



Happy Holidays Play Therapists!

Thank you for being a member of the Washington State Association for Play Therapy or for showing interest in learning more about Play Therapy! This newsletter issue will provide you with information about local training's, opportunities to meet other play therapists, and play therapy news and resources. Please feel free to give us feedback on content you would like to see in future newsletters at [info@wa4pt.com](mailto:info@wa4pt.com)

## Introducing our Spring Keynote Speaker!

We are pleased to introduce our spring keynote speaker, Sueann Kenney-Noziska! Here is some information on what Sueann will be presenting about during our two day conference March 18th & 19th, 2016!



Presentation Title: Integrative Play Therapy for Treatment of Abuse & Trauma  
Presenter: Sueann Kenney-Noziska, MSW, LISW, LCSW, RPT-S/Play Therapy Corner, Inc.

Brief Overview: This workshop will emphasize an integrative approach to using play therapy with victims of abuse & trauma in a matter which reduces symptoms & promotes healing, growth, & recovery. Recent research, studies, & literature pertaining to trauma's impact on the brain, treatment of post-traumatic stress, & trauma-informed treatment will be reviewed. Attendees will learn strategies for addressing the complex treatment needs of abused & traumatized individuals using both post-traumatic play metaphors & directive play therapy interventions.

Learning Objectives:

1. After the session, participants will be able to define integrative play therapy.
2. After the session, participants will be able to describe at least 1 way that posttraumatic play can be utilized in clinical practice with abused & traumatized children & adolescents.
3. After the session, participants will be able to identify a minimum of 5 play-based interventions to utilize as part of the treatment for abuse & trauma.
4. After the session, participants will be able to discuss a minimum of 1 advantage & 1 limitation of utilizing integrative play therapy.

For more information regarding our 2016 spring conference click [HERE!](#)

## In This Issue

- Spring Keynote Speaker
- Call for Proposals
- Recap: APT Conference
- Intervention: Anger
- Volcano
- Recap: Seattle Networking
- Child-Centered Play
- Recap: WAAPT @ WCA
- Huff Post Article

## Mark Your Calendars

### January 08, 2016

9:00am-4:30pm  
Shoreline Center,  
Shoreline, WA

**Title:**

Introduction to Play  
Therapy: Theory,  
Application, and  
Techniques

**Presenter:**

Cary McAdams Hamilton,  
MA, MFT, LMHC, CMHS,  
RPT-S

Click [HERE](#) for more info!

### January 26th, 2016

8:00am-4:00pm

Hilton Garden Inn, Bothell,  
WA

**Title:**

The Power of Play: Proven



## 2016 WA-APT Spring Conference Call for Presentation Proposals!

Do you have the knowledge and experience in play therapy that others can learn from? Have you experienced

Do you have the knowledge and experience in play therapy that others can learn from? Have you experienced successes with a particular model or type of play that others may find helpful? Perhaps you have experience with a specific population of children that you can bring to others.

WA-APT is now accepting presentation proposals for the 2016 Two-Day Annual Conference March 18 & 19, 2016 with Sueann Kenney-Noziska, LCSW, RPT-S!

Proposals will be accepted through **January 15, 2016**. Presenters will be contacted regarding the decision of the conference committee by **February 1, 2016**. For more information please click [HERE!](#)

## Recap: Annual APT Conference

By Cary Hamilton, MA, MFT, LMHC, CMHS, RPT-S

"I attended the International Play Therapy conference in Atlanta, Georgia earlier this month, hosted by the Association for Play Therapy. Antioch University was recognized during the keynote presentation and awards breakfast as the 27th Approved Provider Site in the United States. The conference was full of exceptional trainings on play therapy, supervision, and diversity. I felt immersed in play the entire week! Antioch is entering into a close-knit community of like-minded play therapists with the goal of serving the community. Currently, as I am the President for the Washington State Association for Play Therapy and the Director of the Play Therapy Concentration for Antioch, we are a "shining light" in the Northwest. I was proud to share information about our WAPT branch and specialization at Antioch University and I look forward to continuing to promote the therapeutic powers of play therapy in the Pacific Northwest."



Some of our WA-APT board members!



## Intervention: Anger Volcano

By Elizabeth Peixoto, MS, LMHC

An anger outburst can be like a volcanic eruption. Many kids and parents have a hard time seeing how they can go from feeling and acting "okay" to having a complete meltdown in such a short time. The anger volcano is a way to help explain meltdowns for both children and adults. It can also be used as a tool to teach coping skills. Here's how to do it:



- \* Draw an outline of a volcano
- \* Draw various levels of lava building up by using different colors for each level. Each level of lava represents something that builds up (anger/frustration/anxiety/etc).  
Examples: Not getting enough sleep, skipping breakfast or a snack, leaving homework at home, getting a paper cut, a friend said something mean, you lose during a game
- \* Once the volcano is full of lava, identify a problem that usually makes the child or someone they know "explode," and then draw the volcano exploding with lava

\* Once your volcano eruption is completed, you can then start to discuss how little things can build up over time, and what it take to "cool off" some of that lava or vent out the pressure in order to prevent an eruption!

## Recap: November Seattle Networking Event

By Elizabeth Peixoto, MA, LMHC

WAAPT's latest networking meeting in Seattle was held on November 11th at Meghan Whitlock's office. A total of 7

Strategies for Trauma and Attachment in Children & Adolescents

**Presenter:**

Clair Mellenthin, LCSW, RPT-S

Click [HERE](#) for more info!

**January 27th, 2016**

8:00am-4:00pm

Hilton Seattle, Seattle, WA

**Title:**

The Power of Play: Proven Strategies for Trauma and Attachment in Children & Adolescents

**Presenter:**

Clair Mellenthin, LCSW, RPT-S

Click [HERE](#) for more info!

**February 26th, 2016**

8:30am-4:00pm

Firefly Counseling Services PC, Hillsboro, OR

**Title:**

Recognizing and Responding to Very Young Children's Mental Health Issues and Those Issues' Implications for Later Play Therapy

**Presenter:**

Redmond Reams

Click [HERE](#) for more info!

**March 18-19, 2016**

Time: TBA

Seattle Pacific University, Seattle, WA

**Title:**

2016 WAAPT Annual Conference!

Integrative Play Therapy for Treatment of Abuse & Trauma

**KEYNOTE Presenter:**

Sueann Kenney-Noziska, MSW, LCSW, RPT-S

Click [HERE](#) for more!

You Know You're a PT When.....

"...you use a toy cash register to total up your business deposit

WAAPT's latest networking meeting in Seattle was held on November 17th at Meghan Whitlock's home. A total of 15 people attended and we enjoyed watching a video about child-centered play therapy. The video consisted of a full one-on-one play therapy session between Dr. Garry Landreth and a child. After the video, we discussed principles of child-centered play therapy including the process of building a relationship with a child, following the child's lead, facilitating the development of strengths, and building a child's self-esteem. The video also inspired a discussion about each participant's therapeutic style and the similarities and differences we saw in Dr. Garry Landreth's child-centered play therapy approach. I think an interesting observation we had was how different it feels to use a child-centered approach versus seeing someone else do the approach on video. We talked about having our next Seattle networking meeting in February, so keep checking our website for details once they are announced!

business deposit before you go to the bank."

--Kristin Mueller, WAAPT Board Member



## Explaining Child-Centered Play Therapy to Parents

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

While the professional community becomes more educated and aware of play therapy, parents often come to us

uneducated or even unaware of what play therapy really is. While they may understand the meaning of "play" and "therapy" independently, combining the two words does not necessarily describe what Play Therapists do for their children. As a result, educating the parents is as important as the consent for treatment and intake assessment. I often begin my sessions asking parents what they already know about play therapy. I am able to assess their exposure to this modality and complement, or in some cases correct, their current knowledge. I describe why traditional talk therapies do not work with younger children - emphasizing the silliness of sitting a 4 year old down to talk in-depth about his or her feelings regarding such topics as divorce, death in the family or recent foster placement change. I would often say "it would be unlikely that your child would say 'it had me really confused and frustrated. I am unsure how to effectively communicate my feelings in ways that adults can understand and respond to.'" At this point my comment is usually met with laughter and parents are ready to hear how I plan to approach their concerns in a therapeutic way. I then educate the parent on the developmental stage of their child to include how their child expresses thoughts, feelings and the use of behavior - and most importantly that children are concrete thinkers and live in the moment.



I involve parents by asking for examples of these developmental behaviors, and most are happy to oblige. Most share examples of their child acting out behaviorally when they are upset instead of using words. If appropriate, I will inquire how long the child remained upset and how long the parents remained upset about the situation. Most often the child, who lives in-the-moment, will move on to more exciting things while the parents are still living in the behavioral episode. This further highlights how sitting his or her child down to talk about past events would be futile. I emphasize the need to allow the child to re-experience this problem-event in a moment that is concrete and malleable. I then explain the purpose of the play room. I mentioned the room is full of specific toys selected to allow children a wide range of emotional experiences. I make a point to mention that the concerns and behaviors that prompted them to bring the child to therapy will show up in the play room -whether it is anxiety, anger and frustration or poor coping skills. It is through this real-time experience, and a trusting unbiased relationship that I am able to assist the child.

I have found this method of introduction quite beneficial and rewarding. Furthermore, I schedule a parent-only session every 4th session or so to brief parents on my work with their child and gain their input on how things are going. I also make it a point to include a play-based description or examples of their child's coping skills, insights and changes.

## Organization Updates

Want to be apart of our amazing WAAPT board? Keep an eye out for our next several newsletters and emails regarding board submissions!

## We Want You!

Want to see something in the WAAPT newsletters that we haven't addressed yet? Or better yet, want to contribute to the newsletter(s) yourself?!

Please feel free to contact us at

[info@wa4pt.com](mailto:info@wa4pt.com)

with any requests you have regarding content that you would like to see in future editions of our newsletter or in what capacity you would like to contribute to the newsletters yourself. All

## Recap: WAAPT at WCA!



WAAPT was pleased to be an exhibitor at the 2015 Washington Counseling Association in Spokane Nov 6-7. The Conference theme was 'Common Roots, Stronger Branches: Counseling Across Specialties.' Past WAAPT president, Becky Rudd, presented Play Therapy Techniques for Children and Families and Navigating Ethical Issues in Child, Play and Family Therapy. APT credit was offered.

