

# W I N T E R   N E W S L E T T E R



## NYAPT Board Members

Athena Drewes  
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Mary Anne Assini  
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Stephen Demanchick  
Vice President

Rebekah Crofford  
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Elizabeth Davis  
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Director

## President's Message



It is with sadness that I write this last President's Message as my second and final term is ending. It has been an honor to have been able to serve for the past four years as President, and to have been able to help move NYAPT forward.

We accomplished many things over the past four years including earning Gold Branch a few times, although we still struggle with maintaining it consistently. Having the required growth in membership of full Members and Affiliates has always been the stumbling block. But we have definitely excelled in offering more training throughout the state, and been able to support the efforts of Western Connecticut State University and Long Island University in creating their conferences and maintaining their play therapy certificate programs. Having Student Affiliate Liaisons on our Board has also helped in reaching out to the growing number of developing play therapists.

I thank the Board for their support and hard work over the years and I look forward to having Mary Anne Assini take the helm once again as President. Please be sure to vote on line: [https://naz.co1.qualtrics.com/SE/?SID=SV\\_bIBsqSdRtcZyflj](https://naz.co1.qualtrics.com/SE/?SID=SV_bIBsqSdRtcZyflj) by March 15<sup>th</sup> for our new Board officers. See the enclosed listing of the slate of officers.

Our upcoming 17<sup>th</sup> Annual NYAPT conference April 1<sup>st</sup> and 2<sup>nd</sup> with Dr. Linda Homeyer is going to be an outstanding one! Dr. Homeyer will share her expertise with us on use of “*Trauma-Informed Sandtray Therapy for the Play Therapist*”. And Friday evening, April 1<sup>st</sup>, Dr. Stephen Demanchick will offer a two-hour supervision training, necessary for RPTs looking to become an RPT-S and for RPT-S renewals. A poster session has also been set up for presentations. Hopefully many students will take advantage of this, as well as the free attendance for one day offered in exchange for a poster! (Contact Ashley Speno if you are interested!). A limited number of scholarships are also available for Members and Student Affiliates. Please see the enclosed information. Basket raffles will once again be available at the conference to help raise money for the scholarships. The Committee has worked very hard in getting vendors of play therapy items to donate a wonderful array of materials! Be sure to buy lots of tickets!! Mary Anne Assini, along with Ashley Speno, has put a lot of effort into making this conference one of the best! We have included the play therapy and NYS Social Work CEs in the registration fee so that all disciplines (including Mental Health Counselors, Marriage and Family therapists, etc.) can receive the necessary CEs. Linda Lakeman of the Institute for Continuing Education will be handling the processing of the CEs. You will receive a packet at sign-in at registration and be responsible for filling out the necessary paperwork and returning it. Signing in and out each day and being prompt in attendance (and staying for the full day) is mandatory.

Be sure to book your room soon, as they are going fast. You can register for the conference and pay on line at our website: [www.NewYorkAPT.info](http://www.NewYorkAPT.info). I look forward to seeing you all soon at the Desmond Hotel and Conference Center in Albany!!

I will still remain active in the world of play therapy and continue to support NYAPT in its growth and training! Again, thank you for the best four years as President! Adieu!

New York Association for Play Therapy

2016 Board Elections

**VOTING DEADLINE: March 15, 2016**

**VOTE ON-line:** [https://naz.co1.qualtrics.com/jfe/preview/SV\\_bIBsqSdRtcZyflj](https://naz.co1.qualtrics.com/jfe/preview/SV_bIBsqSdRtcZyflj)

**President** (replacing Athena Drewes): Mary Anne Assini



Mary Anne Assini had served on the NYAPT board in the capacity of president from 2008-2012. Prior to this she held the positions of vice president and corresponding secretary.

Mary Anne is a reimbursable licensed clinical social worker and registered play therapist supervisor. She is an outpatient therapist at Ellis Child and Adolescent Treatment Services in Schenectady, NY where she works with children, adolescents and families. She also provides play therapy supervision and training and is an Adjunct Professor at Sage Graduate School where she teaches courses in play therapy.

Mary Anne has over 25 years of experience in the field, and has worked in counseling centers, in-patient programs and educational programs for children with special needs. She presently serves as an advisory board member on the Strong Families Schenectady board.

Mary Anne is committed to focusing on expanding the availability of play therapy trainings throughout the state and to increasing awareness of the importance of working with, and supporting, a family focus throughout the treatment process. Of all her involvements the most important by far to Mary Anne is being a mother to her two teenage boys and a partner to her husband.

**Vice President** (replacing Stephen Demanchick): Jillian E. Kelly



Jillian E. Kelly, LCSW is a psychotherapist working with children (ages 3-12) and their families at a community health center in the south Bronx. Jillian earned her MSSW at Columbia University, where she was a student in the schools of Social Work and Public Health. Jillian's interest in play therapy was cultivated while interning with the Child Life Specialist team in Ireland's leading children's hospital. It was there that Jillian marveled at the therapeutic powers of play in aiding children's ability to cope, heal, and smile during incredibly challenging life experience. Jillian is a graduate of the Association for Play Therapy's Leadership Academy, a frequent presenter at Play and Expressive Arts Therapies conferences, and co-author of several publications regarding play therapy and resilience. In addition to her passion for play therapy, Jillian completed certification in Trauma Focused Cognitive Behavioral Therapy (TF CBT) and is dedicated to integrating these modalities to meet the needs of every child and family. Jillian is a Gold Award recipient from Girl Scouts of America and during her free time she enjoys practicing American Sign Language, baking goodies for family and friends, hiking the magnificent outdoors, and teaching figure skating to children in her Brooklyn neighborhood.

**Recording Secretary** (replacing Elizabeth Davis): Ann Beckley Forest



Ann is a Licensed Clinical Social Worker in private practice in the Buffalo area, but has just returned from a year spent in Beijing, China, where she offered trainings in play therapy in several cities in China and in Singapore. Ann has focused on interventions with children and adolescents throughout her career. She likes to say she became a registered play therapist because she never really grew up and loves having toys in her office! She is a registered play therapy supervisor and approved provider of play therapy education, and her specialties include intervention with very young children, as well as problems of attachment and child and adolescent trauma. She is also certified in EMDR and a faculty member of the Child Trauma Institute, through whom she has had the chance to offer trainings locally, nationally and internationally, and published an article about the use of EMDR in play therapy in the fall 2015 issue of *Play Therapy* magazine. Ann is committed to raising the profile of play therapy especially in Western New York by offering more trainings to make our play therapy community bigger and by bringing play therapists together for consultation and networking.

**Director** (re-election): Annie Monaco



Annie J. Monaco, Licensed Clinical Social Worker, resides in Buffalo, NY. Annie Monaco is a faculty member of the Child Trauma Institute & Trauma Institute. Annie travels extensively throughout the US and internationally providing a multitude of trauma-informed trainings and agency and therapist consultation. Annie is a trainer of EMDR, Progressive Counting and STAR (Strategies for Trauma Awareness and Resiliency). Annie has over 25 years of experience serving children, teens, families and adults. She is a trauma therapist and has extensive training in complex trauma, family therapy, and play therapy. Her private practice includes a multitude of behaviors and issues including foster care, out of country adoptions, juvenile justice and dissociation. Her work also includes being a field liaison for the University at Buffalo School of Social Work. Annie believes in the value of expanding quality of training to all therapists. While being on the APT board, she organized with her Buffalo team, two Play Therapy trainings with national presenters. She would like to continue to serve on the board to assist in helping large scale trainings to all of NY!

**One Year Terms only:****Corresponding Secretary** (filling vacancy): Hilary Sutliff

Hilary Sutliff is a new addition to the mental health field. She holds a BA in Psychology from SUNY Plattsburgh and a MA in Counseling and Community Psychology from The Sage Colleges. She was fortunate enough to complete a one year graduate internship with Ellis Child and Adolescent Treatment Services during her final year of graduate school. This is where she was first introduced to the New York Association for Play Therapy while helping coordinate their 16<sup>th</sup> Annual Play Therapy Conference in Albany, NY. Since graduation, Hilary has been working towards becoming a licensed mental health counselor (LMHC) and a Registered Play Therapist (RPT). She is currently employed by The Family Counseling Center of Fulton County where she provides outpatient therapy services to individuals, families, and couples of all ages. In addition to seeing clients in her office, she also provides off site therapy services in four of the local Elementary schools. As a board member, Hilary will strive to share her passion for the field and fresh insight with both current and future members of the NYAPT. Her strong advocacy skills and dedication to continued professional development will greatly aid in sustaining and increasing the positive impact this organization has on clinicians throughout the state.

**Director** (filling vacancy by Jillian Kelly): Paola Cummings

Paola Cummings is an LCSW-R and up until recently a psychotherapist at Samaritan Counseling Center in Scotia. She worked primarily with children and families, using a systems perspective along with family play therapy. She is still at Samaritan, but part time, but has started a new position as a middle school social worker at Draper Middle School in the Mohonasen School District. She continues to work toward my registration as a play therapist, and she hopes to bring a systems perspective to the board when using play with children and families.

## Regional Training News:

- **NYAPT 2016 Conference** will be held again at the Desmond Hotel and Conference Center, 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!
- **The Advanced Certificate Program in Play Therapy at Brooklyn College.** NEW fast-track one-year option beginning Summer Session I May 27<sup>th</sup> 2015. For more information:  
<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](http://www.brooklyn.cuny.edu/courses/acad/program_info.jsp?major=553&div=G&dept_code=33&dept_id=526#553)
- **From Kathleen Treccagnoli, LCSW-R, RPT-S:** Long Island Play Therapy, LLC is excited to announce the Spring 2016 Training Series from April 4 – April 10, 2016 which includes 7 Presenters, 7 Play Therapy Topics, and all over the course of 7 days! All trainings will be held on Long Island at the Courtyard Marriott, and each full-day training offers 6.0 Play Therapy Continuing Education Units (CEU's). Long Island Play Therapy, LLC is APT Approved Provider #15-438. Please visit the website to view full details, topics, and learning objectives: [www.longislandplaytherapy.com](http://www.longislandplaytherapy.com)
- **The Power of Mindsets: Therapeutic Strategies to Nurture Hope and Resilience in Children and Adolescents** presented by Robert Brooks, PhD along with David A. Crenshaw, PhD and Steven Baron, PsyD on April 29, 2016 from 9 am - 4:30 pm at Poughkeepsie Grand Hotel in Poughkeepsie, NY. Questions? Contact Erin Cafarelli at 845-452-1420, ext. 177 or [ecafarelli@childrenshome.us](mailto:ecafarelli@childrenshome.us)
- Check out **Psychodynamic Play Therapy**, Monday March 14<sup>th</sup> to Tuesday March 15<sup>th</sup>, 8:30am to 4:30pm; **Trauma & Attachment-Based Family Play Therapy w/ Children & Teens**, Wednesday April 6<sup>th</sup> to Thursday April 7<sup>th</sup>, 8:30am to 4:30pm; **Child-Centered Play Therapy**, Wednesday June 8<sup>th</sup> to Thursday June 9<sup>th</sup>, 8:30am to 4:30pm. All trainings located in Brooklyn, NY. Contact Sonia Hinds, APRN-BC, RPT: (410) 414-9901

## NYAPT Shout Outs:

- NYAPT Communications sends an enormous shout out to the wonderful **Athena Drewes!** We thank you for your fantastic leadership as President. Your wisdom and vision have been so very much appreciated during these past 4 years.
- Let's congratulate **Laurie Zelinger** who was elected to the Executive Board of the (national) American Academy of School Psychology (which requires that the candidate be a Board Certified psychologist through the American Board of Professional Psychology)! Her term became effective January 1, 2016. Laurie has also made many media contributions over the second half of 2015 including the following:
  - Dr. Zelinger was interviewed on December 23, 2015 as a childhood expert in an RT News Interview, regarding the article that appeared in the New York Times, "Still in a Crib, Yet Being Given Antipsychotics" by Alan Schwarz. December 10, 2015. <http://youtu.be/wAKFcyGwpbA>;
  - Good Housekeeping magazine "3 Ways to Master the Morning Rush";
  - "How Pretend Play Makes Children Smarter (and what you can do to encourage it)" August 14, 2015 by Melanie G in Mommybites.com/Boston;
  - "Easing a Child's Fears in a Scary World: 6 things a parent can do" by Danielle Braff in the Chicago Tribune October 13, 2015;
  - MomZette. "Why Parents (Still) Support Spanking" by Deirdre Reilly. (2016, January);
  - Newsday. "Tips to Help Transition to a New School Year" by Beth Whitehouse in Newsday (2015, July 2);
  - HealthZette, Health. Explained. "Obese Americans on Thin Ice" article by Dierdre Reilly (2015, October);
  - "Easing a Child's Fears in a Scary World: 6 things a parent can do" by Danielle Braff in the Chicago Tribune (2015, October 13);
  - MomZette, Parenting. Explained. "Anxious Kids Don't Make the Grade" article by Dierdre Reilly (2015, September);
  - "How Pretend Play Makes Children Smarter (and what you can do to encourage it)" by Melanie G in Mommybites.com/Boston (2015, August 14);
  - Self Esteem Shop "Meet the Author" interview. "Meet Laurie Zelinger" [www.selfesteemshop.com/meet-laurie](http://www.selfesteemshop.com/meet-laurie) ; August 2015;
  - Laurie also contributed to articles coming out in the March edition of Real Simple magazine!

## Connection Corner:

- **Book Review:** Lily Leiber, MPS, ATR-BC, LCAT and Jillian Kelly, LCSW combined forces in NYC by starting a monthly (well, almost monthly!) book club as "friends of the field" to discuss the overlap between the Creative Arts and Play Therapies. The first book read was *Creative Arts and Play Therapy for Attachment Problems*, edited by Cathy A. Malchiodi and David A. Crenshaw. The book describes Play Therapy, Art Therapy, Dance Therapy, Music Therapy, and Drama Therapy approaches to treat attachment issues and complex trauma among children across a wide range of settings. There is great overlap among the chapters on Attachment Theory, Trauma, the rationale for clinical approaches interspersed with rich vignettes that highlight the application of these approaches in the clinical setting. Not only did we find the book to be an invigorating read, but we also came away with clear interventions to use right away that would benefit our clients. It was really exciting to combine our respective Art and Play Therapies perspectives, seeking guidance (over tea and coffee!) from one another on how each of us would use these interventions in daily practice. The book was an informative, cross-disciplinary text that would be useful for any clinician who is looking to increase their repertoire of skills in working with children with attachment problems and/or trauma. And we highly recommend a "friends of the field" book club! It's a fun exchange ☺

## Update on Progress to Help Children and Families with Fetal Alcohol Syndrome Disorder

By Catherine E. Cwiakala, LMSW

Much progress has been made in the identifying, diagnosing, and treatment children, adolescents, and adults with Fetal Alcohol Syndrome and Fetal Alcohol Syndrome Disorder (FAS and FASD). Below are key articles and free webinars which contain crucial information for play therapists serving this population.

### Articles:

**FASD in Review, October 2015** examines the implications for FASD services the current DSM-5 and in the ICD-10-CM (International Classification of Diseases), released on October 1, 2015

<http://fasdcenter.samhsa.gov/documents/FIR-ICD-10DSM-5.pdf>

CDC – Center for Disease Control and Prevention - **CDC Vital Signs on Alcohol and Pregnancy** – February 2, 2016  
Overview

“Alcohol use during pregnancy can cause fetal alcohol spectrum disorders (FASDs), which are physical, behavioral, and intellectual disabilities that last a lifetime. More than 3 million US women are at risk of exposing their developing baby to alcohol because they are drinking, having sex, and not using birth control to prevent pregnancy. About half of all US pregnancies are unplanned and, even if planned, most women do not know they are pregnant until they are 4-6 weeks into the pregnancy. This means a woman might be drinking and exposing her developing baby to alcohol without knowing it. Alcohol screening and counseling helps people who are drinking too much to drink less. It is recommended that women who are pregnant or might be pregnant not drink alcohol at all. FASDs do not occur if a developing baby is not exposed to alcohol before birth.”

Comorbidity of fetal alcohol spectrum disorder: a systematic review and meta-analysis

Dr Svetlana Popova, PhD, Shannon Lange, MPH, Kevin Shield, PhD, Alanna Mihic, MSc; Prof Albert E Chudley, MD, Raja A S Mukherjee, PhD, Dennis Bekmuradov, BSc, Prof Jürgen Rehm, PhD, Published Online: 05 January 2016

This study in *The Lancet* had the following FINDINGS: “... identified 428 comorbid conditions co-occurring in individuals with FASD, spanning across 18 of 22 chapters of the ICD-10. The most prevalent disease conditions were within the sections of congenital malformations, deformities, and chromosomal abnormalities, and mental and behavioral disorders....”

The INTERPRETATION: “The high prevalence of comorbid conditions in individuals with FASD highlights the importance of assessing prenatal alcohol exposure as a substantial clinical risk factor for comorbidity. The harmful effects of alcohol on a developing fetus represent many cases of preventable disability, and thus, alcohol use during pregnancy should be recognised as a public health problem globally.”

**FASD Fetal Alcohol Syndrome Disorders - Ask the Expert , Issues in Adoption and Parenting of Children with an FASD: An Interview with Dan Dubovsky, November 2015**

**Update from National Organization Alcohol Syndrome Weekly Roundup:**

<https://www.nofas.org/weekly-roundup/>

**Students with FASD to Receive Special Education Services February 1, 2016**

“For Alaskan students with FASD, a major change was just announced that will help them get a better education. Alaska is now the first state in the country to recognize FASD as a health impairment in the school system which would then allow those students to receive special education services.” - *NBC KTUU News*

**NOFAS Webinars:**

**Implications of FASD for the Adoptive Family, by Dr. Ira J. Chasnoff M.D., Nov 18, 2015**

This webinar “...focuses on the structural and functional changes that occur in the fetal brain due to prenatal exposure to alcohol, how those changes interact with environmental issues to affect the child’s ability to attach to his/her primary caregiver, and how the exposure impacts the child’s long term behavior, learning, and social outcomes.”

**NOFAS Webinar: Triumph: Educating Students with an FASD, by Sr. Suzette Fisher, Jan 22, 2015**

NOFAS Webinar: Students with FASD: Simple Strategies for Behavioral and Academic Success, by Deb Evensen, MA, **Sep 30, 2015**

**Treating FASD with Nutritional Interventions, by Jeffrey R. Wozniak, Ph.D, Mar 20, 2015**

“Dr. Wozniak will present background information on brain imaging studies (his own and others) examining the impact of prenatal alcohol use on child brain development. In addition, he will describe a recently completed set of clinical trials that tested a non-drug, nutritional intervention for brain development in Fetal Alcohol Spectrum Disorders.”

**The Role of the Social Worker in Preventing, Identifying and Treating FASD, Jul 15, 2015**

“... Dr. Tenkku Lepper will discuss... a discussion on how the social worker can utilize alcohol screening and brief intervention with their female clients to prevent them from having an alcohol-exposed pregnancy.” and “...what is currently available for helping the social worker in treatment programs for those who are diagnosed with having a diagnosis of any of the conditions along the spectrum of disorders....”

**The Interface of FASD and Co-Occurring Issues, Daniel Dubovsky, MSW, LSW, FASD Specialist, Jun 26, 2015**

“1. List 3 challenges to recognizing FASD; 2. Identify 4 disorders that could co-occur with an FASD; 3. Discuss the difference between co-occurring disorders and co-occurring issues; 4. Describe how recognizing a co-occurring FASD impacts interventions.”

**When Someone with an FASD is Arrested: What You Need to Know, by Dr. Paul Connor, Apr 15, 2015**

“...This webinar will discuss research on how commonly troubles with the law occurs for people with FASD, and how many of the cognitive difficulties that occur in FASD can lead to problems when interacting with police, attorneys, and judges. ...”

**Connect to NYAPT!**

NYAPT Communications works on connections to members, social networking, the newsletter, soliciting discussions and interactions, and sharing information with members. If you are interested in submitting training information, an article, news, or words of wisdom please contact Jillian at [JillianEKelly@gmail.com](mailto:JillianEKelly@gmail.com)



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



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