

California Association for Play Therapy
CALAPT Newsletter

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Letting the Bean Unfold: An Exercise in Patience

By Susan Kelsey, LMFT, RPT-S

Dr. Garry Landreth compares working with children to planting a bean (personal communication). When you plant a bean, you carefully place the seed in the soil and add a little water. Then you wait. While you are waiting, your job is to provide the soil with fertilizer, sunlight, water, and anything else it might need to grow. And when the time is right and the bean is ready, it will start to sprout. Dr. Landreth notes that when the young sprout breaks out of the soil and starts unfolding it moves at its own pace (personal communication). If you become impatient and try to force the sprout to unfurl faster, it breaks.

This is such a nice metaphor for the process of working with a child in the playroom. While the child is "unfolding", therapists often get frustrated that he is not progressing fast enough. Pressure can be placed on therapists from family, finances, insurance companies, supervisors, agencies, etc. to hurry the process along. But if you can be patient and allow the child to unfold at his own pace, the rewards can be immense.

This was never more apparent than a recent experience I had with "Matthew" an 8-year-old boy who was brought to my office by his mother along with his older sister (10) and younger brother (5). A year earlier it had been discovered that all three siblings had been molested by their teenage brother. Once the molestation was discovered, the teenage brother was removed from the home and banished from the family.

Matthew's two siblings were experiencing acting out behaviors consistent with being molested (poor focus, disruptive behaviors, enuresis, tantrums, etc.). Matthew, however, had no disruptive behaviors whatsoever-nor any other outward signs that anything had happened. He was the child who disclosed the molestation, and he was able to clearly tell his story to the social workers who interviewed him. Other than feeling sadness that he was no longer able to see his big brother, Matthew was an easy going little guy, had a sunny disposition, no behavior problems, functioned well in school, and generally seemed to take things in stride.

I saw all three children weekly for individual play therapy sessions, and all three came through the Victim Assistance Program. This was fortunate, because the therapy was not costing the family anything and I didn't feel any financial pressure to hurry the children along. Matthew's siblings were taking advantage of the play therapy interventions that were offered in the playroom, and they appeared to be processing the abuse well. Matthew, on the other hand, had no interest in play therapy interventions - politely declining most that were offered. During session, Matthew was happy, easygoing, and assertive. He enjoyed being outside and often requested to go on "butterfly walks." As we walked around the office complex with our butterfly nets (catching an occasional butterfly, marveling at its beauty, and then letting it go), he would talk about the profound sadness he felt at the loss of his brother. He focused primarily on the fun things he missed doing with his brother, like playing video games. He was not interested in discussing the molestation (which included death threats by his brother who had access to a gun). We spent most of his sessions walking around the complex looking for butterflies. So Matthew and I walked...and walked...and walked. For *twelve* weeks we walked around the complex catching butterflies. Although I enjoyed our nature walks, I was beginning to wonder if play therapy was doing Matthew any good.

Then, on the thirteenth week, Matthew entered the playroom and announced, "Today I want to go out and catch butterflies, and then I want to come back into the playroom and write a story." So we spent a few minutes outside in search of butterflies, and then returned to the playroom for Matthew to write his story. Matthew narrated his story, and I wrote it down. The following is the story that Matthew wrote that day (in his exact words):

"Once upon a time there was a little boy who had a pet lizard. The lizard had a huge mane, except that it was made out of rubber. The mane was like any other animal except it was not made out of fur. The boy loved the lizard.

One day while the boy was playing with the lizard, his mother said to go out and play. The mother said, "You can take that lizard if you want to." So he did it. And while he was playing outside with the lizard a little bug crawled into the street. The lizard ran to get the bug because he wanted to eat it. But a car ran over the lizard.

The little boy was sad. He was so sad that he took the lizard and he took all of its blood and he put all the blood in a jar. Then he took a knife and he took it into his blood and he put it in the can and mixed it all together. And he made a drink. And he drunk it. That very night he felt different. When he finally woke up he was not in bed. He found himself in a different body. And he remembered no more."

I was stunned. I had (and still get) chills when I read this.

This story was the start of a stream of weekly "chapters" written by Matthew - each rich in themes of abuse and dissociation. For weeks and weeks Matthew poured his heart out in his stories. Through his writings, Matthew went deep into his soul and faced the darkest parts of his abuse. Toward the end of his writings, his stories became more organized and were filled with themes of power and survival. Through it all, I had the honor of bearing witness to Matthew's remarkable journey.

I often wonder what might have happened had I become frustrated with Matthew's lack of apparent interest in play therapy all of those weeks - or pressured to rush him along. What if I had been tempted to throw the bean away when it didn't look like it was going to sprout? A rare opportunity to help a little boy purge his soul of the horrors of abuse would have been missed. I learned many valuable lessons from Matthew. I learned that the more pain a child is in and the more deeply the pain is rooted within the child, the longer it may take for the child to be able to develop enough trust to do the hard work to process it. I learned that if you are patient and respect a child's pacing, the child will be given a great gift and you may be given a great opportunity to help him.

As I continue to do play therapy with children, I'm learning a lot about planting beans. I'm learning a lot about providing sunlight, water, and nutrients. I'm learning a lot about waiting and being patient. Thank you, Dr. Landreth for the lesson. And thank you, Matthew, for inviting me on your journey. You are a great teacher.

About the Author: Susan Kelsey is a Licensed Marriage and Family Therapist and Registered Play Therapist Supervisor in private practice in Orange County. Her practice is limited to treating children of all ages (babies through teens). Susan and her young clients employ puppets, art, imagery, sand tray and even a therapy dog to help each child be the best they can be. In addition to her practice, Susan is the current President of the Orange County Chapter of the California Association of Marriage and Family Therapists. She is the founder and past President of the Orange County Chapter of CALAPT, and a past CALAPT State Board member. Susan also enjoys volunteering as a Healing Circle Leader at *Comfort Zone Camp* - a weekend camp for grieving children in Southern California.



President's Message

Sarah Yeung, MSW

Dear CALAPT Members,

I've been thinking about names lately as our first baby is due next month. Even though my husband and I talk about names frequently, he currently still has the name "baby boy". A lot goes into this decision-will he still like it 20 years? What does the name mean? How does it go with our last name? I've been thinking so much about names, that I noticed that our newsletter doesn't have a particularly catchy name. In fact, the current name "CALAPT Newsletter" may be accurate but it just doesn't say enough about who we are and what we do. Luckily, I don't feel the need to rename our newsletter by myself. This is a newsletter for CALAPT members and with each newsletter we strive to bring you relevant articles and information about play therapy. And since this is your newsletter, we thought that YOU could help us come up with a new name. Help us choose a name that is inspiring, playful, fun-everything that play therapy and you, our CALAPT members, are. This new name will be revealed in our January 2010 newsletter-a great start to the New Year! As a thank you to the Member who comes up with the winning name, your CALAPT Board will present you with a prize. But best of all, you will see the new name on all future CALAPT newsletters. Send your CALAPT Newsletter name ideas by October 1, 2009 to sarahanneyeung@yahoo.com. I'm looking forward to the names that you will create. We have a creative

and vibrant community of play therapists-this is going to be good!

A big THANK YOU to everyone who participated in our recent member survey! Your comments are helpful to us as we strive to serve you and meet your needs for play therapy networking and training. The results are being tallied now and will be shared in the next newsletter due out October 2009.

As always, check out the website at www.calplaytherapy.org for information on everything CALAPT including upcoming trainings, chapter meetings, and contact information. We also recently started posting past newsletters. This was a great suggestion from one of our readers. We hope this helps you access valuable play therapy information. Send in those newsletter names and if you have any great ideas for names for "baby boy" send those along too!

Come play with us!

Sarah Yeung, MSW
CALAPT President, 2009

Central Coast Chapter Leadership and Update

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

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President-Elect

Vacant

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The Central Coast Chapter is alive and growing. Our April 1.5 CE Workshop on "Art Directives For Play Therapy", presented by Judith Stern, LMFT, was well attended and the participants were treated to numerous art techniques to implement in the playroom. Our full day training is scheduled for August 15, 2009. Felicia Carroll, LMFT, RPT-S, will be presenting: "Healing the Torment Within: Gestalt Play Therapy Approach to Shame." Please see the link on page 6 of this newsletter for information on how to register for this great workshop. We hope you will join us! We also have a chapter meeting and 1.5 CE workshop scheduled for October 3, 2009.

For additional information about the Central Coast Chapter, please contact the Chapter President, Colleen Sebastian at (805) 305-0631 or coanse@earthlink.net.

Central Valley Chapter Leadership and Update

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

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The first Friday of the month is marked for our meetings that start with brief business, then an hour and a half of a free workshop, worth 1.5 CEs. We have had wonderful gatherings lately. The April meeting included the workshop, "Interesting Interventions Easy to Incorporate in Various Children, Adolescent, and Family Play Therapy Groups." The presenters were Raman Dhaliwal, Barbara Mendez, MFT, and Lee Bippus Jones, MFT. The workshop allowed the members to engage in the interventions and then discussed how each intervention impacts play therapy. For example, the first intervention had three parts. The first part instructed members to create something using clay. After making the creation the second part was building a habitat for their creation with construction paper and marking pens (i.e., one person made an over-sized diamond ring for her finger, and the habitat was a hand and dresser drawn on her piece of paper). The final part of the intervention was having each person pair up with another and put themselves into the position of their creation. Then, the pair reversed roles, sharing with each other the experience of seeing themselves being mirrored, and how it felt to be in the different positions. One person made a baby and used the paper and marking pens to build a crib for the habitat. Everyone who wanted to share was given time to do so. For example, the person who had made the ring shared how she hasn't been able to wear her wedding ring since she was pregnant and the ring stays in the dresser, however, she wants it on her finger instead of in the dresser. Before this intervention, she hadn't realized how important the ring was to her. The person who made the baby would like to become a grandmother. The feedback was positive for the April workshop.

The May workshop focused on the benefits of playing games in play therapy. The workshop, "Games Enhance Social Skills, Communication Skills and Creates A Special Environment in Play Therapy," was a big hit as well.

Presenters, Barbara Mendez, MFT, Lee Bippus Jones, MFT and Raman Dhaliwal, shared the importance of being therapeutically directed when playing games in play therapy. The risks were discussed, for example, the disappointment of losing along with the benefits of using games in therapy. We discussed that the benefits outweigh the risks and some of the potential risks are opportunities to grow and building coping skills and self-soothing skills. The workshop used games that have stood the test of time (Ungame, Candy land, & Thinking, Feeling Doing) and the most recent popular games on the market (Dicecapades & Word Pirates). Members were able to choose from a dozen games, being able to play one or two before the workshop, which provided an understanding on how to incorporate communication and social skills building in play therapy.

The June meeting caught the attention of the area's play therapists, professionals working with children and students in the field of psychology, sociology, and child development. The meeting and free workshop provided interventions that increased nutritional knowledge and how to use food in fun ways to promote therapeutic benefits in play therapy. Raman Dhaliwal and Lee Bippus Jones, MFT were the presenters.

The Central Valley Chapter of CALAPT is excited about our July 10th Full Day Chapter Workshop that will be held at Sierra Vista Child and Family Services' office at 1400 K Street, Modesto CA 95354. We hope you join us! Please see the link on page 6 of this newsletter for registration information.

For additional information about the Central Valley Chapter please contact Chapter President Lee Jones at (209) 404-7741 or leejonesmft@sbcglobal.net.

Los Angeles Chapter Leadership and Update

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

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Vacant

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Immediate Past President

Leonore Shuetz, MA, LMFT
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One of our Chapter goals is to continue to broaden our services to both pre-licensed and licensed members. We would love to hear your suggestions, ideas and questions on how we might better serve the Los Angeles area play therapy community. Please contact Paulina or Annette for more information or to be added to our email list.

For additional information on the LA Chapter, please contact the LA Chapter President, Paulina Miller, MA, LMFT, at (805) 607-3965 or pinatherapy@earthlink.net.

Orange County Chapter Leadership and Update (The Orange County Chapter includes all geographic regions of Orange County.)

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Our next meeting and training is scheduled for September at USC, Irvine/Orange County. Please join our meetings for some free training in play therapy and networking. To join our e-list please contact our Chapter Secretary, Reena Patel, MA; Ph.D. student at phone number: (949) 212-2142 or email: patel.reenac@yahoo.com. For further details about our Chapter please contact Chapter President Annica Nilsson, LCSW at Therapy@AnnicaNilsson.com.

We had a very successful full day workshop in April with Gita Morena, PhD, MFT, CST-T who presented on Traveling through Oz: Journey Home in Sandplay and Play Therapy. We also had another chapter meeting in June with free training. Christy Livingston presented on group therapy with adolescent girls and the use of play therapy. Keep an eye open for the next meeting in September by being on our email list.

For additional information about the Orange County Chapter, please contact Chapter President, Annica Nilsson at (714) 875 2310 or Therapy@AnnicaNilsson.com.

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

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The Riverside Chapter of CALAPT has fabulous new leaders! Thanks to our three volunteers, Claudia Moon-Perez, LMFT, President, Mayada Marzouk, MFTI, President-Elect and Shasta Weingard, Secretary, the Riverside Chapter is a growing presence in the Riverside area. There was some struggle since the leadership team came aboard a little late in the year, but they are ready to move on.

Please come and join us at our Chapter meetings on **July 15th** and **September 16th** at the Riverside Police Department Community Room located at 10540 Magnolia Ave Suite B, Riverside, CA 92505, from 6pm to 8pm. This meeting is open to the public as well as APT members.

We will also be hosting our annual full day play therapy workshop tentatively scheduled for **November 13th** (place to be announced). Keep an eye out for the flyer announcing the speakers and topics. Come join us for fun, relaxation, networking and education as we pave the presence of play therapy in our area.

For additional information on the Riverside Chapter, please contact Chapter President, Claudia Moon Perez at (951) 369-9990 or perezmoonperez@sbcglobal.net.

San Bernadino Chapter Leadership and Update

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

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Thank you to all who attended the May 11th San Bernardino training entitled: Bully-Proofing Children using Play Therapy Techniques: Understanding and Conquering Bullying. I hope that I helped you form a foundation on how to help children who are involved with bullying. We had great attendance and have had wonderful turn-out to our past events. We look forward to maintaining a high attendance rate for future trainings.

SAVE THE DATE: Our next training will be July 13, 2009 from 6 to 8 p.m. at the Rancho Cucamonga Community Center. Presenter Wendy Concepcion, LMFT will be sharing her love of scrapbooking and her passion for play therapy and incorporating the two to create a delightful play therapy training. Future San Bernardino trainings will be held September 14, 2009 and November 9, 2009.

For additional information on the San Bernardino Chapter, please contact Chapter President, Marisa Rivera at (909) 921-9982 or marob4895@charter.net.

San Francisco Bay Area Chapter Leadership and Update

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

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The SF Bay Area Chapter is considering ways to increase participation and membership in the Chapter. To this end, one of the exciting changes being considered is adding a training element to the regular Chapter meetings that are scheduled on a bi-monthly basis. The plan is to include free training in a particular play therapy intervention at each meeting. Participants would receive 1.5 CEs. Another interest is looking at ways to increase the diversity of the group.

For additional information about the San Francisco Bay Area Chapter, please contact Chapter President, Ren'e Lewellyn at (925) 470-6407 or renelewmft@comcast.net.

California Association for Play Therapy (CALAPT)

Board Of Directors

~ 2009 ~

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Ask The Expert: Working with Children of Divorced Parents

by Carmela Wenger, LMFT



Question

I see a six year old boy whose parents have joint legal and physical custody. Mother, “Judy,” tried to contest this. The judge ordered Jimmy into therapy with me, which mother really wanted at the time. I am the third therapist. “Judy” reports that the other therapists failed to address her son’s needs, focusing instead on the relationship between her and her ex husband.

From the beginning it has been clear that Judy’s goal has been to use treatment to get an advocate for her position. I have given both parents written statements to the effect that evaluation and treatment are separate services. I explained in writing and in person that treatment would focus on Jimmy’s needs and would be entirely confidential. I would make no recommendations to the court.

Both parents have respected the confidentiality. However, mom calls regularly to basically tell on father. She tells me that Jimmy is having severe problems at school following time with his father. The teacher sees “no pattern” to Jimmy’s misbehavior. She and I both see a child who is emotionally immature and anxious. Jimmy fails to respect other children’s space and he is often disruptive. He is also defiant. The school counselor reports that Jimmy’s behavior has improved over the year. He is not deteriorating. She adds that mom does not want to hear good news.

It is clear that much of Jimmy’s stress is rooted in his mother’s enmeshment with him. Jimmy has made several statements that support my concern that he is coming into his sessions with his mother’s agenda. For example he asked me if I would tell the judge “I want to live with my mommy forever.” This is also the wish he makes when we blow out a wish candle at the end of session.

I want to establish a therapeutic alliance with Jimmy and my therapeutic goal is to help him to differentiate from his mother. It is clear that she is grieving the loss of her marriage and I have recommended therapy for her. I confess that I have been avoiding parent consultations with her because I find her focus on father’s numerous shortcomings wearing and unproductive. She rarely brings Jimmy without a new report about father’s failures as a parent and how awful it is for her and for Jimmy that Jimmy has to spend so much time with his father.

I should add that I have not seen any anxiety when I say something to Jimmy about seeing his father. In fact he told me that his father was “nice.” He does love his mother more. She buys him more toys. She is also less strict.

Father reports that Jimmy has trouble in school primarily because he is not used to interacting with peers. He has grown up in a household of adults. He says that he and Jimmy have a good relationship and the only problem is that Jimmy’s mother does not want to allow him access to his son and has gone to extremes to prevent this.

Response

It is natural that you want to avoid mother and see her as an impediment to treatment goals. It is also not possible to successfully treat Jimmy without working closely with his parents. I think of these kinds of relationships as almost carnivorous so I agree with you that her preoccupation with discrediting her ex husband damages her son, herself, and her ex husband.

It will take a lot of patience to avoid the parallel process. Mother is fighting for custody. Father is fighting for custody. You are fighting for differentiation (or custody of Jimmy’s psyche via forming a therapeutic alliance with him). You must detach from this struggle. Avoiding mom is part of the parallel process. In effect you are divorcing her. You do not want to be as intense about freeing Jimmy as mother is on keeping Jimmy to herself.

In therapy with Jimmy tell him that everyone’s heart belongs to himself/herself. We can all choose the recipients of that love. There is enough to share with lots of people. Love grows when it is given and received. We don’t love everyone the same. We love grandma differently from how we love mom, dad, a sibling, the family pet, etc. Sometimes people get scared that love will run out and there won’t be enough. After all, it does run out when people divorce.

It is important to share this concept with mom in parent consultation- “I want to let you know what I generally tell children about love because so many of them worry about love running out when their parents divorce. They get scared that if their parents can stop loving each other maybe those parents will stop

loving them.” Share the information we have about children’s developmental stages regarding dealing with divorce.

Focus Judy on becoming a protective factor in her son’s life. This is how she sees herself. Use it to join with her. Define protective factor as helping Jimmy to cope with life as it is rather than on rescuing him from joint custody. It is possible that she will eventually get sole custody. However, in the meantime, Jimmy needs her to help him cope. When she begins her litany about father’s damaging influence acknowledge her anxiety regarding the impact on Jimmy and the pain of witnessing this. Then focus her on trusting her own influence. Make the connection between influence and a secure attachment. Securely attached children are more resilient. They are also closer to their parents. That closeness gives parents more influence. This will resonate with her because it is her goal to have more influence.

Give her written information about a secure attachment and use this to focus on Jimmy’s needs whenever she begins her litany against father. This reinforces your initial position, i.e. that you will provide treatment for Jimmy. You will not form an alliance with either parent against the other. This would be unethical because it triangulates the child. Only when you assume an evaluative role can you advocate for a specific custody arrangement. Even if you did testify in her support father’s lawyer could discredit you.

You will most likely have to keep emphasizing this boundary between evaluation and treatment and the fact that you were court ordered to provide therapy, not make recommendations to the court. Explain repeatedly, if you have to, that this means you do not act as an emissary to the judge. If the judge were to ask you what you thought was in the best interest of the child you would be ethically bound to protect Jimmy’s confidentiality. Your role is to promote his resiliency and security by providing Jimmy with coping strategies that do not impede his social and emotional development.

Currently his social and emotional development is at risk. Judy must be as strong a protective factor as she can be. This is a positive approach. Remind her that when she focuses on the father’s deficiencies she is robbing herself of the positive energy she needs to care for Jimmy. Never mention father in a positive light or a negative light. Keep her attention on how to be a more effective protective factor.

In my experience this is a more effective approach than educating the parent about the importance of father and the stress imposed on children by demonizing or criticizing the other parent. Keep in mind that most parents who cannot cooperatively co parent have personality disorders. They cannot really reflect on their own behavior and/or self regulate well. If you focus on trying to get her to detach from her anger at her ex-husband and give up her quest for sole custody she will re-double her efforts to convince you of father’s demonic influence. The alternate likely response is that she will sabotage therapy with frequent late cancellations, missed sessions, non payment, etc.

I know many of you deal with this issue. I would like to hear from you.

About the Author: Carmela Wenger has been a licensed Marriage and Family Therapist since 1980. She is the author of *“The Suitcase Story: A Therapeutic Story for Children in Foster Care,”* published in the American Journal of Orthopsychiatry and, in December 2006, authored a chapter entitled “Superheroes in Play Therapy With an Attachment Disordered Child” in the book *Using Superheroes in Counseling and Play Therapy*, edited by Larry Rubin. Carmela is currently in private practice and offers seminars in play therapy, trauma treatment, and couples therapy. She is a CAMFT Approved Supervisor and a BBS education provider. For readers interested in submitting a question or for those who use these ideas and would like to provide feedback, please contact the author at chwenger@suddenlink.com.

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:
www.calplaytherapy.org
and www.a4pt.org

*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:

Sarah Yeung, MSW
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sarhanneyeung@yahoo.com

HELP WANTED!!

As a new feature to
our website, CALAPT
would like to provide
information on parent
trainings being held
throughout the state
as well as parent
resource
both online and
offline.

Contact Sarah Yeung, MSW
(909) 557-4455
sarhanneyeung@yahoo.com
with any information that you
think may be of interest to
parents in your area!

*Would You Like
to Teach?*

**Are You Interested
In Building Teaching
Experience?**

Breaking into teaching
can be difficult. You usually
have to have experience
to get experience.

How about starting with
your local CALAPT chapter
and try it out!!

We continue to accept
resumes for our presenter
portfolio. Share your
knowledge with others!
Network!

We need your resume,
contact information and
topic of interest to start.

Please submit your
information to:

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Play Therapy Intervention

Care Tags

By Myrysha Rosa, MSW

Theme: Feeling Expression & Communication

Recommended Age Range: Teens & Adults

Treatment Modality: Individual

Goals

- Increase self awareness
- Improve positive and clear communication
- Increase ability to appropriately express needs

Materials

- Construction paper cut in the shape of a tag (see example)

Description

The therapist begins with a discussion of how everyone expresses his or her feelings differently (give examples: "Some people cry when they are sad, some shut down, others look/act angry"). Additionally, different people want/need different things when they feel different emotions (give examples: "Some people want to be left alone when they are sad, others want a hug or to talk"). Begin to process how everyone is different, and that we cannot assume that everyone knows what we are feeling, or knows what we need from them. Explain that people are not like clothes or other things that come with care tags or instruction manuals.

The therapist then explains the activity as follows:

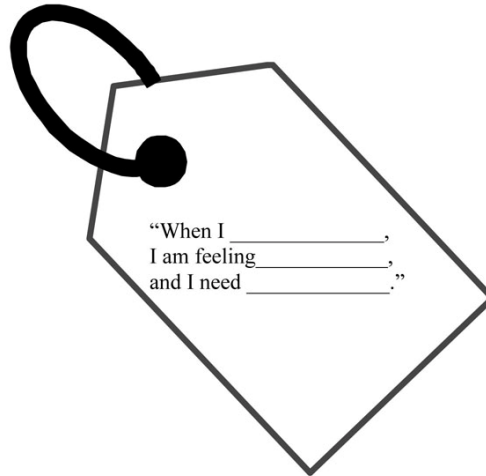
Wouldn't be nice if everyone came with a care tag that told others exactly how to take care of them (give examples of clothing care tags such as "Delicate," "Dry clean only," "Handle with care"). In order to do that, we first need to understand the link between our own behaviors, feelings, and needs. We are going to create several care tags that will help you better understand your feelings, communicate to others what you are feeling, and identify what you need from them (or yourself) when you are feeling that way. On the back of each care tag, you can draw a picture that either represents that feeling or something that makes you feel that way.

Each care tag will say. "When I _____ (behavior, action or situation) _____, I am feeling _____ (emotion) _____, and I need _____."

Discussion

For many clients this can be a very difficult activity. Have the client begin with a feeling with which they are comfortable before moving on to more intense or sensitive emotions. This activity also works well if the client has entered the session expressing a problem that easily fits this format (i.e.: "I had a really bad day at school yesterday and I just needed a little time alone, but my mom wanted me to go with her to the store"). The therapist can then work with the client to break this down on the care tag ("How would your mom know you were mad?"). It is generally easier for the client to start with the feeling, then move to how others will know when they are feeling that emotion, and end with what they need. When completed, discuss the possibility of sharing these care tags with their parents. If possible, and if the client is in agreement, arrange for the parents to join the session and support the client in sharing the care tags.

This activity easily adapts to family sessions, with each family member creating their own "tags" and then sharing them with the family.



This intervention is shared from the following book. [Assessment and Treatment Activities for Children, Adolescents, and Families: Practitioners Share Their Most Effective Techniques](#), a publication which highlights creative interventions from a variety of practitioners and includes the activities "Call Outs: Learning the Language", "It's My Life CD", "Self-Esteem Crowns", "So Sorry", and "Care Tags" by Jodi Smith. [Assessment and Treatment Activities for Children, Adolescents, and Families: Practitioners Share Their Most Effective Techniques](#) is edited by internationally renowned therapist and author Liana Lowenstein, and is available at www.lianalowenstein.com. A free e-book is also available at www.lianalowenstein.com.

About the Author: Myrysha Rosa is an Associate Clinical Social Worker and holds a Pupil Personnel Services Credential in School Social Work and Child Welfare and Attendance. She received a Bachelors of Psychology from the University of California, Riverside and a Masters of Social Work from the University of Southern California. Myrysha has worked with children, adolescents and adults in various settings including schools, group homes, and mental health facilities. She is currently employed as a Clinical Social Worker at Loma Linda University Children's Hospital and is a Member-at-Large for the California Association for Play Therapy.

Book Review



Written Paths to Healing: Education and Child Counseling

by **John Allan and Judi Bertoia**
Reviewed by **Yvonne Quesada, MSW**

This book is a valuable addition to any clinician's library if their practice is primarily in the school setting and they have a close relationship with the administration and the teachers. After briefly defining different aspects of Jungian psychology, the book describes different ways to approach children through writing, drawing and class discussions. The book is divided into three sections: 1) journals and letters, 2) discussions and writing, and 3) use of imagery and writing. Most of the examples are gathered from group activities-both in the classroom and small group settings. One of the more positive aspects of the book is that it gives step by step instructions on running whole group (class) discussions for things like children and their crises, scapegoating in the class, and using fairy tales for problem-solving.

After reading this book it is entirely possible to go into a class and use these methods to help the class gain coping strategies. The difficulty is that most of the examples are for whole class instruction and take place in two to three different sessions. My experience is that most clinicians are not usually given that much time in one class setting. The examples can easily be adapted for small group settings. The other caution I have with the book is that the children may feel much of it is "too much like school" since the activities are almost wholly using writing. Overall, I enjoyed the book. I felt that the discussion about the use of writing techniques for small group settings was very helpful. However, as always, clinicians need to use their own clinical judgment when utilizing any of these techniques with children and groups.

About the Author: Yvonne Quesada, M.S.W. is a School Based Counselor Specialist at West End Family Counseling Services in Ontario. Yvonne has been working with troubled and at-risk children, teenagers and their families, in various capacities, for over 8 years. Yvonne is currently the President-Elect for the San Bernardino Chapter of CALAPT.



RPT Interview

Wynne Osborne, MS, MFT, RPT-S

Interviewed by Mary Ruth Cross, LMFT

In the field of psychotherapy there is such a great diversity of specializations. It is common to hear colleagues talk about their fear of working with children, particularly very young children. This is not true for Wynne Osborne. She has taken her love of children and created a thriving play therapy practice in Concord, CA. Wynne has been licensed since 2000 and brings a wealth of personal and professional experience to her work. Wynne worked for Social Services in Los Angeles County prior to beginning her Master's program at C.S.U Hayward. Her frustration at not being able to be as effective with the children on her caseload was apparent to her supervisor who advised her to become a Marriage and Family Therapist. Wynne took this supportive advice and began a journey that showed her where she was truly meant to be. "After my first session I had the strongest feeling of 'this is where I am supposed to be. This is the work I am supposed to do'", relates Wynne. Wynne worked full time while raising three teenagers. Wynne completed her hours for licensure at The Family Stress Center where she worked with children and families. Wynne has also been the Project Manager for *Dare To Be You*, a program for children younger than 6 years old. The program followed a small group model where children and parents worked on feelings and strengthening attachment. Wynne has been involved with parenting programs that help substance abusing parents become more effective parents as well as being a consultant to local pre-school and day care programs when there are behavioral issues.

Along with all of Wynne's other achievements Wynne talks proudly of being a founding member and the first President of the San Francisco Bay Area Chapter of CALAPT. In October of 2000, Wynne went to the APT National Conference in New Orleans. She says that she came home so energized that she wanted to see what she could do to bring CALAPT to other local therapists. Wynne says that the first few years of founding and developing the Chapter were difficult, but she is pleased to see that the seeds she planted in 2000 have taken full root and the chapter is growing and thriving. Wynne says that the benefits of being a part of CALAPT are that it is a great resource, providing networking and outstanding trainings: "I especially like the experiential nature of what we do." Wynne has been a Registered Play Therapy Supervisor for approximately 2 years. She is currently working on plans to form a supervision and consultation group for those interested in getting their hours to become Registered Play Therapists. Wynne remains involved with the S.F. Bay Chapter of CALAPT, offering support, advice and wisdom to those who have taken up where she left off.

About the Author: Mary Ruth Cross, MS, MFT is a licensed Marriage and Family Therapist with a private practice in San Ramon, CA. Mary Ruth has been working with children and families for over 25 years and is a long standing member of the Association for Play Therapy. Mary Ruth is a strong advocate for children and specializes in working with traumatized children and families. She is currently on the faculty at University of Phoenix teaching graduate students how to work with children and how to utilize play therapy in their work. Mary Ruth is also a well-known workshop presenter. She is a clinical supervisor and supervises two interns in her private practice. Her website is: www.mrcrossmft.com.

***We Encourage All Play Therapists and CALAPT Members to Seek Formal Credentialing
Through the Association for Play Therapy (APT).***

***For More Information, Please Go to www.a4pt.org
or Contact Carol Guerrero, (559) 294-2128 ext 1***

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Benefits of service as a CALAPT officer include:

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Contact Kim Vander Dussen, PsyD, RPT-S at (714) 329-6080 or kvanderdussen@argosy.edu for more information.

The Central Valley Chapter of the California Association for Play Therapy Presents



Limit Setting and the Therapeutic Relationship in Play Therapy

Date: Friday July 10, 2009

Presenter: Marielle A. Brandt, Ph.D., LPC

Location: Modesto, California

Please contact Chapter President Lee Jones at (209) 404-7741 or leejonesmft@sbcglobal.net for more information and registration.

[Registration Form](#)

The Central Coast Chapter of the California Association for Play Therapy Presents



Healing the Torment Within: Gestalt Play Therapy Approach to Shame

Date: Saturday August 15, 2009

Presenter: Felicia Carroll, MEd, MA, LMFT, RPT-S

Location: San Luis Obispo, CA

Please contact Chapter President, Colleen Sebastian at (805) 305-0631 or coanse@earthlink.net for more information and registration.

[Registration Form](#)

Name the Newsletter Contest!

We need your help in re-naming this newsletter. Please submit any original names to CALAPT President Sarah Yeung at sarahanneyeung@yahoo.com prior to October 1, 2009. The person who submits the winning entry as determined by the CALAPT Executive Board will win a prize! Please contact Sarah Yeung with any questions.

*For More Information On Play Therapy Trainings Throughout The State,
Please
Check Our Website At www.calplaytherapy.org To Learn About Trainings
By:*

- The Child Therapy Training Institute (CTTI)
 - The Free Clinic of Simi Valley & Harmony Counseling Center
 - The San Diego Center for Play Therapy
 - UCSD Extension Play Therapy Certificate Program
 - Vision Quest into Symbolic Reality
 - West Coast Institute for Gestalt Play Therapy
-

California Association for Play Therapy (CALAPT)

Calendar of Upcoming Events

~ 2009 ~

July

- July 10 Central Valley Full Day Workshop
- July 13 San Bernardino Chapter Meeting
- July 15 Riverside Chapter Meeting
- July 17 San Francisco Chapter Meeting

August

- August 15 Central Coast Full Day Workshop

September

- September 4 Central Valley Chapter Meeting
- September 14 San Bernardino Chapter Meeting
- September 16 Riverside Chapter Meeting
- September 18 San Francisco Chapter Meeting

October

- October 2 Central Valley Chapter Meeting
- October 3 Central Coast Chapter Meeting
- October 6-11 APT Annual Play Therapy Conference, Atlanta GA

November

- November 9 San Bernardino Chapter Meeting
- November 20 San Francisco Chapter Meeting



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SusanKelseyMFT@cox.net

Founding Member and Past President
Orange County Chapter of CALAPT

Don't miss OC Chapter's September training
Play Therapy for Children with ADHD
susankelseymft@cox.net for more info!

Schedule of Play Therapy Workshops

**The Free Clinic of Simi Valley and Harmony Counseling Center
Are Pleased to Present the Following Play Therapy Workshops
For 2009 - 2010**

Presented by Kristy Schadt, MFT, RPT-S



**Summer of Play - 5 Days of Play Therapy: August 12-16, 2009
Introduction to Play Therapy 1: September 25, 2009
Family Play Therapy: September 26, 2009**

Play Therapy With:

Children of Divorce: October 16, 2009

Traumatized Children: October 17, 2009

Intro to Sandtray Worldplay: November 20, 2009

Adults: November 21, 2009

Introduction to Play Therapy 1: January 15, 2010

Children with Medical Conditions: January 16, 2010

Introduction to Play Therapy 2: March 5, 2010

Children of Substance Abusing Parents: March 6, 2010

The Traveling Play Therapist: April 30, 2010

**For More Information Call (805) 578 2425
Or Visit Our Website at www.harmonycounselingcenter.org**

Play Therapy Workshops

Presented by The Free Clinic of Simi Valley and Harmony Counseling Center

**Visit our Website for a Full Listing of Workshops:
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www.calplaytherapy.org To Receive Training Updates!
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The newsletter comes out quarterly. Deadlines are 60 days prior to these dates.
Email sarahanneyeung@yahoo.com to request a newsletter ad order form.

CALAPT's Address:

**CALAPT
PO Box 1779
Loma Linda, CA 92354
(909) 557-4455**

www.calplaytherapy.org

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.

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