



Happy Thursday Play Therapists!

Thank you for being a member of the Washington State Association for Play Therapy or for showing Therapy! This newsletter issue will provide you with information about local trainings, opportunities to therapy news and resources. Please feel free to give us feedback on content you would like to [info@wa4pt.com!](mailto:info@wa4pt.com)

## President's Message

By Becky Rudd PhD, LMFT, LMHC, RPT-S

I am looking forward to the upcoming year as the President of the Washington Association of Play Therapy (WAAPT). Our state branch is thriving as a result of the increase in affiliate and professional members who are committed to play therapy. In addition, networking meetings, events sponsored by WAAPT and continued outreach on the West Side of the state has continued to flourish. We were very proud to see WAAPT blossom in Eastern Washington (EW) with the implementation of quarterly networking meetings and our first EW conference in Spokane this past May. Our student representatives have continued to outreach and educate students on play therapy at a number of universities across the State. These efforts have led to WAAPT first ever Gold Branch Award through the Association for Play Therapy. The Gold Branch Award is reserved for distinguished state branches that members with valuable membership benefits such as: newsletters, networking meetings, conferences and workshops with opportunities, outside WAAPT CEU notification and outstanding outreach and advocacy. You can be assured that when you are an APT/WAAPT member your membership will be rewarding.

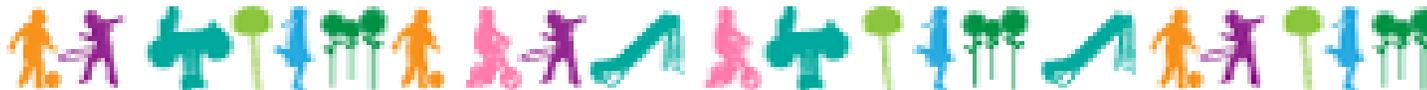
My vision for the 2014/2015 term as president is to not only continue all the excellent benefits members received over the past but to also:

- Provide more CEU workshops across the state
- Provide a two-day conference in March 2015
- Start more geographically-friendly networking meetings in Western Washington
- Increase student involvement and access to WAAPT
- Increase benefits and discounts for APT/WAAPT members
- Increase membership and board representation in Central Washington

As a growing state branch your membership is vital to our continued success. While we always received excellent support from Washington therapists at our workshops, meetings and conferences, the foundation of our association is built upon our members. Please consider membership by visiting [www.a4pt.org](http://www.a4pt.org).

I look forward to this exciting year,

Sincerely,  
Rebecca Rudd



## Shout Out!

By Meghan Whitlock, MA, LMHC

In a world of managed care, private practice, and community mental health settings it's more important than ever to keep play therapy alive and relevant. This month we are taking a brief moment to give a shout out to a Washington Association of Play Therapists member who is actively bringing play therapy education, advocacy, and training to the community. Rosie Newman, president, has been engaged in keeping the world and work of play therapy at the forefront of Seattle's therapeutic professional organizations and conferences.



This year Rosie presented on play therapy at the Sandplay Therapists of America (STA) Conference facilitating an Association for Play Therapy informational session. She also presented at the Seattle Child Welfare Association (SCA) meeting. One member of the SCA audience shared "I don't even work with kids but see how this could apply to my adult clients." Next, she will be a guest lecturer on play therapy for the Child and Family Counseling graduate program at Seattle Pacific University on July 23rd, 2014.

Rosie has also recently accepted the Clinical Director position for the new Seattle chapter of A Home Within. This program assembles a national network of mental health volunteers to provide mental health court support for foster children. As many of us who work with children know, children in the foster care system typically have multiple caregivers, therapists, and other adults that pass through their lives. The best predictor of healing for these children is having a consistent, trusted, and secure adult to whom they can build an attachment.

As a community, play therapists can help these foster children! The Seattle chapter of A Home Within is actively seeking to pair with foster children for long-term pro-bono therapy. For many of these children, play therapy is the best avenue to reach out because it is both healing and FUN! If we each helped one child through this program, the impact in the community and for the children involved would be huge. For more information about A Home Within and its programs, please check out their website at <http://www.ahomewithin.org/>, or message [Rosie](#) directly through the Chapter's page.

Stay tuned next month when we'll be giving a shout out to Amy Taylor! If you know of someone who has been doing great advocating for play therapy in your community, please send a message to the board at [info@wa4pt.com](mailto:info@wa4pt.com) so that we can mention them in our upcoming newsletters!

## February Conference Wrap Up

By Rosie Newman

In February of this year, WAAPT brought Clair Mellentin, LCSW, RPT-S and Holly Willard, LCSW all the way from Salt Lake City, Utah



to Bellevue, Washington to present A Guide to Play Therapy and the Modern Family. The workshop was a huge hit! We received stellar evaluations, stating "presentation was dynamic, engaging and we learned a lot of tools we can use right away!" A hit was family therapy take on the TED talk inspired by Marshall Rosenberg for collaborative group work. The task asked "families" to build a tower together using only marshmallows and dried spaghetti. The group was creative and explored much about the power of group/family dynamics, collaboration, and working together! Thanks to Clair and Holly, we hope you can come back to Washington and share your fun interventions again soon! Sneak Peek of Clair's book "My Many Colors of Me" at her [website](#).



## Eastern WA Conference Review

### Sandplay: Therapy Inside the Box

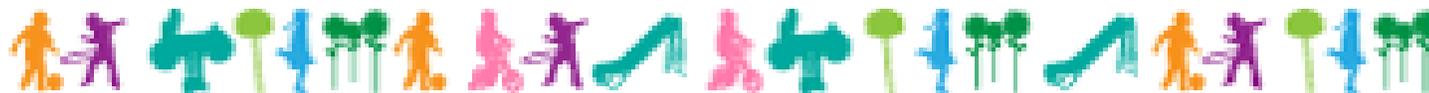
Written by: Shakesha Costic, M.Ed

This conference took place at the Service Station Event Center in Spokane, WA on May 16, 2014. With 36 students and professionals in attendance the conference was well received. Dr. Rebecca Rudd gave an overview of sand tray therapy history, why use sand tray therapy, as well as materials used including miniatures. The first half of the day focused on what looks like for children ages 5-10. The non-directive and directive approaches were discussed which were broken down into stages; the set-up, the creation and the process stages. Also, when discussing sand tray therapy with children the types discussed included but not limited to, an empty world, an unpeopled world and a closed/fenced world. When discussing with teenagers and adults ages 11 to 18+, incorporating theory and techniques were discussed including but not limited to Cognitive Behavioral Therapy, and Existential therapies. The second half of the conference asked participants to get into groups (one client and one counselor) and chose a non-directive or directive prompt. Participants were then asked to process the conference ended with participants receiving a certificate of attendance.

## APT Updates

By Cary McAdams

Kathryn Leiby, CAE, CMP succeeded Bill Burns, CAE as CEO of the Association for Play Therapy as of April first. Kathy earned a Bachelor's in finance and a Master's in organizational behavior. She is a certified association executive and meeting professional. She is also an active member of the American Society of Association Executives, California Society of Association Executives, Professional Convention Management Association, and International Policy Governance Association. After a three year search process, Kathy was chosen for the position due in part to her extensive experience in organizational management. Beginning her employment with APT in 1992 Kathy is looking "forward to working closely with the board and members to advance play therapy and its positive benefits for individuals and families"



## Graduate Student Representative Update

Krysttel Stryczek, BS, MA Candidate

The Graduate Student Representative (GSR) Committee has been working to advocate for student interests. For 2014, we are increasing our efforts to create relationships with campuses offering programs in eligible mental health fields (mental health counseling, family therapy, school counseling, etc.). As part of our outreach efforts, our very own licensed members are volunteering their time to offer free introductory workshops in play therapy to programs to increase student exposure to play therapy. This year we provided an introductory workshop to a diverse audience of art therapy, drama therapy, family therapy, and mental health counseling students attending Antioch University Seattle. These introductory sessions are becoming more popular among programs and students, and we have been asked to return to Pacific Lutheran University's Marriage and Family Therapy program this summer. We will also be visiting Seattle Pacific University's Marriage and Family Therapy program this year. In addition to these introductory workshops, the GSR Committee is continuing to support students' voice for increasing accessibility of a play therapy training that can fit a student's budget. Beginning this year, students who become members of APT and the Washington Chapter (chapter membership included in the APT dues) for free admission to chapter-hosted conferences as a volunteer. Finally, as the Washington chapter continues to grow we are looking to expand our representation of graduate students on the GSR Committee. We are now accepting Campus Representatives to help the GSR Committee continue to expand our efforts. If you are interested in representing your school/program on the GSR Committee, please contact [info@wa4pt.com](mailto:info@wa4pt.com)

## Book Review

By Jenny Meline M.Ed. LMHC

Title of Book: Creative Arts and Play Therapy for Attachment Problems

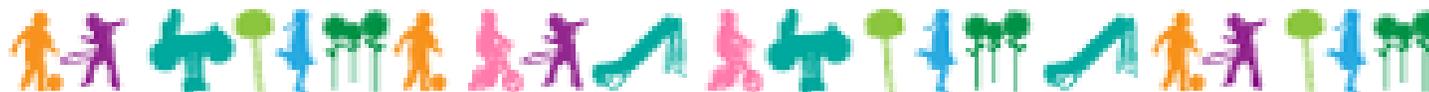
Author: Cathy A. Malchiodi and David A. Crenshaw

Creative Arts and Play Therapy for Attachment Problems is a great addition to any play therapists library as a resource. The book describes different experiential types of Play therapy that specifically address attachment problems.

This book is broken up into sections that make it easy to follow along. The case studies make it more real and applicable. The information provided gives great resources that any play therapist can utilize in session to address attachment issues.

My favorite part of the book was the case studies described in the various sections as it made it more real-life and interesting. I could actually picture the cases and therapy used in my mind and could picture in my mind which therapies would work for which clients.

This book would be great for any play therapist and for that matter any therapist who would like a new and creative way to help young clients and their families with attachment issues. I hope you enjoy the book as much as I did.



## Play Therapy Technique

Kelsie Jackson

Whether you are an aspiring play therapist, or a licensed play therapist, we are all constantly searching for new and fun play with our clients. I will share with you my own personal favorite icebreaker I created this year. The following activity is personally used for children ages 7-12. It is an adaptation of the classic game of "Heads Up Seven Up" that was created to help kids both entertained and learning about their group mates. If anyone has ever played this game as a kid like I did, then you know it is a lively and fun game that kids can't seem to get enough of. Try this activity out for yourself and see how much fun they will have!

Heads up Seven Up Questions

Purpose: Ice breaker/ get to know someone/ info gathering

Age: 7-12

Modality: With a group

Time required: 15-30 minutes

State of Treatment: Beginning

Materials Needed:

- A list of ice breaker questions
- Bag of candy

Ice breaker questions suggestions:

What would you like to be other than yourself?

Which superhero would you like to be and why?

What kind of magical power would you like to have?

Which food would you like to eat endlessly?

Which other name would you like to be called by if not your own?

Where would you choose to live, the ocean or the moon?

If you had the chance to transport yourself, where would you go and why?

If you had to give up a favorite food, which would it be and why?

Who's your favorite comic strip character, would you like to be it?

Which animal would you prefer to be and why?

If you were a flavored ice cream, which one would you like to be and why?

Name one incident where you got into big trouble with your parents.

What is one of your favorite things about a family member.

What are your favorite hobbies?

What are your favorite toys and which are the ones you don't like playing with?

What are your pet peeves or interesting things about you that you dislike?

What do you love to do the most in the world?

What is one food you'd hate to waste and can't let others waste too?

Do you like reading books, which is your favorite of all time?

Which television program do you love watching and can't miss even in the worst situation?

What do you love about summer and what can you do for hours?

Who do you consider your hero?

(Questions from: <http://www.buzzle.com/articles/ice-breaker-questions-for-kids.html>)



Credit: Amanda  
Photography

**Process:**

This game is the old game "Heads Up Seven Up" but with a twist. Depending on the size of the group choose a number to come up to the front. Choose five if the group is smaller than 15 and choose 7 if the group is larger than 25.

Explain to the group that when you give the word, everyone will put their heads down and put their thumbs out except the "it." The children who are "it" will together whisper and come up with one question that all of the other children including they have to answer and will write that question up on the board. Then those same children will go through and each child will touch two of the children's thumbs. The children whose thumbs were touched will then put their thumbs down without looking to touch their thumb.

When the therapist says it is ok, all of the children will open their eyes. First all of the children will go around the room and read the question on the board including the children who created the question. Those who had their thumbs put down must then guess one of the five children touched their thumb. If they guess correctly then they get the chance to go to the front and be part of the group that creates questions. If a child is never guessed correctly then they get to continue making questions. If a child who is "it" is guessed correctly, they must switch places with the person who guessed them correctly so now the new child is in the front or children who stay "it" the longest get a candy treat at the end of the game. You can also choose to give every child that right a piece of candy.

**Debrief/Discussion Questions:**

- What was this activity like for you?
- What was the hardest question for you to answer?/The easiest?
- What did you learn about yourself in this activity?
- What did you learn about your other group members?

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