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September 2012



*Number 16, Volume 2*

## President's Letter

I hope everyone has been enjoying the beautiful summer weather we have been having and finding some time to relax! Self-care is a critical component in what we do as play therapists. Finding time to have fun, play, and laugh helps to rejuvenate our spirits and let go of the residual impact of working with difficult and emotionally draining cases that leads to vicarious trauma and burn out. So take time out to PLAY!!!

## **New Newsletter Co-Editors:**

I welcome Heidi Boyson ([heidi.boyson@gmail.com](mailto:heidi.boyson@gmail.com)) and Jillian Kelly ([Jkelly@institute2000.org](mailto:Jkelly@institute2000.org)) as our new newsletter co-editors who will also be helping to steer the Communications Committee. Please send articles and tidbits to them for inclusion in our newsletter! Amy Greenberg has done a wonderful job getting our Communications Committee up and running, but has now moved on to Maryland and will be missed! Thank you Amy for all that you have done!

## **Welcome New APT Members!**

Cheryl Alban, Jessica Bevier, Karen Edwards-Dalessandro, Judith Falk, Patricia Goodman, Annette Lockamyeir, Jean Sweeney, and Kristin Zimmerman, Sarah Faló, Jennie Mazza Jones, Joseph McCarthy, Michele Trinkaus, and Hillary Luttinger.

## Motion Passes For Electronic Voting

### Election Process Ballot:

The NYAPT bylaws presently state that the election process is to occur via postal service mail;

- a) Election ballot shall be mailed to the voting membership.
- b) The election ballot shall indicate that it must be returned to the Nominations and Election Committee by a specific date
- c) Ballots must be received seven (7) days prior to the scheduled Annual meeting
- d) All ballots, envelopes and tally sheets shall be sealed and filed with the Recording Secretary. Such materials are to be held for one year.

A motion was made and passed to allow for the election process to occur by e-mail. Thank you for sending and e-mailing back your votes!!

## Upcoming State Conference News: Scott Riviere, MS, LPC, RPT-S!!

We are excited to have Scott Riviere, MS, LPC, RPT-S as our two-day presenter at the **NYAPT State Conference April 19-20, 2013** at the Ramada Hotel and Conference Center in Getzville, NY near Buffalo. The hotel is only \$79 per night, plus taxes.

The first day of the conference will focus on Disruptive Behavior Disorder, while the second day will be on Adolescents: "Too Cool to Play". Scott Riviere is a licensed Professional Counselor and one of the first Registered Play Therapist-Supervisors in Louisiana. He is the Director of K.I.D.Z., Inc. Louisiana's first Play Therapy Institute, where his practice is limited exclusively to children and adolescents and their families. During his 20+ years of practice, he has worked in various clinical settings and has extensive training in the field of Play Therapy. Scott has served on various committees for the National Association for Play Therapy and has served as President of the Louisiana State Branch.

Scott has created several therapeutic products for mental health professionals and is a published author and frequent guest on various media outlets. Scott has also produced a series of parent training videos titled *Positive Parenting*. He is an active speaker at national and state conferences and is approved to supervise counselors seeking state licensure.

I am happy to say that Scott is a good friend of mine, having met many years ago at an APT conference. He is a delightful, fun-filled and engaging speaker. And I know you will greatly enjoy hearing about all the various techniques and ways to work with your difficult clients. So be sure to save the date to attend our state conference!

**And remember, if you submit a poster session you will have \$25 off your registration fee as the senior presenter.**

## Attend Our Conference Free!!!

There are several ways that you can attend the upcoming NYAPT conference for **FREE!!! Yes, Free!!!** The first is to become a volunteer to help out at the conference.

The second is to apply for a scholarship. We have two member scholarships and two student/affiliate scholarships. Applications for these will be available in the next newsletter! The third way is to bring in members!!! The person who has brought **ten (10)** or more new members before our conference date will receive **FREE** conference attendance for two days!! Runner ups who bring in 5 to 9 new members, will receive 50% off registration and a free NYAPT water bottle! Plus you get your picture in the newsletter and recognition at our conference. So think of ways you can help to bring your colleagues into the world of play therapy while you benefit too in having your conference fee reduced!

## Leadership Academy Enrollment

The NYAPT Board of Directors voted recently that all Board Members will have completed the APT Leadership Academy as a condition to being elected. Newly entering Board members are signing up to comply. Think about doing that too! For \$75 you are able to become a future leader of NYAPT as well as APT. APT also requires that anyone running for the APT Board be a Leadership Academy graduate.

It is a wonderful opportunity to learn about the Policy Governance Model as well as how APT operates. All the work is done on line, with chat forums off the APT website. It is easy to do, and does not require a huge amount of effort or time. Plus you get the benefit of meeting other play therapists and members. Your knowledge helps build leadership skills and allows you to serve on committees and Boards!

Deadline to register is September 30th. Register on line at: [www.a4pt.org](http://www.a4pt.org).

## Upcoming APT Conference

APT will be in Cleveland, Ohio from October 9-14, 2012. Our NYAPT member, former President, Dr. David Crenshaw, will be presenting this year, along with many outstanding and renowned play therapists. It is a wonderful way to learn a lot in a short span, get to make many friends, have fun, fun, fun with lots of kindred spirits and shop for play therapy puppets and supplies!! If there are enough New Yorkers, I plan on scheduling a time to get together. I hope I will get to see you there!

In service,  
Athena

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## Meet Your Co-Editors

**Heidi Boyson:** Heidi is a Play Therapist, Humanistic Counselor and Educator with a focus on bereavement. Up until recently, Heidi lived in London and was very active in several organizations and Boards, including the British Association of Play Therapists. Combining a personal passion with the professional, she incorporates yoga and mindfulness into her stress management work with children.

**Jillian Kelly:** Jillian is a Mental Health Clinician and Youth Coordinator at the Institute for Family Health in Bronx, NY. Utilizing the powers of play, while meeting the demands of an outpatient community mental health setting, Jillian is actively pursuing her RPT credential as well as her Trauma Focused CBT certification. When she's not in patient care, Jillian enjoys preparing vegan/gluten-free meals and learning about how holistic treatment impacts complete wellness.

We are looking forward to meeting your needs as co-editors of this quarterly newsletter! We had the idea to keep ongoing sections for Reviews of Books and Trainings, as well as create themed newsletters to explore topics in greater depth. Topics include: Creative arts therapies; Animal-assisted case studies or trainings; Loss and bereavement; Trauma; Use of traditional games; International play happenings; Changes in DSM- V. What do you think?! Please send feedback on these ideas to either of us: [heidi.boyson@gmail.com](mailto:heidi.boyson@gmail.com) or [Jkelly@institute2000.org](mailto:Jkelly@institute2000.org).

## Training Announcements

- Unfortunately, due to circumstances beyond my control, I need to postpone the following regional training:

### ***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

The rescheduled date is to be determined. We will keep you posted. I apologize and thank you for your understanding.

Sincerely,  
Mary Anne Assini

- SAVE October 5<sup>th</sup> for Albany training in Theraplay® - an attachment-based family play therapy for a wide range of children served in agencies, schools and clinics. Dr. Sue Bundy-Myrow, past NYAPT board member and Affiliate Trainer of the Theraplay® Institute in Chicago first presented a day-long training at Sage College in 2004. Rather than have us go to Chicago, we have asked Sue to return to Albany to offer the certification-based Introductory Theraplay® and Marschak Interaction Method (MIM) course. While this 4-day workshop has restricted enrollment to ensure experiential learning and take-home case planning, Sue is offering it in a unique two-part format. A One-day Theraplay Seminar - Overview for Professionals on Friday OCTOBER 5<sup>th</sup> will be open to a larger number of participants, including those new to Theraplay. Those who wish to complete the four-day training will have the opportunity to do so in a future, small group training conducted over a three-day period.

Theraplay has been developed over 40 years and is now being used in 36 countries. Through this evidence-supported approach, see how Theraplay can help to engage children and their parents experientially and guide them to develop/repair the quality of their attachment relationships. Contact Joan Bender at 518-453-6765 for registration; training is at St. Catherine's Center for Children, 40 North Main Avenue, Albany. The training is co-sponsored by The Theraplay Institute and is recognized as a continuing education provider by the Association for Play Therapy. The cost of the one day overview is \$80.00. Please make checks payable to Susan Bundy-Myrow and mail to Joan Bender at the address above.

- Joan Bender, Vicki Mast and Nancy McEvoy

- Baskets Needed for the Annual Conference: Support the next generation of Play Therapy! The Scholarship Fund needs your help. Every year at the NYAPT annual conference, we hold a basket raffle to support our APT scholarship fund. We are calling on members from all over the state to donate baskets. What kind of "themes?" -- anything you think we play therapists would like to win! Please email Ann Beckley-Forest at [annbf218@gmail.com](mailto:annbf218@gmail.com) if you are planning to donate, and simply bring the basket to the spring conference. Thanks for your support-- by donating and of course by taking your chance to win!
- Annie Monaco, LCSW-R
- Dr. Yumiko Ogawa, professor at New Jersey City University will be hosting an annual play therapy conference on October 26, 2012 with renowned guest speaker and presenter Dr. Garry Landreth. Dr. Landreth will present on Child-Centered Play Therapy. New Jersey City University is 20-30 minutes from New York City. For further information, visit their website: <http://www.njcu.edu/playtherapy/>

### **Supervision Announcements**

- Gabriel Lomas is interested in setting up a **play therapy peer supervision group** in Northern Westchester, Putnam, or in Fairfield county. He is also amenable to other groups, such as a training group to earn CEUs and networking with play therapists and those in training in his area. E-mail is: [lomasg@wcsu.edu](mailto:lomasg@wcsu.edu)!

- Please join Yuriko and Heidi for a NYC-based **networking and peer support group** for therapists. We share case insight as well as practical issues like space rental, setting up a practice and so on. E-mail: [heidi.boyson@gmail.com](mailto:heidi.boyson@gmail.com).
- **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).

## **Student Voices**

### **My First Experience with the Power of Play**

By: Danielle Regina

As I began my journey toward becoming a mental health counselor, I had the honor of co-leading a Directive Play Therapy group for children ages 5-9 as an intern. This was my first experience using play therapy and was amazed by its impact. I had done research on the use of play therapy and was excited when given the opportunity to apply it. I had never doubted its effectiveness, but was eager to witness it firsthand.

One technique that my colleague and I enacted at the beginning and end of each session was called "Pinwheels," from the book titled, "The Worry Wars: An Anxiety Workbook for Kids and Their Helpful Adults" by Paris Goodyear Brown (2010), keynote at the NYAPT Spring 2012 conference. The purpose of this technique is to help the children facilitate breathing skills contrasting anxiety versus tranquility. We first had the children breathe heavily into the pinwheel pretending they were cheetahs running through the desert, then calmly like turtles walking slowly on the beach. They were able to distinguish the difference in the effects between rapid breathing and slow breathing by observing the speed at which the petals spun on the pinwheel and comparing that to their heart rates. This taught the children that deep and slow breathing fosters therapeutic relaxation which helps lessen anxiety.

The children realized they felt better when breathing as turtles and reported feeling more relaxed and calm. They were eager to use this technique and lead the group in this activity during the sessions, so we later provided each child their own pinwheel to take home. The children taught their parents and guardians how to use them and were encouraged to practice the exercise when feeling anxious. I felt this technique was beneficial in helping the children understand that they have control over their breathing and they can help calm themselves down in situations when they feel anxious, angry or scared. I enjoyed using the "Pinwheel" activity and would highly recommend it to other clinicians. I look forward to using and learning more about similar play therapy techniques as well as applying them in my own counseling career.

As Piaget states, "play is work of childhood" and enhances childhood development. It allows children to learn and experience the world while expressing themselves in a healthy and productive manner. This experience truly proved to me the power of play.

Meet **Danielle:** I am currently a graduate student attending Mercy College (Bronx, New York) for my master's degree in Mental Health Counseling and School Counseling as a member of the Pi Gamma Mu Honor Society. I received my bachelor's degree from Mercy College in psychology and graduated summa cum laude as a member of the Psi Chi Psychology Honor Society. My future ambitions are to first become a Licensed Mental Health Counselor, then a Registered Play Therapist as well as to obtain certification in Trauma Focused Cognitive Behavioral Therapy.

**Student Representative:** Welcome Courtney Dolan ([Dolan\\_Courtney@roberts.edu](mailto:Dolan_Courtney@roberts.edu)) as our Student Representative. Please feel free to contact her if you are a student or know someone who is! We would love to see our Student Affiliates grow in number.

Meet **Courtney:** As a student who is working on her Masters in Social Work as well as my credentials to become a Play Therapist, I reflect back on how I first learned about what play therapy is all about. I was finishing my undergraduate studies and attended a play therapy workshop; it was one of the best workshops I

had ever attended! It was full of new strategies and techniques to engage and communicate with an individual. I am a Dynamic Special Education Consultant for school districts, agencies, and universities on learning disabilities and multi-teaching strategies. I am highly motivated to make a difference in the life of a child. Play therapy coincides with my passion to think outside the box and interact with the individual through play with fun and function!

When I started my masters, I was fortunate to take a play therapy class with the instructor that taught the workshop I initially attended. The professor was fabulous and made the therapeutic process come alive. During the class the professor educated students about the process of how to become a registered Play Therapist, which was so helpful because many were unfamiliar with this great field. It is so important that professionals continue to spread the word about play therapy. Share with others the power of PLAY!!

-Courtney Dolan

### **Grin and Share It: A humor column based on true experience**

- Dr. Laurie Zelinger, RPT-S



- Sign given to me for placement over my door: Dr. Laurie is my favorite therapist.
- I love your new kitchen toys. Especially the pancake flipper. But I know it's really called a bachelor. (aka "spatula")
- Sam reported, "My father went into the city to see his sidekick". I must have looked at Sam quizzically because he then went on to inform me that a sidekick is the woman who tells your fortune after she looks in your cup of tea and then tells you what to do and then you pay her. (aka "Psychic")
- If you have allergies and your eyes itch, this is what Gabby says you have to do. "Go to the sink, take out your eyeballs, wash them with soap and put them back in."
- Alyssa and her mother went to the ice cream store. While mom was paying, Alyssa had finished her ice cream soda. Another customer saw how quickly she drank it and asked Alyssa, "Don't you get brain freeze?" to which Alyssa replied, "No. I get sorbet!"

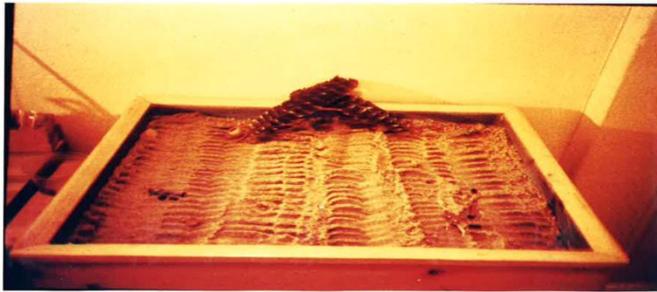
### **Correction from last Newsletter**

- Please view attached picture submitted by Lois Carey, LCSW, RPT-S

Figure 6: The Ego/Self archetype is the central archetype in the collective unconscious. According to Jung, the ego is an archetype but that it is related to the conscious part of the psyche while the Self (spiritual center) is in the unconscious realm. The Self is considered to be the Central Archetype of Wholeness and Totality. The word SELF does not refer to the individual, but to the whole of the personality. The numinous power inherent in the Ego/Self archetype is the healing factor that comes from the ability to reconnect and to center in order to balance the opposites. The Self appears in dreams, myths, and fairy tales and seen as the King the Hero, the prophet, the savior. It can also appear as the Magic Circle, the Square and the Cross; it is the total union of the opposites.

Part I of this article described how the ego and the Self are connected by an invisible thread that is called the Ego-Self Axis. Any early wounding or trauma to that axis causes a split (or splits) to occur. The task

of therapy is to repair the split so that the ego and the Self are again in a connected relationship.



*\*The following is a paid advertisement – please contact Heidi Boyson at [heidi.boyson@gmail.com](mailto:heidi.boyson@gmail.com) for information on rates and being part of our next newsletter!\**

### **Theraplay® Overview**

#### **One-Day Seminar for Professionals**

Enjoy rewarding play therapy training in ALBANY, NY

*Theraplay is an attachment-enhancing approach applications for Individual, Family, and Group counseling.*

**Presenting concerns:**+Shyness+Overactive+

**Depressed+Oppositional+SelectivelyMute+**

**Anxious+Obsessive-Compulsive+**

**Poorly-attached+Traumatized+**

**Living with ASD**

**Presenter:**Susan Bundy-Myrow, Ph.D., RPT-S

**[www.theraplace.com](http://www.theraplace.com)**

Friday, October 5, 2012

St. Catherine's Center for Children

40 North Main Ave.

Albany, NY 12203

**Registration: Joan Bender + 518.453-6765**

**\*Special offer: Apply Oct. 5th training hours toward Albany 4-day Level 1 Theraplay certification training!  
Cost of the 1-day overview is \$80.00. Please make check payable to Susan Bundy-Myrow.**

The Theraplay® Institute (TTI) is approved by the Association for Play Therapy (APT) to offer continuing education. TTI provider number for APT, specific to play therapy is 95-008

## **From the Communications Committee**

1) The NY APT Communications Committee works on connections to members, social networking, the newsletter, soliciting discussions and interactions, and sharing information with members. If you are interested in joining the committee, contact Jillian Kelly at [Jkelly@institute2000.org](mailto:Jkelly@institute2000.org)

2) Calling all submissions for the Winter newsletter!! Send in any articles or ideas to Heidi Boyson at [heidi.boyson@gmail.com](mailto:heidi.boyson@gmail.com) or Jillian Kelly at [Jkelly@institute2000.org](mailto:Jkelly@institute2000.org)

3) Check out our website at: <http://www.newyorkapt.org>



Like us on Facebook: New York Association for Play Therapy (NYAPT)  
Or link to: <http://www.facebook.com/pages/New-York-Association-for-Play-Therapy-NYAPT/188037501208101>



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Or link to: <http://www.linkedin.com/pub/ny-apt/2a/14b/520>



Check out the Association for Play Therapy at: <http://www.a4pt.org/>