

NEWSLETTER

Washington Association for Play Therapy



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FALL CONFERENCE 2019

Exciting things are happening in Spokane this September! Read on to hear about our presenter

OUTREACH & NETWORKING

Looking for CE's? Maybe just connecting with other play therapists? Read on to see what is happening near you

Message from the President: Andrea Kunwald



At our last network meeting, on May 10th in Ballard, a group of four Play Therapists and I met, shared coffee, made

introductions, and agreed to form a new consultation group.

Besides having people, what does it take to form a consultation group?

Consider some guidelines:

- Create a mission statement for your group

- Think about the size of your group (If everyone gets 45 min to present, how many people do you want in your group?)
- Create a Confidentiality Agreement
- Regular Meeting times (How many times a month do you want to meet?)
- Decide where to meet
- Assign a Facilitator (Do you like it to be the same person or do you want to rotate it?)
- Structure your meetings

**Call for action: Can we help you to form a consultation group in your area?
Contact us: info@wa4pt.com**

LOOKING FOR NEW IDEAS IN THE PLAYROOM?

WAPT president Andrea Kunwald discusses one her favorite techniques by Liana Lowenstein, MSW, CPT-S.

Save the Date!



Disruptive Behavior Disorders (ADHD, ODD, CD, ASD, etc.) tend to be the most sought out concerns for families and schools, yet therapists tend to shy away from these cases. Just like avoiding buffalo's in the wild, treatment providers want to maintain a distance in order to avoid getting hurt. Over 50 years of research tells us how to help children with these disorders, yet most of the interventions that are still used perpetuate the problem. Learn the tricks involved in taming wild buffalo's and how they are similar to helping children with disruptive behavior disorders and their families. Participants will be introduced to family system's principles that are pertinent to families with a child(ren) who have disruptive behaviors. These systems principles will be combined with filial play therapy, directive play therapy, and child-centered play therapy principles to inform the play therapists work with this treatment population.

September 21st, 2019: Spokane Washington

Announcing: **Dr. Michael Whitehead PhD, LMFT, RPT-S**

"Taming Buffalo's: A Systemic Play Therapy Approach to Treating Disruptive Behavior Disorders"

Credits: 6 CEU's

Location: Woman's Club
Spokane

<https://www.womansclubspokane.org/>



Upon completion of this six-hour workshop, the learner will be able to:

- Describe 3 family systems principles pertinent to disruptive behaviors
- Identify the systemic nature of disruptive behaviors and utilize play therapy interventions systemically
- Discuss current play therapy research on interventions for disruptive behavior disorder
- Identify and discuss the coercion cycle and its application to play therapy
- Identify the role of the play therapist at involving parents and extra-systemic adults in play therapy
- Identify and utilize appropriate filial/directive/child-centered play therapy tools for disruptive behavior
- Demonstrate through role play, the use of play therapy tools in various scenarios.

REGISTRATION OPENS JULY 1ST.



Our first community outreach was presented by Daisy Surjo Vergara, M.S., NCC, LMHC, Registered Play Therapist and Owner and Director of Ohana Behavioral Health in Issaquah.

Daisy is also a board member and holds the position of Western Washington Representative. Daisy was invited to speak at Seattle University in the beginning of May to an Internship class. She presented to the following points:

1. What is Play Therapy
2. Different Theories of Play Therapy
3. How to speak to Parents about Play Therapy
4. Introductions to Play Therapy Interventions with Hands-on demonstrations

We are passionate about Play Therapy. Help us spread the word and ask us to present in your classroom, agency, or other organizations. Contact us:

Are you a play therapist located south of Seattle? Interested in networking and outreach? Contact Heather Schilling, MS, LMFT RPT-S at akfamilycounseling@gmail.com

OUTREACH AND NETWORKING

Up-Coming Event
Friday June 14th 2019 11am-1pm
Greater Kirkland Chamber of Commerce Conference Room
440 Central Way
Kirkland, WA 98033

Join us for a rare opportunity to learn from a clinical session by Dr. Landreth, one of the modern pioneers of Child-Centered Play Therapy (CCPT). From this presentation, participants will be able to:

- Discuss 8 therapeutic principles underlying CCPT
- Identify 5 basic CCPT skills and their objectives
- Identify 5 categories of toys recommended for the facilitation of a CCPT session

1.5 CE's for WA-APT members is provided for this event. Non members always welcome!

*Parking is easy and free at the "Little Brother Restaurant" underground parking lot on 85th Street (right after the Wells Fargo sign). Conference room is located opposite the "Arete" residential office.

Call 425-650-0500 if lost.

Be sure to "like" and "follow" our Facebook page:

<https://www.facebook.com/WAAPT/>

CREATIVE IDEAS: COOKIE JAR

From: Creative CBT Interventions for Children with Anxiety by Liana Lowenstein, 2016

Saying goodbye is hard. Especially, when you are a small person and live in the moment, goodbyes do not make sense and take a while to grasp. We, therapist who treat children, know that and we like to use metaphors, stories, or pictures to help explain what is going to happen. As soon as I know termination is close, max 8 weeks & min. 4 weeks, I like to start preparing my clients for the end of therapy by counting down the weeks. One of my favorite end-of-treatment activities is the principle of the "Cookie Jar" intervention by Liana Lowenstein (2016). (See attachment). I never do it exactly as she wrote it (sorry Liana), instead I find myself adjusting it to the child and to the situation. I have replaced the cookies with other sweets or things like marbles and the jar or container is different each time too. Possibilities are endless!

What is your favorite goodbye intervention or any other intervention?



Materials

- Plastic covered jar or container
- Adhesive label
- Marker
- Cookies

Theme: Termination

Recommended Age Range: Three to Ten

Modality: Individual

Email us your intervention, made up, or from someone else, along with your permission to share it. We will then post it in one of our newsletters.

Cookie Jar

Source: Liana Lowenstein, in: Creative CBT Interventions for Children with Anxiety

Theme: Termination

Recommended Age Range: Three to Ten

Modality: Individual

Goals

- Verbalize an understanding of when and how therapy will end
- Provide a positive termination experience

Materials

- Plastic covered jar or container
- Adhesive label
- Marker
- Cookies

Advance Preparation

Write the client's name on the adhesive label and stick it on the outside of the jar. Place the cookies in the jar. (The number of cookies placed in the jar will depend on the number of sessions the client has left until termination. For example, if there are five sessions left, then place five cookies in the jar.)

Overview

Young children often lack the cognitive ability to fully understand a concept such as the termination of therapy. This activity provides a visual and concrete way to help young clients understand when therapy will end. This helps to prepare clients for termination and reduces feelings of rejection and loss.

This intervention should be used in conjunction with other termination activities such as games or art techniques that help celebrate the client's therapeutic achievements and facilitate the goodbye process.

Activity Instructions

See the worksheet below.

About The Author

Liana Lowenstein, MSW, CPT-S, is a therapist, lecturer, and author who has been working with children since 1988. She is internationally recognized for her innovative work including numerous books on child and family therapy. She is winner of the Monica Herbert award for outstanding contribution to play therapy in Canada.

Cookie Jar

You have worked hard in therapy and you have learned so much! This means you are almost ready to stop coming to therapy. This activity is called Cookie Jar. It will help you understand when and how therapy will end so you will feel ready.

Open the cookie jar, take out one cookie (only one!), and eat the cookie. The remaining cookies in the jar show how many more times you will be coming here. There are four cookies left in the jar. So you will be coming here four more times, and then you and I will be saying goodbye to each other. Place the lid on the cookie jar.

Ask me to say something you have learned in therapy and to tell you why you are almost ready to stop coming to therapy.

We'll repeat this activity at the end of our next three sessions (e.g., eat one cookie from the cookie jar, count the remaining cookies in the jar, and say how many more times you will be coming to therapy). At the end of the three sessions, there will be one cookie left in the cookie jar, which means you will come to therapy one last time. The last time you come will be special. It will be a celebration of all the hard work you have done in therapy. It will be a time for us to say a last goodbye to each other.

At the end of your last session, you will get to eat the last cookie left in the jar.