



## What You Need to Know About Becoming a Registered Play Therapist (RPT)

Many therapists with varying levels of training work with children and may utilize play as part of their therapy. Registered Play Therapists receive specialized training to meet the rigorous credentialing requirements through the national [Association for Play Therapy](#). Currently, there are only 15 Registered Play Therapists (RPT)/(RPT-S) in the state of Washington.

### Requirements:

- \* Masters level or higher mental health educational degree
- \* Licensed in your state to practice mental health (LMHC, LMFT, LCISW)
- \* 500 hours of supervised play therapy experience that includes 50 supervision hours
- \* 150 APT- Approved Education hours- like CEs from WAAPT's conferences or join us for one of our movie nights!

### Useful Tips:

- \* You can start accruing APT approved hours before you graduate or have your license!
- \* Of your 150 education hours, 50 can be accrued online! Check out [APT e-learning center](#) to download audio from this year's conference. You can also earn CEs from reading books and watching DVDs

Working on becoming an RPT/RPT-S and need some mentoring? Contact us at [info@wa4pt.com](mailto:info@wa4pt.com). We are happy to support you!

## Become a Member of the WA Play Therapy Board!

Become a part of the WA4PT team! Current Board Positions:

### Media/Marketing Chair:

Are you good with social media such as Facebook and Twitter? Do you enjoy creating print or web media for events? We are looking for a Media/Marketing Chair to join the WAAPT board. The only requirements for this position are an interest in connecting people and a love for Play Therapy. Please contact Dr. Becky Rudd at [becky.rudd@wa4pt.com](mailto:becky.rudd@wa4pt.com).

### Central Washington Regional Chair:

WAAPT has a strong presence in the South Sound, Seattle and Eastern Washington areas. We are looking for a committee chair in the Central Washington area. This person would assist with public play therapy outreach, promote, conduct networking events and assist in bringing workshops and CEU events to the Central Washington Region. Please contact Dr. Becky Rudd at [becky.rudd@wa4pt.com](mailto:becky.rudd@wa4pt.com).

### Graduate Student Representative:

Are you a graduate student looking for volunteer or board member experience for your resume or doctoral program application? WAAPT is looking for graduate students working on a degree in psychology, counseling, school counseling, social work or other related fields to promote play therapy at their university. This position would require the Graduate Student Representative to make contact with other graduate students regarding upcoming local workshops, conferences, make play therapy outreach promotions and report to the Graduate Student Representative Chair. Please e-mail Krystel at [krystel.stryczek@wa4pt.com](mailto:krystel.stryczek@wa4pt.com) or Kelsi Jackson [Kelsie.Jackson@wa4pt.com](mailto:Kelsie.Jackson@wa4pt.com).



## Book Review: A Good Read

By Jenny Meline, M.Ed, LMHC

## Title of Book: [Play Therapy The Art of the Relationship](#)

**Author:** Garry L. Landreth

Play Therapy The Art of the relationship is one of the most important books that a play therapist could have in their library. Many could say it's the play therapist's bible for practicing play therapy. The book describes not only the theory of play therapy but describes how to practice play therapy.

This book is written by a well known play therapist who has been practicing play therapy for quite some time and has been willing to teach his art to others so that they can practice the art themselves. The book shares information about the author, history of play therapy, an understanding of children, child centered play therapy, materials and the playroom, and the parent's role in the play therapy.

My favorite part of the book was the history of play therapy. I liked this section because it shared in detail the different types of play therapy, how the association of play therapy was established. I feel that it's as important to understand the history of a modality of therapy as well as how to practice the modality. This was a good read and excellent resource for any play therapist.



## Play Therapy Toolbox

By: Rosie Newman, MA, LMHC, RPT

**Intervention:** Clay Figures

**Treatment Modality:** Individual

**When in Treatment:** End/Termination/Last session

### Purpose:

- Create transitional object, honor relationship
- Reflect on what was learned
- Send client home with positive thoughts/traits

### Materials:

- Clay
- Beads/gems

### Description:

Create a clay figure (for example, an animal) for each other, or create one together. Ask the client one thing they have learned from coming to therapy, it could be a trait (e.g. "I am really creative!"), a concept (e.g. "Remember voice matters"), a coping skill (e.g. "breathe"), an affirmation ("I am loved."). Then the child can choose one bead to represent that thing, and bury the insight in the clay figure, for them to take with them. On the outside no one can see what is buried inside the figure, but you and the client know it's there.

### Discussion:

This is a great exercise to do on the last session to allow the child to think about what they have learned and what they will take with them inside their hearts when they leave. In essence when you create the animal and bury something inside that represents, let's say courage, the child has a concrete representation of leaving with the courage they learned about in sessions. Also, if you exchange figures, it can be a way to signify maintaining the connection.

### Reference:

Inspired by a client.

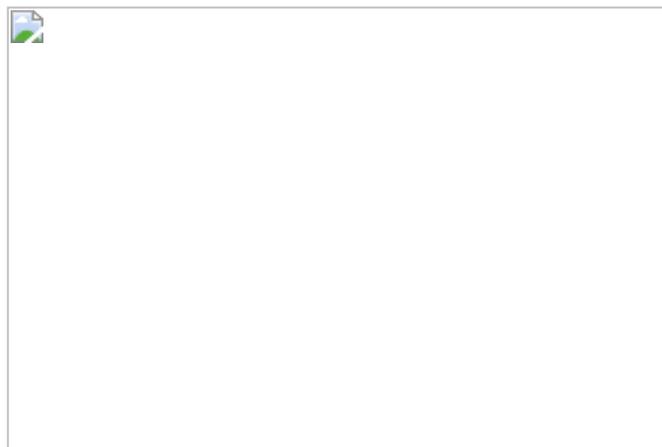
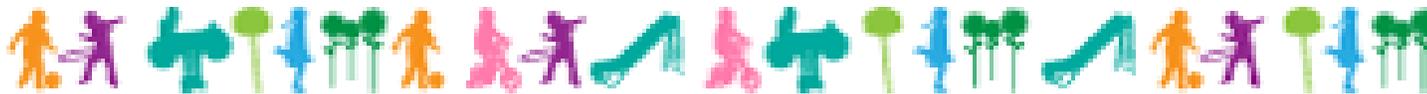


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## Call for Presentation Proposals for our 2015 Play Therapy Conference!

By Dr. Becky Rudd

Do you have knowledge and experience in play therapy that others can learn from? Have you experienced success with a particular model or type of play therapy that others may find helpful? Perhaps you have knowledge and experience with a specific population of children that you can bring to others. We are seeking proposals for 1.5-3 hour workshops on various core areas and topics of play therapy. We are excited to hear from people with diverse interests, experience and knowledge to our conference. We are not looking for expert speakers rather speakers who have expertise. Everyone from students, practitioners, faculty and retirees are encouraged to apply.

Accepted presenters will receive a complimentary registration for Friday March 27, 2015.

Please go to: <http://wa4pt.com/trainings/> to learn more.

## Fall Shout Out!

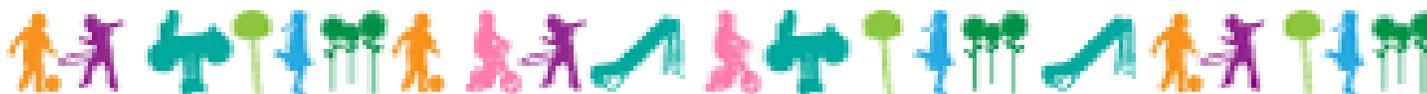
By Meghan Whitlock



Continuing with our theme from last month, we are honoring a long standing member of the Washington Association for Play Therapy community, Amy Taylor. Amy was a child and family therapist at Wellspring Family Services and an RPT providing play therapy to children for over 7 years specializing in early childhood attachment. In her work at Wellspring, Amy worked with many clients experiencing homelessness, domestic violence in school, home, and outpatient settings. Amy expressed in our interview that her work incorporated her play therapy skills to infant and child-parent therapy, facilitating caregiver reflection on child's social and emotional needs through the medium of play.

During this year, Amy guest lectured a Garry Landreth inspired presentation at the Seattle School of Theology and Psychology. The presentation was well attended and fostered much dialogue among the students. In addition to her clinical work and community presentations, Amy consults with graduate students and was also a member of the Washington Association for Play Therapy board.

In the past few months Amy has left her position at Wellspring Family Services to stay at home with her new baby. Amy continues to be a passionate advocate for play therapy and is an amazing resource regarding play therapy, play therapy research, and is available via email for consultation on a case by case basis.



## Grad Student Corner!

### Starting your play therapy collection without breaking the bank

By: Kelsie Jackson B.A.

This new addition to the newsletter will be a place for information and advice for graduate students interested in therapy. Being a second year graduate student myself, I am always finding new ways that play therapy can fit in future role as a professional school counselor. This section is meant for all graduate students of any profession use play therapy at some point or are interested in learning more about it. This month's topic will be how to get early on building your play therapy collection!

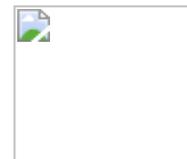
It may be hard to imagine right now since most of us are bogged down with papers, internships, work, studying social lives (if we still have any), but now is the perfect time to begin your search for toys as a play therapist! If sure that play therapy is an approach you will be taking in your profession, I have compiled some great ways to finding toys for cheap. Let's face it, none of us will have the money to buy toys in bulk at store prices as a beginner professional. If you begin early, you won't be forced to buy expensive at the last minute as you begin your career.

1. **Garage sales** will be your new best friend: The number one best place I have found deals for toys has been garage sales. Here people are willing to make a deal on their child's old toys. I have more than once walked a garage sale with an arm full of free toys! Come with 5 dollars or less to a garage sale and I can assure you will find a great deal. The reasoning for coming with five dollars or less is so you can easily play the "oh I only brought this much money with me and I am a poor graduate student" card. They WANT to get rid of their items and chances are you are one of the few who are interested in some of the toys. This has worked for me every time. Also don't be afraid to haggle, this is where you can find the cheapest deal by far! The final great thing about a garage sale is the variety. You will more than likely find old toys that are no longer being made. This gives you a chance to give your collection an edge on others. You can find all the unique toys you like that can help a child tell his or her story to you. Finally, don't get discouraged if your first garage sale isn't a gold mine. It takes persistence it is well worth it when you find exactly what you are looking for.



1. **Thrift stores** are great resources for cheap toys as well. You can hit up a local thrift store weekly for new because most process and put out their new donations once a week. Ask an employee when new toys are processed through and how often. Then you can know exactly when to check out the stock. Thrift stores are a great place to get toys in bulk. I have bought a bag full of miscellaneous toys for a dollar, more than once at a local thrift store near me. Thrift stores are also a great place for a wide variety. Old, strange, and unique toys are usually the first to be donated, and they are the first you want to be picking up! Again finding the odd toy is the best way to make your collection unique and more helpful to the children you work with. You can find princess dolls and superhero action figures at any time, but you may be thanking yourself for picking up that haggard witch toy that your client years later chooses only to use during a session.

1. **Friends with children** are another great place to start, and it is free! You are bound to know a friend or two (maybe several) who have begun their journey as a parent. This means that as their child grows, so will your toy collection! Ask your friend if he or she is willing to donate any old toys their child no longer likes. They will more than likely be happy to get it off their hands and you don't have to pay a cent. Or if you have children of your own, go through your child's old toys. Your own personal stash of play therapy toys may be right under your nose and of no cost to you!



Try out any of these three suggestions when you have the time to begin thinking about your future career! Graduate school may seem like it drags on, but before you know it you will be a working professional and in desperate need of toys. Do yourself a favor and start looking now!

Washington State Association for Play Therapy, P.O. Box 20053, Seattle, WA 98102

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