



Fall 2020 Newsletter



*Fall in love with taking care of yourself. Fall in love with the path of deep healing. Fall in love with becoming the best version of yourself but with **patience**, with **compassion** and **respect** to your own journey.”*

~ S. McNutt

Greetings, Play Therapists!

As we head into the last remaining days of 2020, we at WAAPT want to pause and reflect on what a year this has been. We want to encourage each one of you to remember the important work you do. Take time this fall season to pause, check in on your colleagues, your supervisors and yourself. Reach out if you need it. Remember the importance of self care.

- **Make adequate time for yourself. Schedule breaks throughout the day**
- **Say NO!**
- **Seek out personal psychotherapy**
- **Accept that you're human**
- **Don't try to be perfect, to have it all, or to do it all**

Upcoming Networking Event

Topic: General Networking and Case Staffing



Who: All child therapists practicing in Washington State are welcome.

What: A non-CE networking opportunity to meet other play therapists, staff challenging cases, and ask questions about play therapy

When: November 21st, 10:00-11:30AM

Where: Zoom! No need to register for this one, as this is a non-CE event.



This casual meeting and get-together will be focused on case consultation. Bring your most challenging cases, and let's see if we can collectively brainstorm some creative ideas for interventions.

Questions?

Please contact Kristina French at:
desertgardentherapy@gmail.com



Save the Date!
2021 Spring Conference
March 26th and 27th

Are you interested in presenting at one of our breakout sessions? Contact info@wa4pt.com

Research Survey:

Lauren Chase, LMHCA, MS, NCC is surveying play therapists for her dissertation on factors related to social justice advocacy attitudes. Follow this [link](#) to complete the survey.

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