@yahoo.com</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Member-at-Large B / Southern California BBS Oversight</td>
<td>Christy Livingston, LMFT</td>
<td><a href="mailto:Christy.livingston@yahoo.com">Christy.livingston@yahoo.com</a></td>
</tr>
<tr>
<td>Member-at-Large C / Conference Chair South</td>
<td>Reena Patel, MA; Psy.D. Student</td>
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</tr>
<tr>
<td>Member-at-Large D / Northern California BBS Oversight</td>
<td>Clee Langley, Psy.D.</td>
<td><a href="mailto:cleelangley@gmail.com">cleelangley@gmail.com</a></td>
</tr>
<tr>
<td>Member-at-Large E / Conference Chair North</td>
<td>Debbie Lignell, LMFT</td>
<td><a href="mailto:dlignell@aol.com">dlignell@aol.com</a></td>
</tr>
<tr>
<td>Member-at-Large F / Outreach and Development</td>
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</tr>
<tr>
<td>MAL G / APA Oversight</td>
<td>Elizabeth Schreiber, Psy. D</td>
<td></td>
</tr>
</tbody>
</table>
Do you see a need for increased representation and training events in your area?
To start a chapter in your area or to find out about chapters in the process of forming please contact:
Aseye Allah, LCSW, RPT at arkaa3@yahoo.com

Credentialing Corner

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/ps.credential.cfm?ID=1637
OR
Contact Carol Guerrero, (559) 252-2278 x 1

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 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.
California Association for Play Therapy
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[ ] $165 per full page 8 inches wide x 7 inches tall

☐ The CALAPT newsletter is a web publication that is distributed 5 times per year - the first of January, April, June, August, and October.

☐ Deadlines for newsletter submissions are 60 days prior to these dates.

☐ For best results, please submit ads created in graphics programs and saved as JPG or PDF files. Ads in other formats may be submitted, however please be aware they may not convert legibly to a web layout.

☐ Text ads may be submitted in either a Word document or within the body of an email.

☐ Minimum font size is 12pt bold.

☐ Please submit ads to CALAPT President Aseye Allah at arkaa3@yahoo.com. You will receive a confirmation that your ad was received.

☐ Following receipt of your confirmation, please complete this form on the computer, print, and mail to the CALAPT Treasurer along with payment to the address below.

Total Enclosed: $ __________________________

☐ Check/Money Order for $ __________________________ payable to CALAPT enclosed

Today’s Date: __________________________

Signature: __________________________

Mail completed form with payment to:
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CALAPT Treasurer
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W. Sacramento, CA 95691