

SPRING NEWSLETTER



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President's Message

Athena A. Drewes, PsyD, RPT-S



Happy Summer and warm weather and sunshine to you all!! I hope you will use self-care and take good care of yourself by enjoying this wonderful weather and time of year! Without helping ourselves first, we cannot have the energy and stamina to help others. So you are really doing your clients a favor by first taking good care of YOU!!!

Elections

This year we held our elections via internet/electronic voting. It was quite successful, receiving more votes than we have had in the past with mail-in ballots. Thank you for taking the time to vote!

Here are the results: Congratulations to **Dr. Gabe Lomas**, re-elected as Treasurer; **Jillian Kelly**, re-elected as Director, **David Schatzkamer**, newly elected Director replacing **Joan Bender**, and **Rebekah Crofford** appointed to fill in for the position of Corresponding Secretary (extending her term of office) due not have a nominee for the position. Thank you **Joan Bender** for your exemplary work Director for four years in serving on the NYAPT Board! We wish you much success in your play therapy work.

Welcome **David Schatzkamer** to our Board. Here is some information about him:



David Schatzkamer is a licensed mental health counselor and clinical supervisor, with distinguished knowledge in providing play therapy and counseling to children and their family. David has obtained incomparable training at the University of North Texas where he was a participant of the Intensive Play Therapy Supervision Program. He continuously receives play therapy supervision by a world known play therapist (Alan Gonsler, LCSW, RPT-S). David has also facilitated a play therapy group supervision group, which used to meet monthly. This work, as well as his ongoing training at the Family & *Play Therapy Center* in Pennsylvania, has helped him facilitate change in the lives of countless children struggling with ADHD, ODD, conduct disorder, abuse/trauma, and depression and family issues. He specialized in ADHD while working at the NYU Child Study Center and provided counseling to children suffering from post-9/11 trauma at Columbia University. David served as the Director of Clinical Services at a local Brooklyn, NY non-profit. David currently has a private practice (Center4PlayTherapy).

I hope you will consider running for the NYAPT Board next year. As part of being on the board (besides phone and email meetings), we will have you receive training through the APT Leadership Academy (an online program) if you have not already gone through it. It is the Board's desire, and in our bylaws, to have all elected members Leadership Academy graduates!

Student Affiliate(s) Needed: We are looking to appoint to the NYAPT Board a Student Affiliate for one year. This person (or we could have more than one across the state) will work with graduate students who may or may not be aware of play therapy to learn more about play therapy and hopefully get to join APT/NYAPT; as well as to help promote play therapy to the community and other professionals. You can do this work via email or by meeting on your campus with students. If you are interested, please email me at: adrewes@hvc.rr.com.

New Members: We are happy to welcome to NYAPT new members **Claudia Suan** and **Maria Chavez!!**

Conference Update: We had a wonderful conference at the Desmond Hotel and Conference Center in Albany, organized by Committee Chair **Mary Anne Assini** and **Hilary Sutliff**. They did a fantastic job coordinating a wonderful two and a half day event. Our Supervisory training on Thursday evening was highly attended; along with Friday and Saturday's presentations by **Dr. Rick Gaskill**. We all learned a lot about the interplay of neurology with development and emotional trauma.

Thank you to **Dr. David Crenshaw** for co-leading the highly successful Thursday evening Supervision training for RPT and RPT-S members and friends. We plan on offer a two hour supervision training each year, with the possibility of having the next one on Friday evening instead, from 7-9pm. Given the new APT requirement of having 6 hours of supervisor training every three years, we will be able to help members meet this by offering two hours each conference year!

And special thanks to **DeeDee and Harry**, co-owners of the Self-Esteem Shop for the wonderful array of books and play therapy merchandise. We look forward to their return in 2016.

NYS Social Work CEs to be given out at all future conferences!

The Board voted that we will have Linda Lakeman of the Institute for Continuing Education SW CPE, who has NYS Provider Approval from the State Education Department for Social Work, to handle **all** our future conference CE certificates. This will mean that as an automatic part of your registration you will receive a certificate of hours in the disciplines you need, including Social Work, Counseling, Play Therapy and all others. This cost has been incorporated into the registration fee. This way we will be able to accommodate the needs of our NYS social worker members!!

Mary Anne Assini is already busy preparing for our 2016 conference which will be held again at the Desmond Hotel and Conference Center, but on Friday, April 1 and Saturday, April 2, 2016. We will be having **Dr. Linda Homeyer**, LPC-S, RPT-S present on sandtray across the ages and use with traumatized youth. We look forward to a wonderful training!

Here is some information about Dr. Homeyer:



Linda E. Homeyer, Ph.D., LPC-S, and RPT-S, is a Professor in the Professional Counseling Program in the Department of Counseling at Texas State University, San Marcos, Texas (north of Austin). She served as their chair, 2010-2014. Dr. Homeyer also teaches internationally, including India, Malaysia, South Africa, Australia, Mexico, Canada, Great Britain, Ireland, Taiwan, and even on a cruise ship! She is a frequent conference presenter & speaker throughout the United States as well. She was named an Honorary Professor of International Studies by Texas State University, 2014-2017.

It was her work as an investigator of child abuse that led her to her interest in counseling children. An advocate for children and play therapy, she served several years on the Texas Association for Play Therapy Board of Directors and served two terms as President of the Association for Play Therapy Board of Directors. Dr. Homeyer is the 2013 recipient of APT's Lifetime Achievement Award.

Dr. Homeyer co-authored *Sandtray: A Practical Manual*; *The Handbook of Group Play Therapy*; *Play Therapy Interventions with Children's Problems*; and *The World of Play Therapy Literature*, as well as many book chapters and journal articles. Her work has been translated into Chinese, Russian, Korean, and Spanish. Her current areas of interest include exploring spirituality in play therapy.

Gold Branch Update!

Unfortunately we did not achieve Gold Branch status through the Association for Play Therapy for 2015-16 due to not meeting the membership requirements. In order to achieve Gold Branch each branch must meet high standards in increasing membership, RPT/S members, training, and communications. We always meet criteria for the other items, but increasing membership by the margin required has been the hard part. APT is looking to have other tiers, such as Bronze and Silver, which may not have a high percentage of increasing membership. Your Board is committed to continue to bring quality training across the state in order to help our members become RPT/S and learn about play therapy. Think about ways that YOU can also bring awareness of play therapy to your colleagues and student friends! Until the next newsletter, I wish you all a wonderful summer!

Athena

President

‘Scents-able’ Self-Care for Play Therapists

By: Jill Virts, MS, CAS, RPT/S, CCPT-S & Kelly E. Fredericks, MS, CAS

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Red Creek Middle & High School

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A great way to unwind and increase whole body wellness is through the use of therapeutic grade essential oils. Their natural properties work to support the mind, body and spirit, serving as effective health and wellness tools for people of all ages. The oils work on many levels to help strengthen the immune system and establish balance within the body. With their antibacterial and anti-inflammatory properties, they can also promote healing through relief of infections, pain and inflammation.

Aromatherapy is one of the most popular ways to use essential oils. When inhaled, the oils affect the brain’s limbic system by triggering chemical changes to create a feeling of safety. In turn, the blood is oxygenated and cortisol levels decrease, resulting in relaxation and improved mood. Lavender and orange are among the many oils that can be uplifting, energizing and calming.

By diffusing essential oils, your home or office can become an oasis. Through aromatherapy you can create a tranquil escape that smells wonderful, is chemical-free, and is beneficial for your mind and body. Diffusing essential oils in is becoming more prevalent in many settings, including hospitals, with the primary benefits listed below:

- Helps create an uplifting atmosphere –calming, decreases anxiety, increases alertness
- Helps destroy odors, mold and allergens in the air
- Increases the oxygen availability in the air
- Increases ozone and negative ions in the air, which inhibits bacterial growth
- Dissolves chemicals/toxins in the air
- Provides health benefits due to antimicrobial, antibacterial and antiviral properties
- Helps strengthen the immune system

The Wellness Committee of the Red Creek Central School district has begun utilizing these tools to help create a healthier, more positive environment for both students and staff. Wellness funds are being used to purchase diffusers and citrus oils for main offices and faculty break rooms. Additionally, a “First Aid Kit” for staff is housed in a central location for relief of headaches, colds, stress, stomach aches and fatigue. Results have been positive and, in turn, teachers have begun to purchase diffusers for their classrooms to help sanitize the air and improve focus and mood.

Using these oils can be a first step in creating a healthier environment at both home and work. As mental health professionals we focus on care of others; it is now time to invest in our own health with the simple and invaluable tool of essential oils.

The Need to Address Fetal Alcohol Syndrome Disorders with Case Management and Play Therapy

By: Catherine E. Cwiakala, LMSW

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Play therapists need to provide the most effective case management and play therapy for babies, children, adolescents, and adults with Fetal Alcohol Syndrome Disorders (FASD) and their families. There are many new developments by pediatricians, judges, mental health providers, nutritionists, teachers, and researchers to identify and provide treatment as early as possible for children born with prenatal exposure to alcohol.

Below are references to the current information for your review:

FASD in Review March 2015

(Fetal Alcohol Spectrum Disorder Center for Excellence)

“This month, FASD in Review examines a recent article by Ira Chasnoff, et al., in *Pediatrics*, titled “Misdiagnosis and Missed Diagnoses in Foster and Adopted Children with Prenatal Alcohol Exposure,” Volume 135, number 2, February 2015. Overall Summary Although FASD prevalence is now estimated to be higher than previously thought (May et al., 2014), challenges exist in obtaining access to diagnostic services in the United States due to an overall lack of awareness and diagnostic capacity (Astley & Grant, 2014). In addition, even if diagnostic resources are available in a given community, many providers do not have sufficient awareness about FASD to conduct screening that could lead to a diagnosis (Grant et al., 2013). When an individual does find diagnostic services, challenges still exist in obtaining an accurate diagnosis, for reasons including diagnostic challenges related to the breadth of the spectrum, cases of unknown maternal history of alcohol use, lack of consistent facial dysmorphism and growth impairment across diagnoses within the spectrum, and the high rate of co-occurring mental health disorders that can complicate differential diagnosis (Chasnoff et al., 2015; Greenbaum et al., 2009). These challenges have wide-ranging consequences, including a lack of appropriate early interventions, leading to ineffective services and poor outcomes (Olson et al., 2007).”

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

FASD Toolkit

The Fetal Alcohol Spectrum Disorders (FASD) Toolkit was developed to raise awareness, promote surveillance and screening, and ensure that all affected children receive appropriate and timely interventions.

This toolkit is designed to ensure that all affected children receive appropriate and timely interventions.

- The Fetal Alcohol Spectrum Disorders Toolkit includes:
- About FASDs
- Identification, Diagnosis, and Referral
- Patient Management
- Practice Management
- Sample Forms
- In-Depth Provider Training
- Resources

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/fetal-alcohol-spectrum-disorders-toolkit/Pages/default.aspx>

The Impact of FASD on the Field of Mental Health - fasdcenter.samhsa.gov/ask
The Expert June 2014
<http://fasdcenter.samhsa.gov/askTheExpert/Jun2014.aspx>

FASD and Co-Occurring Disorders, by Dan Dubovsky M.S.W. FASD Specialist SAMHSA FASD Center for Excellence
<https://trailblz.info/mofas/images/MOFAS%20Webinar-Dan-508%20Compliant%20Version-FINAL-2-26-14.pdf>

An exciting new discovery:

NOFAS Webinar: Treating FASD with Nutritional Interventions

www.youtube.com/watch?v=ADaQWv-EEkQ

Mar 20, 2015 - Uploaded by AlcoholFreePregnancy

You need Adobe Flash Player to watch this video. Download it ...NOFAS Webinar: Treating FASD with Nutritional Interventions. Alcohol-Free ...

NOFAS Webinar: When Someone with an FASD is Arrested: What You Need to Know
by AlcoholFreePregnancy 232 views

As play therapists, we need to collaborate our knowledge, research, and play therapy experience of what has helped both those we know have FASD/ND-PAE and those we suspect may have FASD/ND-PAE. There is a crucial need to implement play therapy specifically designed for these children, adolescents, and adults.

Together we can give babies, children, adolescents, and adults with FASD/ND-PAE and their families (birth, adoptive and/or foster) the education, protection, resources, services, education, and play therapy they need to reach their full potential to have productive and satisfying lives.

One more challenge! Through education and counseling, we can greatly reduce this preventable diagnosis of FASD for future children.

*Please contact Catherine Cwiakala at ccwiakala.lmsw@yahoo.com for complete list of references

Member Training News:

- **Ann Beckley Forest** and **Annie Monaco** are doing a Play Therapy workshop in Buffalo! 2015 Trauma Sensitive Play Therapy Workshops being held in Buffalo, NY in October and November of this year. Workshops include learning basics of play therapy as well as how to work with traumatized children who are struggling with dysregulation, dissociation, and other trauma symptoms. You can view the workshop by going to www.annimonaco.com. Or you can contact Annie Monaco at annimonacolcsw@gmail.com.
- **David Schatzkamer** will be presenting (G-D Willing) on July 10th at the Annual American Mental Health Counseling Association on: "The Nuts & Bolts of Child-Centered Play Therapy." This will be a 3-Hour Seminar/Workshop. You may email David at dschatzkamer@aol.com for more details.
- **David Schatzkamer** invites you to join a Play Therapy Group Supervision in Brooklyn NY. If anyone is interested please email David at dschatzkamer@aol.com for more details.
- Check out The Advanced Certificate Program in Play Therapy at **Brooklyn College**. NEW fast-track one-year option beginning Summer Session I May 27th 2015. For more information access their website: <http://www.brooklyn.cuny.edu/web/academics/centers/childadult/projects/play.php>http://www.brooklyn.cuny.edu/courses/acad/program_info.jsp?major=553&div=G&dept_code=33&dept_id=526#553

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