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In This Issue

- **President's Message**
- **Ask the Expert**
- **Chapter Leadership & Updates**
- **CALAPT Board of Directors**
- **Book Review**
- **CALAPT Calendar of Events**



President's Message

Annette Markowitz, MFT, RPT



Greetings Play Therapists,

Summer is about taking the time to relax and as W. Rauschbush says, "The real joy in life is in its PLAY!" I hope you've been able to do both throughout this summer season.

Thanks to everyone who completed the member survey. Your feedback is important to us, as we value your comments and suggestions! Your responses help guide the direction of CALAPT.

I've heard that San Diego is one of America's finest cities! In my book, it won't be until there is a San Diego chapter of CALAPT. Volunteer today to help develop a chapter and fulfill the number 1 requested item on this year's survey. Please contact me and let's begin.

Coming in at number 2 on this year's survey was the request for advanced trainings. CALAPT will use this information as we prepare for the 2012 regional conferences and local trainings.

Another item of interest in the survey was the submission of advertising in CALAPT's newsletter. Please complete the Newsletter Ad Order Form at the end of the newsletter so that your ad can be included in October's upcoming newsletter.

Congratulations to Walter Taylor! He is the winner of the member survey raffle. Look for him at one of the 2012 regional conferences or at one of the local 6 CE workshops. He will be attending free for filling out this year's online survey.

CALAPT is excited to announce that we'll be hosting a booth at the 28th Annual International Play Therapy Conference this year in Sacramento! We would love to welcome you and invite you to stop by and say hello to your state Executive Board and Chapter Leaders. We'll be holding raffles for 2 fabulous baskets filled with wonderful goodies. Please buy raffle tickets early and often. We look forward to connecting with you!

Warmly,
Annette Markowitz, MFT, RPT
CALAPT President, 2011

ASK THE EXPERT

Carmela Wenger, MFT

Question:

I see a seven yr old girl whose mo was killed in a traffic accident about a yr ago. I was seeing her before this accident because she was having some peer problems due to teasing at school. Her brother and herself were very badly hurt. There is litigation re: this accident and this little girl and her br are likely to receive significant financial restitution. This little girl has never known her birth father or her birth father's family. She is securely attached to her stepfather, who is the only father she can remember. However, there was never a formal adoption so the stepfa does not have legal custody.

Suddenly, the birth father's family, who have never even seen these children, want custody. The stepfather states that their motive is financial. I have taken the position that I do not do custody evaluations. One of my questions is whether or not to write a letter attesting to the high quality of their attachment to each other. I have seen Agnes and him together many times to help them deal with their grief and the medical trauma. I have had many parent consultations without Agnes present to address the medical trauma Agnes and her brother have suffered. I have no doubt that Agnes should stay with him. Agnes wants me to "help me stay with my daddy." Agnes is regressing, very anxious, and her school performance is declining. She is grieving the loss of her mother, the changes in her brother due to his injuries, and her own slow recovery from her own injuries.

Answer:

There are many layers to your dilemma. At such a tragic time in her life Agnes needs you as a secure base. She is using you as such when she asks your help to "stay with my daddy." Protecting the integrity of your therapeutic alliance has to be a priority. Writing a letter based on your multiple observations has the potential to take you out of a treatment role and into an advocacy/evaluative role. It is therefore crucial that **you make no statements whatsoever about recommending that Agnes stay with her stepfa.** You have never met with her birth father or his family and you have only the stepfather's word that Agnes has never had contact with them. You **cannot** recommend custody with one care taker over another when you have seen only one care taker. You **can** write a letter re: her progress in therapy, her current diagnosis, and her emotional needs along with recommendations for her stepfather re: behavior management, soothing activities, etc. That letter should be addressed to her stepfather as part of your parent consultation with him. The purpose is to respond in writing to her stepfather's questions.

As part of your progress report you can talk about "protective factors" in her life, such as the "secure attachment I have witnessed between you." In the first sentence make it clear that you are writing this letter in response to his request for a written parent consultation regarding Agnes's emotional status or diagnosis, progress in treatment, and emotional needs. This clearly defines your role as her therapist. Referring to the "secure attachment" in the context of reporting on her progress and prognosis in therapy keeps you firmly in the role of her therapist informing a parent about risk vs protective factors that impact your ct's prognosis. This is consistent with the parent consultation. Label your letter "Parent Consultation Re: Agnes's progress in tx, her current emotional status, and her current emotional needs." It is important to

be very clear about why you are writing this letter and what issues it addresses. A clear statement about risk factors can speak to the risk for depression after traumatic loss and the protective factors mediating it, such as stability in her life. You can speak to the role of resiliency and what factors promote resiliency. If you mention these issues address the literature on resiliency so that it is clear you are giving information and not using the topic to advocate for her staying with her stepfather.

It might help to think of yourself as a teacher. You need some emotional distance in order for your letter to be credible. Not making a custody recommendation does not guarantee that you will not become involved in litigation. It can guarantee that you will be meeting your ct's needs. Good luck with this.

Chapter Leadership and Updates

Central Coast Chapter Leadership and Update

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

President

Dana Francis, MA, PPS, MFT-I
dfdf@charter.net

Secretary

Kayla Monson,
kaylamonson@live.com

President-Elect

Cheri Love
lovinslo@yahoo.com

Immediate Past President

Colleen Sebastian, LMFT
coanse@earthlink.net

On July 23, 2011 our Central Coast Chapter had the distinct honor to host distinguished presenter, Sueann Kenney-Noziska. *From Assessment to Termination: Empirically-Informed Play Therapy Techniques* was well attended and well received. Her interactive workshop was complete with empirically grounded hands-on-activities. Participants learned not only when to use play therapy interventions but also the clinical and theoretical foundations from which they can be applied. If you weren't able to attend then don't miss the opportunity to register for one of Sueann Kenney-Noziska's workshops in October at the 28th Annual International Play Therapy Conference in Sacramento, California.

Our Central Coast Chapter continues to grow and provide our members and associates with high quality play therapy trainings. We are fortunate to have the support and collaboration of Cal Poly's Psychology and Human Development Department. Dr. Lisa Sweatt promotes our trainings to her graduate students and provides our chapter with no cost training locations on the Cal Poly Campus. Thank you Dr. Sweatt! Our next 1.5 CE training will take place Saturday, October 1st.

We are currently recruiting for a new President-Elect for 2012. If you have a passion for play therapy and wish to work with an energetic board, please contact us at cccalapt@calplaytherapy.org. We know how to balance work with play and offer support and encouragement to each other and incoming officers. We hope to hear from you!

Central Valley Chapter Leadership and Update

(The Central Valley Chapter includes the areas of San Joaquin County and Modesto)

President

Vacant

Secretary

Vacant

President-Elect

Vacant

Immediate Past President

Raman Dhaliwal, MFT Intern
rdhaliwal@svcfs.org

The Central Valley Chapter is currently without leadership and we need your help. We are looking for members who are interested in joining the leadership team and promoting play therapy around the Central Valley! If you are interested in leadership opportunities, please contact CALAPT's President-Elect, maryruthcross@comcast.net.

Los Angeles Chapter Leadership and Update

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

President

Aseye Allah, ASW, MSW
Arkaa3@yahoo.com

Secretary

Georgie Wisen
gawisen@hotmail.com

President-Elect

Laia Vincens-Fuste, ASW, MSW
laiavicensfuste@hotmail.com

The Los Angeles Chapter would like to thank all those who attended our trainings in February, April, and May. We have had some great presenters with interesting topics, and are excited to continue providing training to the Los Angeles area. Please look forward to flyers about our last training of the year, which will be held in October. Our presenter will be Rie Rogers, Ph.D, RPT-S and she will be addressing how to understand and analyze sand tray. Our membership continues to grow in numbers and we would love to provide interested members with more information.

For additional information about the Los Angeles Chapter, please contact the Chapter President, Aseye Allah at (949) 294-7886 or arkaa3@yahoo.com.

Orange County Chapter Leadership and Update

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

President

Nubia B. Echavarria, Psy.D.
nubia_b_e@yahoo.com

Secretary

Danielle Haener, Psy.D. Student
Occalapt@ocplaytherapy.org

President-Elect

Nancy James, Psy.D.
nsgjames@yahoo.com

Immediate Past President

Valerie Wilson-Lindberg, LCSW, RPT
vlindberg@earthlink.net

We just had our first 1.5 workshop in which our past-president Valerie Wilson-Lindberg presented on Sandplay Therapy from a Jungian Perspective. We were at full capacity and everyone learned how to

set up their sandplay sessions, received education on the purpose of Jungian sandplay, and got to watch Valerie demonstrate how to begin the use of sandplay in a session.

It was nice to see that we had a few returning participants at this workshop because it lets us know that they are finding our workshops useful and informative.

Up next we have Kim Vanderdussen, PsyD, RPT-S presenting another 1.5 workshop on August 13, 2011. She will present on how to effectively incorporate parents in the play therapy treatment of their children. We expect that this will be another great turnout as she is well-established play therapist in Orange County.

Thank you to the officers for your commitment to this chapter and the organization. As a new team of officers we built such a great working relationship and have learned how to run this chapter together.

For additional information on upcoming workshops or becoming an officer, please contact Nubia Echavarria, PsyD, Chapter President, at nubia_b_e@yahoo.com.

Riverside Chapter Leadership and Update

(The Riverside Chapter includes all geographic areas of Riverside County)

President

Mayada Marzouk, MA
riversideplaytherapy@live.com

Secretary

Rebecca Fletcher
spunkyfaith@yahoo.com

President-Elect

Cynthia Moore, MA
cmoon1244@live.com

Come join Chapter President Mayada Marzouk, President-Elect Cynthia Moore, and Secretary Rebecca Fletcher for our meetings at the Riverside Police Department Community Room located at 10540 Magnolia Avenue Suite B Riverside, CA 92505.

As usual, expect to learn new therapeutic interventions and have some fun. Please contact me at riversideplaytherapy@live.com for more information.

The Riverside Chapter serves all areas of Riverside County including cities such as Riverside, Corona, Temecula, Banning, and Blythe. We invite and welcome all professionals interested in using play therapy. Feel free to bring coworkers, colleagues, and students to our Chapter meetings. Now is a great time to get involved with the Riverside Chapter and network with other professionals who provide play therapy to their clients!

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 Co.)

President

Lyla Tyler, LMFT, RPT-S
mslylat@comcast.net

Secretary

Sidonie Smith-Dustman, MFT
sasdustman@yahoo.com

President-Elect

Ann Burke, MFT, RPT
ann_burke@mindspring.com

In June we had an outstanding presentation by Sheli Rose, LMFT titled **Engaging Children in Trauma Treatment: Play Therapy Interventions Using TF-CBT**. The workshop taught participants how to use play therapy interventions and incorporate components of Trauma Focused-Cognitive Behavioral Therapy to support the unique needs of each child and family. The workshop was a big success thanks to our wonderful presenter.

Join us September 10, 2011 for our first full day workshop with our distinguished presenter, Linda Chapman, MA, ATR-BC. The presentation will be **Applied Neurobiology in the Play Therapy Setting**. The workshop will highlight the work of Allan Schore, Ph.D and the frontiers of our knowledge of brain development, attachment theory and their relationship to psychotherapy and play therapy. Watch for our email flyer!

We are so pleased to have a CALAPT chapter in Sacramento. We hope to see you all at the APT conference in our hometown in October!

For additional information on the Sacramento Chapter, please contact Chapter President, Lyla Tyler at mslylat@comcast.net.

San Bernardino Chapter Leadership and Update

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

President

Christy Livingston, MS
christy.livingston@yahoo.com

Secretary

La Quenta Long, MS
qsjknt@msn.com

President-Elect

Angela Talbot
angelatalbot22@gmail.com

Immediate Past President

Yvonne Quesada, MSW
bonnieq21@hotmail.com

We are well into summer and San Bernardino CALAPT is going strong! Our last 1.5 CE training on May 9th, "School-Based Play Therapy Interventions: Using Play as an Incentive and Incorporating Teacher Involvement" at the Rancho Cucamonga Community Center, was a huge success! Participants filled the room as we learned about creative ways to involve teachers and the benefits of teacher participation in the treatment process. Save the date for our final two FREE 1.5 CE trainings, to be held September 12th and November 14th at the Rancho Cucamonga Community Center. Our September training will incorporate Soul Collage and play therapy, and will be presented by Maxine McCleery Bowden, LMFT, RPT. We hope to see you next month!

If you are interested in becoming an officer for the San Bernardino CALAPT Chapter, please contact our current Chapter President Christy Livingston at (714) 334-9657. We are always interested in finding new presenters who utilize play in their practice - if you would like more information on how to present for the chapter, please contact us.

San Francisco Bay Area Chapter Leadership and Update

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

President

Jennifer Wentz, MA, LMFT
(925) 876-2694
jenniferwentz@hotmail.com

President Elect

Michael Sanders
michaelsanders12@hotmail.com

Secretary

John McGinnis
johnherenow@gmail.com

Immediate Past President

Karen Pernet LCSW, RPT-S
(510) 923-0520
kepernet@yahoo.com

The San Francisco Bay Area Chapter had a successful full-day training at the end of June entitled *Multimodal Play Therapy for the Assessment and Treatment of Bullying* by Leslie Baker, MFT. We are looking forward to our 1.5 CE meeting on Friday, September 23rd in Concord where the presentation will focus on equine-assisted play therapy. Please join us to increase your knowledge and network with like-minded professionals. We would love to see you there!

2011 California Association for Play Therapy Board of Directors

Executive Board

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Annette Markowitz, MFT, RPT
(818) 307-8950
annetteim@hotmail.com

President-Elect

Mary Ruth Cross, LMFT, RPT-S
maryruthcross@comcast.net

Immediate Past-President

Kim Vander Dussen, Psy.D., RPT-S
(714) 329-6080
kvanderdussen@argosy.edu

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Kristy Schadt, MFT, RPT-S
kristyschadtmft@sbcglobal.net

Secretary

Katie Glickman, MFT
katie@kathrynaglickmanmft.com

Members-at-Large

MAL B / Southern CA CE Oversight

Reena Patel, MA
reenacspatel@gmail.com

**MAL C / Southern CA
Conference Coordinator**
Anna Loza, MSW, LCSW
(909) 732-2011
aannaa_gram@yahoo.com

MAL D / Northern CA CE Oversight
Myrysha Rosa, MSW
mrosa@usc.edu

**MAL E / Northern CA
Conference Coordinator**
Ann Marie Washington
amariew@smerillo.net

APA Oversight
Camille Holmes, Ph.D.
cholmesphd@att.net

BOOK REVIEW

Brave Bart: A story for traumatized and grieving children By Caroline H Sheppard

A Book Review by Laia Vicens-Fusté, ASW

Brave Bart is my favorite book to use with children who have suffered some sort of trauma. I like it for many reasons. First, it can be used with verbal and non-verbal children. Just looking at the images in the book, a child can easily understand its content. The book guides the child through the symptoms of PTSD and normalizes them. It is an eye opening experience when the children read the book, or look at the images while you are reading it to them, and you can see in their facial expressions that they recognize themselves in the book. I have had many children point at pictures in the book and say, "Look! Like me!" Others will make references about Brave Bart to communicate with me while playing throughout the sessions and will state things such as, "I am being brave like Bart!" or "I feel afraid like Bart!"

The book not only makes the symptoms easily recognizable to children but it also identifies the client's and the therapist's role. It makes a good explanation, in children's language, of the therapy process, the therapeutic relationship, and of the benefits of therapy.

I treated an 8 year old girl exposed to domestic violence and also the victim of physical and verbal abuse. She recognized herself in one of the pictures in the book where "Bart" is hiding under a table. This little girl used to hide under the bed when her anxiety level increased due to her PTSD. She appeared alleviated when she discovered in the book that Bart used this coping mechanism as well. From then on, she communicated with me with her hiding behavior throughout the session. She would always start the session hiding from then on and would make references to Bart. She would also state "I hid under my bed this weekend" when she would try to explain to me that something anxiety provoking had occurred to her.

Finally, I like to use this book with my client's parents. When I have collateral sessions with parents, they are sometimes so interested in telling me about the child's misbehavior throughout the week that they are unable to process any verbal information I try to give them. For other parents, it is difficult to relate the information I am verbally giving them to their child's symptoms. However, when I tell them that I would like to show them a tool I have used with their child in session and they start looking at the pictures in the book, it is once again an eye opening experience. It is the parents then who are able to point at the symptoms that their child is having. They start to understand that these types of symptoms are not unique to their child and that are present in many other children who have suffered from trauma.

Overall, I highly recommend this book. It is a tool I always use with children exposed to trauma and I believe it is an essential piece of equipment for play therapists who incorporate books into their practice.

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-Elect Mary Ruth Cross at maryruthcross@comcast.net for more information.

CALAPT CALENDAR OF EVENTS

August 2011

- **August 13th** – Orange County Chapter 1.5 CE Meeting

September 2011

- **September 10th** – Sacramento Chapter 6 CE Workshop: Bringing Neurobiology into the Playroom
Presenter: Linda Chapman, M.A., ATR-BC, RPT-S
- **September 12th**- San Bernardino Chapter 1.5 CE Meeting
- **September 23rd** – San Francisco Bay Area Chapter 1.5 CE Meeting

October 2011

- **October 1st** – Central Coast Chapter 1.5 CE Meeting
- **October 8th** – Orange County Chapter 1.5 CE Meeting
- **October 11th through 16th** – 28th Annual International Play Therapy Conference, Sacramento, CA
- **October TBD** – Los Angeles Chapter 1.5 CE Meeting

November 2011

- **November 5th** – Sacramento Chapter 1.5 CE Meeting
- **November 14th** – San Bernardino Chapter 1.5 CE Meeting

For more upcoming CALAPT events visit our website at www.calplaytherapy.org



California Association for Play Therapy Newsletter Ad Order Form



Name:

Email Address:

Telephone Number:

Newsletter: January April June August October

Text Ad: FREE 30 Word Text Ad (CALAPT member) 30 Word Text Ad (non-member) \$20
Additional Words at 25 cents each

Display Ad: \$50 per 1/8 page 4 inches wide x 3 inches tall
 \$65 per 1/4 page 4 inches wide x 5 inches tall
 \$115 per 1/2 page 8 inches wide x 5 inches tall
 \$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. 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 Annette Markowitz at annetteim@hotmail.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: \$ Today's Date:

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Charge my Visa / MasterCard (please circle one) \$ (amount)

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Card#: Expiration Date:

V-Code (three digit number on back of credit card):

Credit Card Billing Address:

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Mail completed form with payment to:

Kristy Schadt, MFT, RPT-S
CALAPT Treasurer
1633 Erringer Road, Suite 207
Simi Valley, CA 93065

Being an APT member means you are also

a CALAPT member

Take advantage of all your dual
membership has to offer!

Check out the websites:

Do you see a need for increased representation
and trainings closer to home in your area?

To start a chapter in your area or
to find out about chapters in the process
of forming please contact:

We encourage all play therapists and CALAPT members to seek formal credentialing with the Association for Play Therapy. For More Information, go to www.a4pt.org or Contact Carol Guerrero, (559) 252-2278 x 1

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.