



CALAPT TODAY

A Newsletter of the
California Association for Play Therapy

Volume 26, Number 3, June 2015



In This Issue:

President's Message	2
Upcoming Events	3
You're Not "Just Playing:" Play therapists do serious work through child's play by Lisa Shadburn, PsyD	4-5
Chapter Leadership And Updates	6-8
CalAPT Board of Directors	9
Advertisements	10

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calapt@calplaytherapy.org



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President's Message

Summer is here and 2015 seems to be racing by! CALAPT has already had many very successful events this year, thanks to the hard work of all of our volunteer officers and board members.

The Regional Play Therapy Conferences are now behind us and both were fabulous, with wonderful workshops, great vendors and amazing attendees! It was wonderful to see new faces as well as many of our long time supporters at both events. Now it is time to start planning for 2016. Please contact me if you are interested in being a part of the planning process for either Regional Conference at jodismithlcsw@me.com.

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

Celebrating CALAPT members since 1992!

Brent Estes, LMFT
Laurence Brenner, PhD, LCP
Andrew Brett, LMFT, RPT
Iris Bruel, PhD, LP
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Barbara Daub, LMFT
Gisela Schubach DeDomenico, PhD, LMFT, RPT-S
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Janine Shelby, PhD, RPT-S
Heather Taylor, LMFT, RPT-S
Barbara Turner, PhD, LMFT, RPT-S

**THANK YOU FOR 23 YEARS OF CALAPT
membership!**

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

- 6/11/15 Los Angeles Chapter Meeting (1.5 CEU)**
Presents: Social Skills Groups: A Play Therapy Approach
Presented by: Monica Fyfe, LMFT, BCBA
6:00 pm -7:30 pm
The Guidance Center
1301 Pine Ave, Long Beach ,CA 90813
RSVP to Chequet Ching at lacalapt@gmail.com
- 6/13/15 San Diego Chapter Meeting (1.5 CE)**
Presents: Let Your Heart Sing! Integrating Music with Play Therapy Techniques for Children, Youth and Families
Presented by: Lisa Shadburn, PsyD
10:00am-12:00pm
National University - Kearny Mesa Campus, Room 114
3678 Aero Ct, San Diego, CA 92123
RSVP to sandiegocalapt@gmail
- 7/11/15 Orange County Chapter Meeting (1.5 CE)**
Presents: Animal-Assisted Play Therapy
Presented by: Jodi Smith, LCSW, RPT-S
9:30am - 11:30am
Argosy University - Orange
601 South Lewis Street, Orange, CA 92868
RSVP to cminchala@gmail.com
- 7/25/15 Central Coast Chapter (6.0 CE)**
Presents: The Exciting World of Sandtray and Play Therapy
Presented by: Kristy Schadt, LMFT, RPT-S
8:30am – 4:30pm
San Luis Obispo Library
995 Palm Street, San Luis Obispo, CA 93401
[ONLINE REGISTRATION](#)
- 8/8/15 Los Angeles Chapter (6.0 CE)**
Presents: Helping Children Heal When Bad Things Happen: Utilizing play therapy with victims and witnesses of violence and tragedy
Presented by: Lisa Shadburn, PsyD
8:30am – 4:30 pm
Loyola Marymount University
1 LMU Drive Los Angeles, CA 90045
[ONLINE REGISTRATION](#)
- 9/12/15 Sacramento Chapter (6.0 CE)**
Presents: Safety-Based Intervention Strategies for Play Therapists
Presented by: Janine Shelby, PhD, RPT-S
8:30am – 4:30pm
Shriner's Hospital for Children
2425 Stockton Blvd. Sacramento, CA 95817
Registration information to follow

You're Not "Just Playing:" Play therapists do serious work through child's play
By Lisa Shadburn, PsyD

Play is fun, but does it have a place in serious clinical work? Absolutely! The numerous benefits of play therapy have been well-documented. But while most people would agree that play is enjoyable for our clients, there are still individuals who may wonder how play can be beneficial in therapy when there are difficult psychological issues to be dealt with. In my early days of working with interns who were just learning about child therapy, I sometimes heard trainees questioning their sessions by saying things like, "I didn't feel like we were really doing any work; we were just playing." I have also heard parents wonder how their children were going to work through serious problems when they perceived that their children spent their sessions "just playing" a game or two.

Play therapists are well-aware that play has a multitude of benefits such as providing a natural, non-threatening means of expression, promoting positive feelings, allowing children to explore the environment, developing positive memories, providing stress relief, building strengths and skills, providing kinesthetic stimulation and an outlet for energy, and helping children to connect with others. In psychotherapy, play offers many additional therapeutic benefits as well, and is an integral part of treatment for young children who may not have the vocabulary or the emotional ability to verbalize what they are thinking and feeling. Play is also an essential tool for creating a safe, friendly environment and building rapport with young clients. While playing with children, therapists are not just engaging in mindless fun; play therapists are able to use play activities to meet children at their level and provide opportunities for them to externalize their internal world. In addition, a trained play therapist uses play to observe and learn about a child, gaining valuable insight into the child's feelings, wishes and fantasies and their perception of self, others, and experiences. Play therapists also use play activities to teach and practice essential life skills, social skills and coping skills, as well as to provide a means for reflecting and validating feelings, instilling appropriate structure and limits, and delivering reinforcement. In addition to all of these things, play therapists are continually modeling for their clients, using play to show helpful ways to interact and to cope, and to provide a child with a healthy, accepting relationship with a caring adult who is able to give the child his or her undivided attention.

In my play therapy sessions, I sometimes use play activities as simple as board games to teach children how to deal with frustration and other challenges through game-related situations such as getting sent back to start, taking turns, rolling dice and winning or losing. I have also found games helpful for teaching positive self-talk, where children learn to talk themselves through stressful situations. I have worked with many children who have had difficulty playing games with peers and family without getting into fights, so learning to play first in session and then at home without shouting, insulting or quitting is a huge accomplishment for them! To increase expression, I often add an expressive "twist" to games by having the child choose two or three colors and then assigning a question that we answer each time we land on those colors such as "what is something that makes you happy (or mad, sad, etc)?" Not only has this been a wonderful tool to encourage children to communicate, but it is also a component that many of my clients have incorporated into their play at home, leading to greater expression within their family as well.

So how can play therapists respond to someone who may think they are “just playing?” I believe that psycho education is the key. For interns and psychotherapists new to play therapy, education and training in play therapy theory as well as techniques can help them learn effective ways to work with children and help the therapists grasp the theoretical basis for treatment. For parents, it is essential that play therapists clearly explain the benefits and process of play therapy at the onset of treatment, and invite parents to communicate any questions or concerns. Clinicians can let parents know that even if children aren’t ready to talk about their problems, therapists can teach children to express themselves through play, teach important skills, and help children work through difficulties in a manner that is nonthreatening and even fun. When I have helped parents gain an understanding of play therapy from the beginning of treatment, I have found that they have not only been more supportive and less skeptical about the use of play in sessions, but they have also been more open to engaging in play activities with their children at home as well.

Play therapists know that play can be enjoyable, but also serious and effective work. When you engage in play with a child, you are relating, validating, modeling, expressing, observing, thinking, reflecting, teaching, reinforcing, creating, relieving, communicating, building, accepting, and much more. Without a doubt, you’re not “just playing!”

Lisa Staab Shadburn, Psy.D. is a clinical psychologist based in San Diego, CA and a former adjunct faculty member at Alliant International University/CSPP and Phillips Graduate Institute. Dr. Shadburn has written numerous articles on children and parenting, and is the author of the upcoming therapeutic children’s book entitled, *I’ve Got This! A child’s guide to talking yourself up when you’re feeling down*. Dr. Shadburn specializes in play therapy in her clinical practice, and has been conducting trainings and supervision in play therapy and child interventions for over a decade.



For more from Dr. Lisa Shadburn, you may visit her Facebook page at www.facebook.com/Dr.LisaShadburnPlayTherapy.

Dr. Lisa Shadburn will be presenting two upcoming workshops for CALAPT:

San Diego Chapter on June 13th, 2015 (1.5 CEU):

Let your heart sing! Integrating music with play therapy techniques for children, youth and families

Los Angeles Chapter on August 8th, 2015 (6 CEU):

Helping children heal when bad things happen: Utilizing play therapy with victims and witnesses of violence and tragedy.

32nd Annual Association for Play Therapy International Conference

Date: October 6 – 11, 2015

Location: Renaissance Waverly Hotel ~ Atlanta, GA

Keynote: You’re Kind of a Big Deal.....

Presenter: Jeff Ashby, PhD, RPT-S

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.



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 thrilled to have Dana Francis, LMFT, and an active CALAPT member present a 1.5 CEU workshop at our May 16th chapter meeting at Cal Poly University. Dana presented on directive play therapy for anxious kids and teens. Workshop participants walked away with experiential art, CBT and mindfulness activities to add to their toolbox when addressing anxiety in children and teens.

Our following chapter meeting is scheduled for July 25th and we will be offering a 6 ceu training on “The Exciting World of Sandtray and Play Therapy” presented by Kristy Schadt, MFT, 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 had our second chapter meeting of the year in April. We enjoyed meeting and networking with fellow Play Therapy enthusiasts. Our chapter is looking forward to another chapter meeting in August as well as our full-day training in November. Keep an eye out for our flyers and announcements. If you would like to be added to our email list or have any questions, please feel free to contact us at centralvalleycalapt@gmail.com

~ 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 Los Angeles Chapter is excited for our upcoming 1.5 CEU workshop held by previous Los Chapter President, Monica Fyfe, LMFT, BCBA. Monica will be presenting "Social Skills Groups: A Play Therapy Approach" on Thurs, June 11th from 6pm-7:30pm at The Guidance Center in Long Beach. For more information or to RSVP please email us at lacalapt@gmail.com. We hope to see you there!

Please also note our additional workshops for 2015:

August 8 (6.0 CEU) - "Helping children heal when bad things happen: Utilizing play therapy with victims and witnesses of violence and tragedy." by Dr. Lisa Shadburn

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

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

May was a busy month for the Orange County Chapter. We started with the Southern California regional conference on May 1 and 2 and then had our meeting/art therapy training on May 16. Everyone really enjoyed the fun art activities that were packed into the morning and learned a lot of great interventions to begin using immediately with clients.

On July 11, we will be having a chapter meeting and training in animal assisted play therapy. This meeting will take place from 9-11am so mark your calendars. We hope to have a no-host dinner in early September to get to know other play therapists in the area. Stay tuned for more information coming regarding specifics for these trainings and meetings.

Thank you,
Malaika Clelland, LCSW, RPT-S
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 is continuing to have a very successful year. We have been fortunate to have very informative workshops led by very knowledgeable speakers with great member turnouts as well! In April, we were excited to have Peggy Gulshen, LMFT, ATR-BC lead us in an art therapy technique known as The Word (or Grief) Weaving.

We are also very excited to announce that Dr. Janine Shelby, RPT-S will be coming to Sacramento on September 12, 2015 to present at our 6CE workshop!! Dr. Shelby is an Associate Professor at UCLA and the Director of the Child Trauma Clinic at Harbor-UCLA Medical Center. She is a long-term play therapy advocate, and has served the APT in many leadership roles, including President of the Play Therapy Foundation. She has provided trauma-focused interventions and seminars in many U.S. states, and in two dozen countries abroad. Her professional writing emphasizes the use of developmentally sensitive treatment methods in the implementation of evidence-based treatments. Dr. Shelby will be presenting "Safety-Based Intervention Strategies for Play Therapists". This workshop will teach therapists a broad range of play therapy techniques adapted from evidence-based interventions to address teen safety and child maltreatment concerns. Please keep an eye out on the CALAPT website for registration instructions, and/or email me with any questions about this event!

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

The San Bernardino chapter is proud to say we had a full house for our full day training in April. Our speaker, Sharolyn Wallace, LCSW, RPT, RPT-S, shared some incredible interventions with our audience and gave an awesome, hands on presentation about empowering girls and facing current issues that affect girl. We are excited about our upcoming June training, titled "Viewing Play Therapy through a Jungian Lens" which will be given by Maxine McCleery-Bowden, LMFT, RPT, RPT-S, on June 6th

~ 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

President-Elect ~ Isabelle George

Secretary ~ Laura Christofferson

The brand new San Diego Chapter is up and running! We held our first Officers Meeting over breakfast at the Living Room on April 12th and we are very excited to be hosting our first 1.5 CEU workshop on June 13th: "Let Your Heart Sing - Integrating Music and Play Therapy", presented by Dr. Lisa Shadburn . The training will be held at National University, Kearny Mesa Campus. We already have over 20 participants RSVP! For more information or to RSVP, please e-mail sandiegocalapt@gmail.com. At our Officer's Meeting we brainstormed ideas of what San Diego would like to see happen, the goal is to have an event every 2 months. Our tentative calendar of events is as follows: August: Meet & Greet, October: 1.5 CEU Workshop, December: Meet & Greet with White Elephant (TOY!). Kimberly Bartlett, LCSW, RPT was very kind to drive from Orange County to attend our 1st Officers Meeting and guide us in the right direction, she even offered to be our first 6hr Trainer in February 2016! Stay tuned for more details! I would also like to introduce and welcome Laura Christofferson as our new Secretary, Laura has been a great asset and support to our Chapter from day 1. Both Laura and Isabelle have been doing an amazing job promoting Play Therapy and adding many names to our database, I can't thank both of you enough for your support and commitment to getting this Chapter started!

The San Diego Chapter would also like to thank the existing Play Therapy community for their energy and enthusiasm as we all continue to promote Play Therapy on a daily basis! Thanks for forwarding our e-mails and helping spread the word! We have been getting many messages from undergraduate and graduate students wanting to be added to our mailing list, interested in learning more about Play Therapy and attending our events.

Stay Playful!
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 SF Bay Chapter of CALAPT had a successful meet and greet on April 17th. Susan Brumm presented on Trust-based Relational Intervention® (TBRI®) and the group had a chance to play get-to-know-you games, and really opened up to one another!

Our full-day workshop will be held on December 4th this year. We are thrilled that Mary Ruth Cross and Karen Pernet will present: Riding the Merry-Go-Round: Navigating Family Relationships Using Play Therapy. It is sure to be a fruitful and fun event.

We are looking for officers for the 2016 year, please let me know if you are interested!

Current officers in our leadership team include:

Karen Wolfe, President
Janet Logan, President-Elect
Jeannette Harroun, Immediate Past President
John McGinnis, Secretary

2015 California Association for Play Therapy Board of Directors

Executive Board

President

Jodi Smith, LCSW, RPT-S
Email: jodismithlcsw@me.com

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Miranda Gabriel, Psy.D.
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Member-at-Large B / Southern California BBS Oversight

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Email: cleelangley@gmail.com

Member-at-Large E / Conference Chair North

Debbie Lignell, LMFT
Email: dlignell@aol.com

Member-At-Large F / Outreach and Development

Bridgette Mitchell
Email: writetobridgette@yahoo.com

MAL G/ APA Oversight

Elizabeth Schreiber, Psy. D
Email: easand@earthlink.net

Interested in ADVERTISING in CALAPT Today?

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

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/>

Group & Individual Play Therapy Supervision
with Jodi Smith, LCSW, RPT-S in Claremont, CA
Available Friday Mornings & One Saturday per Month Beginning in May
Call Jodi at (909) 203-0211 or Email: jodi@playispowerful.com

Individual Play Therapy Supervision
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Available face to face or distance
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and
www.a4pt.org**

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The purpose of dual memberships is to
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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.