



Co-Editors: Christine Foreacre & David A. Crenshaw  
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### President's Letter

I would like to take this opportunity to respond to some feedback received after the 2011 annual NYAPT conference. Additionally, I would like to solicit your ideas and assistance.

For the past few years (2010, 2011 and (scheduled for March 9-10, 2012 with Paris Goodyear- Brown, LCSW, RPT-S)) the annual NYAPT conference has been held in Dutchess County. There have been several factors that have contributed to this choice of location. I would like to take just a moment to explain some of these factors.

It takes a great deal of work and ongoing coordination to organize the annual conferences. In order to effectively research, interview, and negotiate with possible conference locations, the committee members must have frequent access to prospective sites. It is therefore imperative that the conference committee be comprised of active members from the region that the conference is to be held in. Additionally, the cost of hosting a large conference has risen significantly over the past 10 years. Finding a prospective site that is able to offer the accommodations we need (large meeting area, breakout rooms, A/V services, vendor space etc.) within our budget has become increasingly difficult.

NYAPT has always wanted to be responsive to the needs of the membership. This goal was the force behind the expansion of the Regional Training Program. It was also the impetus that led to updating of the website and the creation of more interactive social networks.

These endeavors would never have been possible without the support, dedication and efforts of NYAPT members who believed in this mission. It is through the considerable efforts of members like Joan Bender (Albany), Stephen Demanchick (Rochester), Athena Drewes (Rhinebeck), Ashley Lawton (Oswego) with Kristen Fellows, Jodi Mullen (Oswego) and Laurie Zelinger (Long Island) that we are able to create a complete Regional Training Schedule this charter year.

It is further through the hard work of members like Communications Committee Chair Virna Little (NYC), Laura Leone (NYC), Ashley Lawton (Oswego), Rikki Ziegen (Oswego), Anna Farrin (NYC), Athena Drewes (Rhinebeck) and Laurie Zelinger (Long Island) that we have been able to maintain an active Communications Committee. As a result of this committee's efforts, we have been able to update the website, create social networks (thank you to Laura Leone) and keep these networks active and updated (thank you to Ashley Lawton and Rikki Ziegen).

We certainly also want to be responsive to member's needs related to the annual state conference. We are mindful of the various suggestions that have been made about the locations of, and a rotating regional pattern for, the conference. We would like to begin to consider how some of these requests can be honored. In order to do this we need your assistance.

In order to explore regional and rotation options for the annual 2013 (and beyond) NYAPT conference(s) we need conference committee members from different areas of the state. This is crucial for further exploration and incorporation to be able to occur. Without regional involvement on the committee, it would be very difficult for the existing committee to explore and incorporate regional and rotation options.

Later in the newsletter please find a copy of the responsibilities involved in organizing the annual conference. (As I mentioned before, of significant importance is the assistance of regionally local members with Location Identification tasks).

If you are willing and able to commit to active conference committee participation please complete this form and return it to: Mary Anne Assini by June 18, 2011 at E-Mail-[maassini200@yahoo.com](mailto:maassini200@yahoo.com) Fax: (518) 384-3002 or Mail: Mary Anne Assini, Clover Patch Programs, 55 Helping Hand Lane, Glenville, NY 12302.

Thank you in advance for your feedback and responses. I look forward to hearing from you. If you have any questions please let me know. - Mary Anne Assini, NYAPT President

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## New NYAPT Members

Congratulations to the following people who became members of NYAPT in the last three months (February - April 2011): Barbara Blau, Heidi Boyson, Tai Wai Chau, Rebecca Darszewski, Erin Hassall, Tara Liberman, Penny Lupo, Kathleen Masone, Sarah Pole, Cecilia Rembert, Lauren Rocheleau, Catherine Vreath. Welcome!

## News of Members

**LOIS CAREY**, LCSW, RPT-S and ILKA LIST, DFA, presented "The Wisdom of the Spider" to the annual conference of the East Coast Sandplay Association. We chose this subject because the Spider is evident in so many play therapy and sandplay sessions. Positive and negative aspects of the serpent were included, along with a couple of experientials. We could tailor it to any play therapy group that might be interested. Contact Lois for info - [licarey@optonline.net](mailto:licarey@optonline.net).

**LOIS CAREY**, LCSW, RPT-S will be presenting a Master Class for the International Play Therapy Conference in Ireland in June. The title will be Jungian Sandplay Therapy. She will also be presenting a workshop there, Three Methods of Sandplay Therapy.

**GABRIELLE DWORKIN** has landed the lead role in Hairspray the Musical as Tracy Turnblad. The performance dates are the 1st 2 weekends in August in the Catskills- about 1 hr. 30 minutes from Rockland County, NY.

**LAURIE ZELINGER** was interviewed by Newsday on two occasions in April: one about the effect of the new push-up bra bathing suit for pre-adolescent girls, and another about the J. Crew advertisement where a mother is painting her son's toe nails pink. She was also interviewed in the May 2011 edition of Parenting magazine in the 'How They Grow' series. On May 8, Drs. Laurie and Fred Zelinger were interviewed for a website, "Life and Beauty Weekly" (sponsored by Head and Shoulders) for an article called, "End the Kid Wars for Good!" about helping parents to reduce nagging of their children. **Laurie** was referred by the American Psychological Association to work on a project with Redbook magazine to be completed later this month where she will be interviewing children for a video series where kids discuss feelings.

## ACAIT Professional Insurance

Professional malpractice insurance is available at very competitive rates to APT member psychologists, counselors, therapists and social workers via the ACA Insurance Trust program. Inquiries should be directed to: Paul Nelson, 800-347-6647 x 342 or [pnelson.acait@counseling.org](mailto:pnelson.acait@counseling.org).

## Pennies of Play

*By: Jillian Kelly, LMSW, Institute for Family Health*

**As play therapists, we are aware of the importance of meaningful play in its natural state, and so we make efforts to promote it to the parents with whom we work. With our society's abundance in advertising, messages are often sent that play can only occur when using the best and most costly of toys. Cleansing our minds of these messages can be a challenge ... for me personally; it required a visit to a community 8,646 miles away.**

While visiting the Tonle Sap region of Cambodia in October of 2010, the power of play, in its natural form, was apparent. In this region, there is a floating community built on a river. The community members are generations of displaced persons, who took to the river years ago seeking safety in the ebb and flow of calming waters against the chaos of the land. On this river, the only noise I heard came from wooden paddles on top of water, clanging of pots and pans, and a lively discussion of food (well, fish)—the preparation and celebration of fish. I quickly realized that these sounds were the jingles of play; a play that stimulated the minds of these children, engaged them routinely on daily basis, and came with no financial cost to the parents. This

community of parents was celebrating their children's creative and thoughtful play through ordinary daily tasks like cooking and cleaning, and thus celebrating life. Before taking this journey down the river, I had felt guilty for not having brought one of the hundreds of toys that I have access to every day. But after seeing the joy in these children's faces, and their parent's faces, all I could do was admire.

On my visit, I was lucky to have met an inspiring 20 year old single mother, Lim, who had a 6 month old son. Lim showed us games and songs that she engaged in with her son, all of which utilized items that could be found in Lim's immediate environment. Lim described the challenges in carving out time toward engaging in play with her young son, especially given that her primary role was to work and provide for her child's survival (nearly 34% of Cambodians survive on less than \$1 per day). With a smile, Lim described the meaning of play for her,

"that time playing with my son, it is not gone – well, it does not earn milk money now—but it is good, good for my son and for me and for us."

When I returned to my position at a community mental health center in the Bronx, NY the mothers with whom I work were expressing some of the same sentiments as Lim had, 8,646 miles away. The mothers openly discussed and validated each others' frustrations and feelings of hopelessness in managing expectations for holiday and birthday gift giving, mainly due to the media inundation of expensive toys. As play therapists, let us remind each other and those with whom we work that giving and receiving play is incredibly profound and knows no price.





## Grin and Share It

A humor column based on true experience

by Dr. Laurie Zelinger

[www.drzelinger.com](http://www.drzelinger.com)

I pledge allegiance to the flag of the United States of a Miracle.

When the ESL asked a young student, “Why are *The 7 Wonders of the World* called that?” a second grader replied, “Because someone looked at them and said, I wonder how they moved that big thing all the way over here!”

Spencer came home from school and announced that he had 7 ants yesterday but only one today. When his grandmother asked why he looked happy at losing his ants, he explained that’s because he had less ants in his pants and he was able to sit still today just like the teacher wanted.

Ella’s mother said that her daughter was having increased problems in preschool and that the teachers wanted to speak to me. I discussed this with Ella and said that I would speak to Miss Marsha and figure out what we could do to make lunch and snack easier, and we that would try to find a way for her to make some friends. I told Ella that I was planning to call Miss Marsha on Monday, and asked if that was okay with her. “Yea, that’s okay” was her response. “I don’t care if you talk to her--. AS LONG AS YOU DON’T TALK ABOUT ME!”

Three-year-old Sara and I were playing school and had to wave our wands over (imaginary) James who was misbehaving. Each time we did we did it, Sara announced that he ran away, exclaiming, “Look! Now he’s on the couch! Now he’s on the book shelf! Now he’s behind the door! Now he’s sitting on the desk!” And with each exclamation, I admonished James to get down. “Now he’s behind the curtain! Now he’s under the sand table. Now he’s in the sink!” When Sara’s announced that he was on the on the other side of the room, I succumbed to my weariness, and responded, “I don’t think that’s where he went. I can’t find him over there-. I don’t think he’s under the tunnel anymore”. Sara immediately responded, “That’s because we’re playing pretend. That’s why you can’t see him. You probably forgot”.

When many of the third graders arrived at school without their instruments for band practice, they all stood on line waiting to use the phone to call home. Because the push button wall phone was somewhat of a novelty to these kids, the secretary recited her spiel to each of them about how to use it, when it became their turn. “Pick up the receiver; dial 9, when you hear the dial tone, push each number of your phone number. When your mother or the answering machine picks up, say ‘This is so and so’, and tell her that you left your instrument home”. Emily diligently listened to the secretary’s instructions, picked up the phone, dialed 9 and plus 7 more digits. Then she announced, “Hi mom? This is so and so. I left my clarinet home.”

### **CORRECTION:**

In the last e-bulletin I had the privilege of introducing NYAPT’s new Student Representative, Jessica Connors. In my initial introduction, however, I erroneously introduced Jessica by her maiden name. My apologies! Please join me everyone in welcoming Jessica Connors as the new NYAPT Student Representative.

## **Playful Eruptions around the world**

*By Deborah B. Vilas*

An unexpected international connection has enlivened my work this year, and provided me with opportunities to pass on some wonderful play techniques that I've learned from the masters over the years. Last November, Chika Matsudaira, a Hospital Play Specialist and Professor from the University of Shizuoka Junior College in Japan, visited the United States to further her professional development in the arena of play with hospitalized children. She made visits to the Bank Street College of Education, The Morgan Stanley Children's Hospital, and Mount Sinai Hospital in New York City, and Wheelock College in Boston. She also met personally with David Elkind, to discuss translating his seminal writings on play into the Japanese language.

Chika's visit to Bank Street was a wonderful introduction for me to the culture of Japan and our shared love of play. We exchanged business cards in a formal manner, and she presented me with some traditional Japanese toys: origami, a spinning top and a small stick with a propeller that flies when you twirl it between your palms and release it. Following her visit, we initiated an email correspondence, which led to a generous invitation for me to guest speak in her play course in Japan – via SKYPE!

On February 23, 2011, I appeared projected on a large screen in her classroom, 10:00pm my time, 10:00am Japan time, and led her class in an expressive play activity, the making of miniature volcanoes. I had sent ahead instructions for several activities, which Chika translated into Japanese. She also supplied the materials. Chika and her students warmly welcomed me. I then introduced the concept of promoting the expression of anger through play, and Chika acted as my translator. It felt a bit awkward and choppy, and of course the Skype froze up intermittently. I crossed my fingers and kept speaking. I was also unsure as to how such an activity might be received by a culture so different than my own. My worries were unfounded. When the volcanoes erupted, the sounds of joy and astonishment were the same ones that have resounded in my own Therapeutic Play class at Bank Street time and time again. My heart soared as I witnessed the truly universal nature of play.

Of course, we could not have known then that two weeks later, Japan would be struck by its own cataclysmic eruption. My admiration and amazement for the citizens of Japan, and the hospital play specialists in particular, ran deep when Chika sent me a translated "play program" written by one of her students. It was a report depicting the use of play volcanoes with two hospitalized chronically ill young children, ages 4 and 6, in the aftermath of the earthquake. The earthquake had nothing at all to do with the play intervention, which for me was the most salient point of all; that in the midst of a country's devastation, the people who "do the work" with children, kept showing up, addressing children's needs, and remained on a positive learning curve, experimenting with new techniques, taking risks and growing. Actions speak louder than words, and these actions give me hope and faith in the ultimate healing qualities of play, not just for children, but for the professionals conducting the interventions. I look forward to a long and playful relationship with Chika and her future students. (photo on next page below)



**Grist for the Mill of the Play Therapist**  
**David A. Crenshaw, Ph.D., ABPP, RPT-S**

I read a thoughtful paper on play therapy called, "Hey Toy Man" by Henry Kronengold, Ph.D. published in the *Journal of Infant, Child, and Adolescent Psychotherapy*, 9, 3-17, 2010. The therapy was with a 6-year-old girl adopted as a month-old infant from a small village in Rumania with little known about the biological parents. The paper details the child's enactments through symbolic play to navigate through the fog of bewilderment of her origins and to make sense of her journey with the help of a sensitively attuned, empathic, and insightful therapist. It is the kind of in-depth paper I rarely see anymore on play therapy in my judgment to our detriment as a profession.

This paper has been read by a number of play therapists who are members of our

Facebook discussion group called "International Colleagues in Play Therapy." The readers who have corresponded to me or Dr. Kronengold directly have raved about his courage and honesty to write about the



details of the therapy process but has engendered considerable criticism from the “purists” in the field who maintain that strict procedures need to be followed is doing play therapy from a non-directive or psychoanalytic framework. In my discussions with Dr. Kronengold I’ve expressed the point of view that I have little patience for people who believe in a “one size fits all” paradigm. I’ve always followed the principle laid down by my dear friend and colleague Eliana Gil who says, “Whether, I am non-directive or directive depends on the child in front of me, often they need a combination.” I call it “Child Responsive Therapy” (CRT) a term that both Helen Benedict and I have been using for awhile. CRT is in contrast to a strict adherence to a theoretical approach that dictates the course of therapy sometimes in strict manualized form as compared to the therapy being dictated by the needs of the child.

Some of the psychoanalytic criticism of the paper relates to the way the termination was handled. Some psychoanalytic reviewers thought that Dr. Kronengold should have fought harder to keep the child in therapy when she wanted to terminate. While there are many ways to argue the fine points and a variety of ways to see the ending, I think Dr. Kronengold’s instincts were correct. I don’t think you can go wrong by honoring a child’s developmental push forward into new territory. She worked very hard in therapy to gain that new ground and her growth was well symbolized by her progress in school, her relationships with peers, with her mother, and her highly successful experience in camp over the summer and her advancement to a more challenging new school. I don’t think there was shred of doubt in her mind that Dr. Kronengold deeply cared for her and he validated that in the strongest way possible by recognizing her growth and letting her move on, but at the same time letting her know that he would be there if she needed him at a later time. Again, this was one of the most thoughtful and stimulating clinical papers I’ve read in a long time. If you wish an electronic copy of the paper, you may email me at [dcrenshaw@childrenshome.us](mailto:dcrenshaw@childrenshome.us) or Dr. Kronengold directly at [hkronengold@nyc.rr.com](mailto:hkronengold@nyc.rr.com)

### **Annual Conference Planning:**

Below please find a description of the responsibilities involved in planning the annual NYAPT conferences. Please take a moment and review this description. If, after review, you feel that you would be willing and able to participate on future conference committees please complete and return to: Mary Anne Assini by June 18, 2011 at:

E-Mail- [maassini200@yahoo.com](mailto:maassini200@yahoo.com)

Fax: (518) 384-3002 or

Mail: Mary Anne Assini, Clover Patch Programs, 55 Helping Hand Lane, Glenville, NY 12302.

### **Location-**

Research conference locations / date availability

Meet and negotiate with potential locations

    Ensure expenses are within budget-

    Food costs (inc. minimum #'s)

    Attendee room blocks (clarify occupancy expectations)

    Conference room costs

    A/V costs

Negotiate contract with hotel that addresses above within conference budget constraints for board approval and signature (president’s).

Obtain information about host city and possible attractions

Contact vendor(s) to let them know date and location of conference

### **Presenter-**

Consider possible presenters

Contact potential presenters

Negotiate with potential presenters

Arrange a date that corresponds with location date, fee and lodging arrangements with presenter

Draft letter of agreement –re: presenter commitments and NYAPT obligations

Ensure signature and filing of letter of agreement

Access bio. and presentation information from presenter for brochure

Access handouts from presenter

**PR**

- Brochure creation
- Brochure distribution
- Negotiation with credit card company
- Manual input of event info in credit card company site
- Tracking of payments, credit card registrations and f/u with company
- Soliciting members re donations/baskets for raffle

**Registration**

- Response to potential attendee inquiries
- Creation of registration tracking form
- Processing of registrations
- Registration of attendee
- Creation of name tag and handout packet
- Creation and distribution of confirmation letter
- Response to any f/u questions
- Correspondence with the NYAPT treasurer re registration funds
- Creating and copying of directory of attendees, feedback forms, conference evaluation
- Copying of presenter(s)' handouts
- Putting together of conference folders with all materials

**Volunteers**

- Soliciting volunteers
- Training and assisting volunteers re: responsibilities
- Registration
- Presenter needs
- Attendee needs and inquiries
- Selling NYAPT goods and tickets for the scholarship baskets
- Distribute raffle tickets throughout the conference

**At the Conference-**

- Set up the night before
- Registration table and materials
- Fund raising item set up
- Tee shirts, sweat shirts, water bottles...
- Raffle basket set up
- Assist presenter with needs
- Address participant inquiries/ needs
- Liaison with hotel management

Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Yes, I would be able to participate on the annual conference committee.

\_\_\_\_\_ I would be able to assist with Location identification and exploration.

## **2011-2012 REGIONAL TRAINING SCHEDULE**

### ***The Use of Sandplay in Developmental Models of Supervision***

-Stephen Demanchick, Ph.D, LMHC, RPT

November 5, 2011- 9:00am – 11:00am

Nazareth College  
4245 East Avenue  
Rochester, NY 14618  
The Arts Center - Pallodoro Room

#### **Overview:**

The purpose of this workshop is to examine models of play therapist and clinician development, highlight concerns of supervisors and supervisees, and discover ways to incorporate concepts from sandplay therapy into our clinical supervision. This workshop meets the APT supervisor training requirement for RPT-S renewal.

### ***Growing Up Too Soon: Dealing with the Loss of a Parent Using Play Therapy Techniques.***

- Ashley Lawton, MS, CCPT and Kristen Fellows, MS, CCPT

Rescheduled Date to be Announced

Integrative Counseling Services  
2nd floor conference room  
5 W. Cayuga St., Oswego, N.Y. 13126

#### **Overview:**

This workshop will focus on issues relating to grief and loss among young children dealing with the loss of a parent through death, deployment, divorce, or incarceration. Participants can expect an in-depth examination of grief, manifesting behaviors and themes seen in the play room relating to parental loss. A variety of techniques will be presented for helping clients manage the symptoms and issues that are associated with grief and parental loss. Additionally, several techniques will be discussed for working with caregivers of children who have had a parent die. The presentation will be given in PowerPoint format and will involve interactive lecture and interactive components. The theoretical framework in which this presentation falls is Prescriptive Play Therapy.

### ***Using Play Therapy Interventions to Enhance Social Skills and Emotional Development***

-Mary Anne Assini, LCSW-R, RPT-S

September 21, 2012 - 9:00am-3:00pm

St. Catherine's Center for Children  
Pastoral Center  
40 North Main Ave.  
Albany, NY 12003

#### **Overview:**

This workshop will be presented from a developmental perspective. Emphasis will be on exploration of play therapy techniques and interventions that can be integrated to help children enhance their social skills and emotional development.