

F A L L

N E W S L E T T E R



NYAPT Board Members

Athena Drewes
President

Mary Anne Assini
Past President

Stephen Demanchick
Vice President

Rebekah Crofford
Corresponding Secretary

Elizabeth Davis
Recording Secretary

Gabriel Lomas
Treasurer

Joan Bender
Director

Jillian Kelly
Director

Annie Monaco
Director

President's Message

Athena A. Drewes, PsyD, RPT-S



The changing leaves and cooler weather has signaled the beginning of our fall season. The Annual Association for Play Therapy International Conference was held October 7-12 in Houston, Texas. I greatly enjoyed being able to have dinner with several NY members and chat with others along the way to workshops and during training! It was a thrill to be able to accept our GOLD BRANCH AWARD on behalf of NYAPT! We did it again with your support and help in increasing membership and meeting the APT goals!

Thank you ALL for your continued support in remaining a member of APT/NYAPT, spreading the word about the therapeutic powers of play and play therapy to your colleagues, and being willing to hold trainings in your area!

Other upcoming trainings of importance include:

NYAPT is co-sponsoring a special fall training with Western Connecticut State University with **Dr. Garry Landreth** on **Friday, October 31 and Saturday, November 1st** : ***“Healing the Hurting Child: The Necessary Dimensions of Child-Centered Play Therapy.”*** Training is 8am to 5pm each day, at the Western Connecticut State University Westside Campus Ballroom (43 Lake Avenue Ext., Danbury, CT 06810).

Participants will receive 15 Play Therapy CEs, as well as CEs from their discipline if needed (e.g. Social Work, Psychology) as we are having Linda Lakeman from the Continuing Education Institute manage the CEs.

Fees are: \$115 for one day (before October 3) or \$120 for one day (after October 3). The fee for Two days is \$210 (before October 3) and \$250 (after October 3). For further information: Dr. Gabriel Lomas, RPT-S is handling registration, and can be contacted at: lomasg@wcsu.edu or 203-837-8512.

Please spread the word! This is a very special opportunity to hear Dr. Landreth share his expertise of using client-centered play therapy in the treatment of children’s trauma.

Another training available is:

FREE: November 3, 2014: “Play-based Applications for TF-CBT” co-hosted by NYAPT with Astor Services for Children and Families” given by myself, Dr. Athena A. Drewes, RPT-S, from 9-10:30am at Astor’s headquarters, 6339 Mill Street (Route 9 North), Rhinebeck, NY 12572. For information, feel free to contact me at: 845-283-8760. This training will offer certificates for 1.5 CEs in play therapy.

SAVE THE DATE:

Remember our upcoming Annual New York Association for Play Therapy Conference which be held **Friday, March 20th and Saturday, March 21st** at the Desmond Hotel and Conference Center in Albany, NY. We will have Dr. Rick Gaskill address trauma treatment through the use of the Neuro-Sequential Treatment Model originated by Dr. Bruce Perry! It was exciting to hear Dr. Perry present at the APT Conference in Houston, and for me to attend the workshop given by Dr. Gaskill and Dr. Perry. I was able to get a good idea of how the Neurosequential Model of Therapeutics work through a case study the Dr. Gaskill presented. I know you will find the NYAPT conference helpful in understanding how to create a prescriptive and integrative play therapy treatment approach in treating trauma in children and adolescents. Dr. Gaskill is a very engaging presenter, and I am sure his case study applications will illuminate how best to utilize this assessment approach!

Interested in offering play therapy training under NYAPT for CEs?

Please notify Dr. Jodi Mullen, Jodi.mullen@oswego.edu, if you are interested in giving FREE play therapy training in your area/region to help promote the importance of play therapy in treatment (play as therapy and play in therapy). We can help you give out play therapy CEs under NYAPT, as an APT-Approved Provider, and supply you with the necessary forms. This is a wonderful way of getting known in your area as a play therapist, being able to network with other agencies, and to obtain play therapy CEs!

WELCOME NEW MEMBERS!

Congratulations and welcome to:

Julia Jacobson; Lana Gaiton; Kim Johnson and Heather Ladd for becoming members of NYAPT!!

RPT-S Supervisor Training Clarification:

As of April 1, 2014 the Association for Play Therapy changed the RPT-S criteria. So please read this as it impacts RPT-S applicants and current RPT-S!

For those RPT-S who renew by March 31, 2015 – you MUST complete the PREVIOUS requirement of TWO hours of supervisor training. At your NEXT renewal cycle, you will be required to complete SIX (6) hours of supervisor training, that would be due on March 31, 2018.

For those who have CE renewals due March 31, 2016, you must complete PREVIOUS requirement of two (2) hours of supervisor training, and the new criteria of six (6) hours will be in effect for the next renewal period due March 31, 2019.

NEW APPLICANTS for RPT-S NOW must have either BE a state-approved supervisor (hold a state board designation as “supervisor”) AND have completed six (6) hours of play therapy specific supervisor training. OR completed 30 (thirty) hours of supervisor training, at least six (6) hours of which are play therapy specific. These hours may be contact or non-contact hours.

RENEWAL: Every 36 months of the CE cycle, RPT-S must complete six (6) hours of supervisor training. However, these hours may be general or play therapy specific supervisor training and can be contact or non-contact.

Wishing you all a wonderful fall season!

Your President,
Athena





Grist for the Mill of the Play Therapist

Because Eliana Gil moved over the summer and is now just getting settled in her new home and life, out of courtesy and respect for her, I did not ask her to update the interview we did in 2005. I will try to have that for NYAPT readers in the next newsletter. Instead I am using this space for a topic, that some of you may have read previously on my website (www.childtherapytechniques.com) but thought it might be of interest for those who have not seen it before.

"Sealing off the Fountain"



David A. Crenshaw, Ph.D., ABPP, RPT-S

One of the most poignant metaphors for understanding extremely aggressive children comes not from the field of psychology but from literature. C.S. Lewis in his book, *The Four Loves* (1965) uses this metaphor in an entirely different context but I find succinctly captures the heart of the pain of many aggressive children. Lewis states, “They seal off the very fountain from which they thirst to drink” (p.65). How sad, how true this is for children who adopt the strategy of keeping others at a distance by their aggressive behavior, thereby protecting from further hurt but “sealing off the very fountain from which they thirst to drink.” They ensure their isolation, their disconnection, thus depriving themselves of what makes life endurable—meaningful closeness with others. James Garbarino (1999) in *Lost Boys* observes that so often we do not get close enough to notice the “traumatized child within.” Bruce Perry (2006) observes in his book, *The Boy Who was Raised as Dog*, that “by conservative estimates, about 40 percent of American children will have at least one potentially traumatizing experience by age eighteen: this includes the death of a parent or a sibling, ongoing physical abuse and/or neglect, sexual abuse, or the experience of a serious accident, natural disaster or domestic violence or other violent crime” (pp. 2-3). Kenneth Hardy and Tracy Laszloffy (2005) in *Teens Who Hurt* discuss the “invisible wounds” and profound losses aggressive and sometimes violent teens suffer. While violence is never a solution, we must appreciate the complex dimensions to these problems if we wish to address adequately the issue of youth aggression.

Sometimes we don't see the "traumatized child within", "the invisible wounds" or the "fawn in the gorilla suit" because we become inducted as parents, teachers, and therapists in the overly punitive climate that permeates our culture. The German poet and philosopher Goethe once said, "We see in the world, what we carry in our heart." How is it that we don't notice the inner pain that drives the acting-out behavior of our children? The notion that more punitive approaches, harsher punishment, and longer periods of incarceration will resolve the problem of youth violence ignores the reality pointed out by Anna Freud more than 60 years ago that these approaches are hardly novel. When these children are already broken down in spirit does it make sense to subject them to even harsher and more punitive correctional methods? As Kenneth V. Hardy, Director of the Eikenberg Institute for Relationships in New York City, has stated, "Children need less correction, and more connection. They need less confrontation, and more validation." Raffi Cavoukian (Cavoukian & Olfman, 2006) writes, "Children who feel seen, loved, and honored are far more able to become loving parents and productive citizens. Children who do not feel valued are disproportionately represented on welfare rolls and police records. Much of the criminal justice system deals with the results of childhood wounding (the vast majority of sexual offenders, for example, were themselves violated as children), and much of the social service sector represents an attempt to rectify or moderate this damage, which comes at an enormous cost to society. Most of the correctional work is too little, too late" (pp. xi-xx).

One of the most effective ways to validate children is to recognize and honor what they have to give, to highlight their strengths and talents, to find in them what Robert Brooks describes as "islands of competence" and to build on them. In support of Hardy's and Brook's views, sociologist Roger Curry (2004) in his book, *The Road to Whatever*, reported on his interviews with today's youth. He discovered that a crucial turning point in the lives of these young people was learning or relearning how to care about themselves—to view themselves as people who mattered. Clearly, these turning points are facilitated when "charismatic adults" (a term coined by the late Dr. Julius Segal) are available to the adolescents (Brooks and Goldstein, 2004). Brooks and Goldstein explain that a charismatic adult "is an adult from whom a child can gather strength." In studies of resilience, the presence of at least one charismatic adult is one of the key factors enabling youth to overcome adversity in their lives. While our culture is oriented toward punishment and correctional approaches, the research consistently shows that it is meaningful connections between youth and the key adults in their lives that enable young people to turn their lives around in a positive way. In the absence of healing relationships with committed adults today's lonely and alienated youth will continue in their desperate attempts to protect from further hurt, to "seal off the very fountain from which they thirst to drink."

References:

- Brooks, R. and Goldstein, S. (2004). *Raising resilient children: Fostering strength, hope, and optimism in your child*. New York: McGraw-Hill.
- Cavoukian, R. & Olfman, S. (2006). *Child honoring: How to turn this world around*. Westport, CT: Praeger.
- Currie, E. (2004). *The road to whatever: Middle-Class culture and the crisis of adolescence*. New York: Metropolitan Books.
- Garbarino, J. (1999). *Lost boys: Why our sons turn violent and how we can save them*. New York: Anchor Books, A Division of Random House.
- Hardy, K. V., & Laszloffy, T. (2005). *Teens who hurt: Clinical interventions to break the cycle of adolescent violence*. New York: Guilford Press.
- Lewis, C. S. (1960). *The four loves*. New York: Harcourt Brace.
- Perry, B. D. (with Szalavitz, M.). (2006). *The boy who was raised as a dog and other stories from a child psychiatrist's notebook: What traumatized children can teach us about loss, love, and healing*. New York: Basic Books.

Additional Regional Training News

- *Expressive Therapies Summit 2014*
 - Expressive Therapies Summit 2014 is in NYC Thursday, November 6 to Sunday, November 9, 2014. Play Therapy CE certificates available for many workshops including:
 - ~ David Crenshaw, Ph.D., ABPP, RPT-S's "Healing the Fury of Children & Adolescents: Creative Play Therapy Interventions" on Thursday, November 6 and co-presenting with Jillian Kelly, LCSW "Cultivating Resilience in Children & Adolescents through Play Therapy, Creative Arts, and NMT" on Saturday, November 8
 - ~ Eliana Gil, PhD, ATR, RPT-S, LMFT's "Trauma-Focused Integrative Play & Arts Therapies for Children and Adolescents" on Friday, November 7 and "Navigating Attachment, Strengthening Connection Using Play & Drama Therapies" on Saturday, November 8
 - ~ *Christian Bellissimo, MSW, LCSW, RPT's* "Non-directive Play Therapy for Expressive Arts Therapists" on Saturday, November 8
 - ~ *Jennifer Shaw, PsyD's* "Using Play Therapy to Help Children Who Have Sexual Behavior Problems" on Sunday, November 9
 - ~ *Cathy Canfield, MSW, LCSW's* "Play Therapy Principles & Techniques with Teens and Adults" on Sunday, November 9
 - Register at www.expressivetherapiessummit.com

- *From Dr. Carol Korn-Bursztyn:* "We successfully launched our new **Play Therapy Project at Brooklyn College**, and welcomed our incoming class to the new **Advanced Certificate in Play Therapy Program**. The program is unique in its focus on **Culturally Competent Play Therapy (CCPT)** and is designed to provide expertise in the practice and supervision of culturally competent play therapy with diverse children and families. We take a particular interest in supporting the well-being of vulnerable children and families, and are partnering with a variety of NYC public institutions. The Director of the Play Therapy Project and Advanced Certificate in Play Therapy Program, Dr. Carol Korn-Bursztyn, recently presented on ***Fostering Resilience through Culturally Competent Play Therapy*** at the Barrier Free Justice Annual Conference of the Office of the Brooklyn District Attorney, Kenneth P. Thompson. Mental health clinicians who complete the Advanced Certificate in Play Therapy may apply for the RPT Registered Play Therapist (RPT) and Supervisor (RPT-S) credentials conferred by the Association for Play Therapy.
 - **The Brooklyn College Play Therapy Project** offers the following options for individuals, institutions and community based organizations.
 - Professional Development through graduate level **Advanced Certificate in Play Therapy**
 - **Career-ladder professional development workshops and seminars** tailored for agencies and community-based organizations
 - Options **for on-campus courses** and seminars, or **on-site programs at agencies** or community-based organizations.
 - Visit us at <http://www.brooklyn.cuny.edu/web/academics/centers/childadult/projects/play.php>

Supervision News

- Join David Schatzkamer (dschatzkamer@aol.com) for play therapy peer supervision group in NYC. He is always looking for more clinicians to be part of the group!

NYAPT Applause

- *Congratulations to Laurie Zelinger!* Laurie recently became Board Certified as a Psychologist (through the American Board of Professional Psychology) and is now a 'Diplomate' and Fellow of the American Academy of School Psychology. Laurie also contributed to the "For Parents" section three more books in the American Girl Bitty Baby series that came out in June 2014, and is listed on the second page, as their consultant, child psychologist and registered play therapist. The book titles are: *Bitty Baby makes a splash*; *Bitty Baby has a tea party*; *Bitty Baby shares a gift*.

Stay connected with us!



Check out our website at: <http://www.newyorkapt.info/>

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



Like us on Facebook: New York Association for Play Therapy (NYAPT)



Follow us on Twitter: @NYA4PT



Connect to us on Linked In: NY APT