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President's Message

Kim Vander Dussen, PsyD, RPT-S

Dear Fellow Play Therapists,

As summer approaches I sincerely hope you have plans to enjoy yourselves. It's a time to travel and to play! To help you along the way CALAPT has four 6 CE workshops scheduled for this summer, two of which are occurring this June. Three are currently open for registration. You will have noticed some changes to this process as we are moving to online registration only. We are hoping this makes the registration process run much more easily for all those involved.

As CALAPT President I am overwhelmed by the volunteer efforts of all of CALAPT's officers, past and present. I am genuinely grateful for the time and energy freely given by therapists across the state of California. We have consistently maintained a vision focused on the growth of our branch and a commitment to serving other play therapists. At one point when I became involved with the Executive Board I realized that the public thinks we are paid employees that sit in an office running this organization. In actuality we hold five board meetings (only one of which is attended by the majority of CALAPT's officers) and two Regional Meetings. Outside of these few meetings all other business is conducted via email or the occasional phone call. It's amazing to me what we are consistently able to accomplish with little to no actual contact. We make organizational changes, deal with financial issues, upgrade systems, communicate with members, plan and executive conferences and workshops....the list is endless, but so rewarding. As you read through the newsletter take a peek at all the upcoming chapter meetings. These 1.5 CE workshops are free to you. Take advantage of the opportunity and come play with us!

In this issue you will find Part II of our guest article **Rolling the Dice: Tips for Therapeutic Board Game Design Part II** by Dr. Eric Terry. Enjoy!

Warmly,

Kim Vander Dussen, Psy.D., RPT-S

Associate Professor

Argosy University, Orange County

CALAPT President, 2010

Rolling the Dice: Tips for Therapeutic Board Game Design Part II

By: Eric Terry, PsyD, RPT-S

***CONTINUED FROM LAST EDITION OF CALAPT TODAY*

It is difficult to advise exactly how to go about the brainstorming process because it is different for everyone. For me, I would think of ideas all the time and at the strangest times. So, I always kept paper or Post-Its nearby so that I could jot things down. Millions of Post-Its sacrificed their lives in the process of creating this game (and writing this article, too). Another piece of advice, though, is to bounce ideas off of someone that you trust. You cannot create your game in a vacuum. You need someone to keep you grounded and to point out things that seem ill conceived or things you missed. You also might get some good and helpful ideas (for which you should credit your confidant, of course).



Once you know what your game is going to look like and how it is going to play, it is time to bring it to physical life. If you can draw, that will save you the time and money of having to search for an artist that can make the game world that has been living inside your head a reality. Even if you are not artistically inclined, it is best to make a sketch or drawing of some kind and lay out the board the way you want it to look. That makes it easier for you to explain things to the artist. Also, do your best to put into words what the board is going to look like to go along with the sketch to flesh out the explanation. Finding an artist can be easy or difficult, cheap or expensive depending upon your connections. You may know a friend who will be willing to do the art work for you for free or for a nominal fee. A local college or liberal arts college is a good place to find art students who will be willing to work on your project for a low fee. A liberal arts college is where I found the artist for Peacetown. The art process involves a lot of back and forth where you tell the artist what you want and how you envision the project to look. The artist goes off and makes some sketches then brings them back for your approval. You look at them, see what you like, what you do not like, what you would like changed, and then the artist goes back and does his/her thing again. This goes back and forth until you have a finished product that both you and the artist are satisfied with.

While writing up your instruction manual, you determined what kind of game pieces you would need to play your game. Now is the time in the game process to either acquire or create those pieces. If your board game is a “standard” game, then you are probably going to need pawns and dice. If you Google board game pawns or board game dice, you will find several on-line distributors for these items. One that I found that I like is The Game Crafter (www.thegamecrafter.com). However, you may have designed a game that requires a unique game piece that you will have to build. Once again, depend on your resources and contacts. For Peacetown, I needed a specific size of stand for my pawns. I bought the material and then spoke with a shop instructor at a local junior college. The instructor allowed me to come into one of his classes and work with one of his students to create the item I needed.

So now you are done, right? Wrong! Next comes an important phase in the game design process, which is the testing process. Make a copy of your game that is playable. It does not have to be fully polished, it just needs to function as the game would function. Then, have several groups of the target population play the game. This gives you the opportunity to see what works about the game and what does not. Do your newly designed pawns work? Would standard pawns be better? Are the game spaces big enough? Are the instructions clear enough? Is the game too complicated? Do the players seem to be having fun? Do the players seem to be picking up on the concepts you were trying to get across in the

game? Once you have run a few groups, look at the data and make the necessary changes. Then, finalize your design. Congratulations! You have just created a therapeutic board game!

Your journey could end at this point or you could decide to go on a further expedition. If your purpose was to create a game just for use in your practice, then you need not do much more. As most of you know, most art these days is done in computer form. So, take your completed art to a local printing facility (Staples, Kinko's, etc.), print out your game board, game cards, and other game elements, get them laminated to keep them protected, secure all the other game pieces you need, and start playing. If you wish to get your game published, however, that is the additional expedition I referred to earlier. I will not get into the steps required for that in this article except to recommend the first step: copyrighting your work. This also applies to the clinician that just wants to use his/her game in his/her office. If you went through all the above work, even if you do not want to publish it, you do not want someone to steal your ideas. If you go to the U. S. Copyright web site (www.copyright.gov), you will receive all the information you need to copyright your work.

So, there you have it! The therapeutic game design process from start to finish. These are not revolutionary ideas and I am sure you have heard these thoughts from other individuals before. However, this is the process that has worked for me and I just wanted to impart it to you. One last thing I would like to share about the design process, though, and it is the most important of all: have fun doing it! If you do not have fun making your game it is highly likely it will shine through and you will have a product that is not fun to play and does not accomplish your goals. So, roll the dice, go forward two spaces, and take another card! The next great idea for a therapeutic board game that could help reach kids and help families could be yours! Put on those thinking caps and have fun doing it! Play on!

Eric Terry, PsyD, RPT-S is a Licensed Clinical Psychologist and Registered Play Therapist and Supervisor. He has been licensed since 2001 and an RPT-S since 2004. Dr. Terry has been in private practice in Placentia since 2005 and specializes in working with children and adolescents, but also works with adults. At his practice, Dr. Terry performs ADHD, Asperger's and Bariatric assessments in addition to treating a range of disorders. Dr. Terry published a therapeutic board game, Peacetown: A Conflict Resolution Board Game, through Western Psychological Services in 2001 (www.creativetherapystore.com). His second game, Family Quest, is self published and is available through his website. For more information on Dr. Terry, you can visit his web site at www.ericterrypsyd.com.

Chapter Leadership and Updates

Central Coast Chapter Leadership and Update

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

We are half way through another successful year. Cal Poly hosted our last 2 meetings and we have enjoyed the extra space as well as the audio visual equipment. (A special thanks to Cheri Love and Dr. Lisa Sweatt for arranging the space.) We would like to welcome Cheri Love who took over the secretary position this year, as our past secretary (Leslie) was unable to continue. Leslie helped the chapter gain momentum last year and found her own replacement before resigning. Thanks for stepping in so quickly, Cheri. Our next big event is the 6 CEU workshop on August 7. Gisela Schubach De Domenico, Ph.D., is presenting "Whole Worlds to Play With: Introducing Sandtray-Worldplay Therapy". Register quickly as space is limited!

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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 Central Valley Chapter had a great year and is continuing to strive to do better this year. The year began with a 1.5 workshop on March 5th presented by Lee Jones, MFT and Raman Dhaliwal, MFT Intern on "Soap Sculpturing in Play Therapy." The next 1.5 CEUs workshop will be held on June 18th presented by Cathy Krider, MFT Intern on "Play Therapy with Traumatized Children and their Families". The full-day workshop with Lisa Galeazzi, MFT on "The Use of Play Therapy in Treating ADHD" has been provisionally scheduled on July 23rd. We would like to extend our gratitude to our CALAPT Executive Board for making this possible, to our presenters, and the members for attending the workshops.

For additional information about the Central Valley Chapter please contact Chapter President Raman Dhaliwal, MFT-I at rdhaliwal@svcfs.org.

Los Angeles Chapter Leadership and Update

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

The Los Angeles Chapter is eager and excited to continue providing trainings, meetings, and full day workshops to those interested in learning more about play therapy within and around the Los Angeles area. Please look forward to our next 1.5 CEU training which will occur early July. This training focuses on Experiential Play Therapy and will be led by Ken Schwartzenberger LCSW, RPT-S. We will also be providing future Chapter meetings with 1.5 CE training in October and a full day 6 CE training in November. We continue to search for members of the Los Angeles Chapter and would love to provide interested parties with more information. Thank you to all those who attended and supported our last training event.

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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)

We have had many wonderful trainings this year and look forward to more. In May we were pleased to have Maxine Bowden LMFT present on "Playfully Supporting Children a Risk of School Failure" a very relevant topic. Then on June 12th we are excited to offer our all day workshop with Ken Schwartzberger L.C.S.W, where we will all experience "The Therapeutic Power of Play". Finally, we round up the year on a positive note, with Rachel Taylor LMFT presenting, September 25th, on "Strength-Based Play Therapy". We look forward to having you join us!

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For additional information about the Orange County Chapter, please contact Chapter President, Valerie Wilson-Lindberg, LCSW, RPT at vlindberg@earthlink.net.

Riverside Chapter Leadership and Update

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

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Are you ready to play? Come join Riverside Chapter President Mayada Marzouk and President-Elect Shasta Weingard for our next meeting on **July 21st** at the Riverside Police Department Community Room located at 10540 Magnolia Avenue Suite B Riverside, CA 92505. Expect to learn new therapeutic interventions and have some fun. In addition, we have tentatively scheduled our annual 6-hour CE training for Friday November 5th. 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!

For additional information on the Riverside Chapter, please contact Chapter President, Mayada Marzouk, MA at mayadamarzouk@hotmail.com.

San Bernardino Chapter Leadership and Update

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

The San Bernardino Chapter has gotten off to a great start this year! We held our full-day workshop with Maxine McCleery Bowden, LMFT on “Playfully Supporting Children at Risk of School Failure” and two 1.5 workshops presented by Jodi Smith, LCSW, RPT-S on “Play Therapy Tools for Working with Teens” and Valerie Wilson-Lindberg, LCSW, RPT on “Experiential Play Therapy: Nurturing Traumatized Children.” We would like to extend our gratitude to our wonderful presenters. We had a great turn out to all three workshops and strive to continue spreading the importance of play.

Our free 1.5-hour workshops are bimonthly at the Rancho Cucamonga Community Center on the second Monday of the month from 6-8pm. Mark your calendars for our upcoming 1.5’s with Dr. Leslie Young, MS “Using Play Therapy with Medically Fragile Children” held on **July 12**, Janelle Novell, LMFT, RPT-S and Donna Lindley, LMFT with “Safe Places in Play Therapy” held on **September 13** and **November 8** TBA. Hope to see you there!

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For additional information on the San Bernardino Chapter, please contact Chapter President, Yvonne Quesada at (626) 484-4196 or bonnieq21@hotmail.com.

San Francisco Bay Area Chapter Leadership and Update

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

By the time the Newsletter is published, the year will be half over; so far it has been a busy and successful time for our Chapter. We have had 15 new members join the first 3 months of year and look forward to further involving therapists in our chapter and increasing membership in APT.

Our Chapter meetings are continuing to offer interesting and lively trainings which give 1.5 CEs. In January, Karen Pernet presented “Crime and Play: Aggression in Play Therapy.” In March, MarRem Remington’s talk was “Play Therapy for the Child Wired Differently”. In May, Melissa Cessario presented “Drama and Play Therapy.” Our 6 hour CE workshop on June 4 brings Sueann Kenney-Noziska, past president of CALAPT, back to the area, to present “Childhood Interrupted: Abuse-Informed Play Therapy Approaches for Sexually Abused Children and Adolescents.” We are fortunate to have such an informative, energetic and enlightening speaker. Plans for the balance of the year include Katrinca Ford on “The Work of Play” focusing on the function of *play* in play therapy at our 7/17 (Saturday) meeting, Angelique Bagley will present on children’s anxiety and play therapy interventions at our 9/17 meeting and there will be a guided discussion on play therapy with immigrant families led by Ofra Eldor at our 11/19 meeting. Additionally we will have our 6th annual Play Therapy Gathering on 10/23. We welcome therapists, interns and students and other professionals who work with children to attend our meetings and to participate in our chapter events.

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For additional information about the San Francisco Bay Area Chapter, please contact Chapter President, Karen Pernet LCSW, RPT-S at kepernet@yahoo.com.

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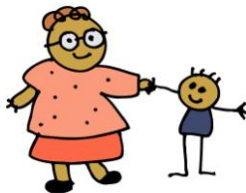
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Play Therapy Intervention

INNER RESOURCE DRAWING

(from Joyce C. Mills, Ph.D.)

Submitted by: Jennifer Wentz, MFT

Materials Needed: Markers, colored pencils, or paint and paper

This technique depicts a problem and solution visually. It provides an external expression to internal emotions and allows the client to distance himself from the problem as well as emphasizing his inner resources.

To implement this technique, the therapist directs the client to draw a problem that he is currently experiencing on one piece of paper. Once the client has finished this task, the therapist directs him to draw the problem “all better” on a second sheet of paper. This implies that there is an “all better” scenario. On the third piece of paper, the therapist asks the client to draw “what will change picture 1 to picture 2” or “draw where in your life you have had that ‘all better’ feeling.” This third drawing is a “metaphorical bridge” that represents the inner resources and potential of the client. The metaphorical information that the therapist learns in this activity can then be used in future activities and storytelling with the client.

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 Annette Markowitz at (818) 307-8950 or annetteim@hotmail.com for more information.

CALAPT Calendar of Upcoming Events

June 2010

- **June 4th** - San Francisco Chapter 6 CE workshop: Childhood, Interrupted: Abuse-Informed Play Therapy Approaches for Sexually Abused Children & Adolescents
Presenter: Sueann Kenney-Noziska, MSW, LISW, RPT-S
- **June 12th** - Orange County Chapter 6 CE workshop: The Therapeutic Powers of Play
Presenter: Ken Schwarzenberger, MSW, LCSW, RPT-S
- **June 18th** - Central Valley 1.5 CE Chapter Meeting

July 2010

- **July 12th** - San Bernardino 1.5 CE Chapter Meeting
- **July 23rd** – Central Valley Chapter 6 CE Workshop

August 2010

- **August 7th** - Central Coast Chapter 6 CE workshop: Whole Worlds to Play With: Introducing Sandtray-Worldplay Play Therapy
Presenter: Gisela Schubach De Domenico, PhD, MFT, RPT-S

September 2010

- **September 13th**-San Bernardino 1.5 CE Chapter Meeting
- **September 25th**-Orange County 1.5 CE Chapter Meeting

October 2010

- **October 9th**- Los Angeles Chapter 1.5 CE Chapter Meeting
- **October 12th - 17th** APT Annual Conference, Louisville, KY

November 2010

- **November 5th** - Riverside Chapter 6 CE workshop
- **November 8th**- San Bernardino Chapter 1.5 CE Chapter Meeting
- **November 20th** - Los Angeles Chapter 6 CE Workshop

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

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:
Kim Vander Dussen, PsyD, RPT-S
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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.