

NYAPT Newsletter



President's Message:

Dear NYAPT Members,

I must admit that my struggle to write this letter went far beyond my normal “writer’s block”. As I threw draft after draft away I wrestled with how I could possibly speak to events that have taken place over the course of the past few months; things that I could in no way wrap my head around.... During the weeks that I was wrestling with this I was preparing to bring my oldest son back to college. This morning I ran across a poem he had written during the winter when he was in Junior High School. He had allowed me to share this once several years ago, and with his permission, I am again doing so:

“Peace looks like a menorah burning at night,

Peace sounds like a hoe raking through the ground,

Peace tastes like pancakes in the morning,

Peace feels like the warmth of a candle,

Peace smells like a decorated evergreen.”

I reflect on conversations I have had with, and heard about from, several children. I am struck, and forever humbled, by the compassion and wisdom of these children. Our future depends upon the tolerance, compassion and peace I hear them talk about. Thank you for all you do every day to help build and support this! With the permission of the Virginia APT branch president, Anne Stewart, I am sharing

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some excellent resources from APA that were compiled in Virginia APT's recent member blast.

- * <https://www.psychologytoday.com/blog/the-race-good-health/201708/race-in-america-tipstalking-children-about-racism>
- * <http://www.apa.org/pi/res/default.aspx> <http://www.apa.org/helpcenter/talking-to-children.aspx>
- * <http://www.apa.org/helpcenter/discrimination.aspx>

I hope you find them helpful! I would also like to take a few moments and share some information with you on upcoming NYAPT events: On November 18, 2017 from 1:00 pm- 4:00pm NYAPT will sponsor a regional training presented by Rachel Altwater, Psy.D., LCPC, RPT entitled Technological Advances and Considerations in Play Therapy. This training will be held at The Institute for Family Health, 5 th floor Atrium conference rooms 1 and 2, 1824 Madison Avenue, New York, NY 10035. A copy of the flier for this training is enclosed in this newsletter. Please let me know if you have any questions.

Also included in this newsletter is information on the regional training program and a copy of a proposal form. There is a wealth of talent and knowledge in this branch- Please take a moment to consider if you might be willing to offer a half or full day training. We hope to be able to schedule some more regional trainings in the near future.

Speaking of trainings, please remember to save the date for the next annual NYAPT conference, presented by Sueann Kenney-Noziska, MSW, LCSW , Friday, March 23, 2018 and Saturday, March 24, 2018. This conference will be held at the

DoubleTree by Hilton Tarrytown , 455 South Broadway, Tarrytown, New York 10591. The conference committee has been hard at work on this conference and more details will follow soon! I hope you are able to enjoy the last few weeks of summer as we move quickly towards the fall. We will be sending some more information soon on NYAPT support for enrollment in upcoming APT Leadership Academy and on additional regional trainings. As always, if you have any questions or concerns please let me know.

Best, Mary Anne



Calling All Students...

by Kaylene Mason

Do you, like many of us, have an interest in Play Therapy? The answer is probably yes if you are spending time reading this article. If that's the case, are you also fascinated by research? Do you have a desire to learn more about methods used in Play Therapy? Do you want to understand how play works as a form of counseling? Are you curious about the effectiveness of it all? If so, we might have just the thing for you! Every year the New York Branch of the Association for Play Therapy

hosts a conference focused on the concept of utilizing Play Therapy in practice. During this exciting event, a unique opportunity is offered for students from all backgrounds, united only by their interest in play. I present to you, current students: poster sessions!

Why do a poster session you may ask? Well, for several reasons: 1) You get to attend the conference for free - yes, you read that right - free! 2) Presenting research at a conference is an obvious resume booster 3) It gives you the opportunity to discover more about an interesting topic in the field of Play Therapy 4) It will provide you with an opportunity to talk about your research with current and aspiring professionals in a relaxed stress-free setting (during an ice cream social I may add).

The conference is still many months away, so why am I bringing this up now? Well, fellow students, research takes time, so if you are interested, I would suggest thinking about your topic and starting the beginning stages soon. And with classes starting up again in the next week or so, perhaps you would like to perform your required fall semester research project on a topic in the field of Play Therapy. I'm sure your professor would love to hear all about how you presented your findings at a conference! Who knows, perhaps you will even get extra credit points.

All in all, I don't see how this could be anything besides a great idea! For more information on Poster Session Presentations please contact me, Kaylene Mason, the NYAPT Student Representative at kaylenelynnmason@mail.adelphi.edu

Leadership Academy: My Journey

by David Schatzkamer, LMHC, RPT-S

When I first heard about Leadership Academy at APT I was intrigued to be able to learn more about how this program can enhance my knowledge of APT and how organizations are governed and operated. At the time, I was interested in serving on local boards and I felt this would be a great learning experience of how organizations are organized. The Leadership Academy basic premise is to engage play therapists about leadership attributes, the Policy Governance© Model, and how APT conducts its daily business. Leadership Academy focuses upon leadership and the "business of play therapy" but not play therapy itself. Leadership Academy at APT is based on an online group format. This program comprises five two-part (Part A & B) assignments. The first part is conducted via email. The second part is conducted in APT online leadership academy forum. The program takes 6 months to complete. Participation can be done in the convenience of one's own house and is flexible with time. However, there are deadlines for posting on the forum. 100% participation in each of the twopart assignments is required for successful completion of this program. Because empty chairs are nonproductive, the "100% rule" is sacred and has ensured a high level of member engagement on all boards and committees since 2005. Once you complete the Leadership Academy there is a Graduation "party." There is also a diploma and acknowledgement at the following APT conference. Graduation from the Leadership Academy is a requirement to serve on any APT committees and Board, as well as

for being an officer or serving on the NYAPT Board. Starting 2018 NYAPT will be offering 10 scholarships to NYAPT members interested in ‘attending’ the Leadership Academy! Some of the daily experiences of this program was to learn how to thoughtfully and effectively participate in an online group process – which I never had done before; Learn about APT Policy Governance© Model and leadership. The Policy Governance© Model is a progressive system of governance that has redefined the roles and responsibilities of governance, management, and stakeholders. It better aligns expertise with assigned duties and demands that a policy board focus upward and outward, thereby generating more long-term value for members. Because most members are accustomed to working boards, the Academy represents a valuable orientation. Leadership Academy gave me a more in-depth knowledge into APT as an organization, its purpose, programs, policies and members. My new knowledge helped me improve other boards upon which I serve. The Leadership Academy is a well-structured program (every week there are specific assignments which feedback is essential) with enough assignments and readings dispensed at appropriate intervals to support the lessons learned but not to overwhelm you. As my supervisor, Allan Gonsler always states, if I challenge you to think differently, it will make you into a better therapist. Leadership Academy, challenged me to use different thinking skills. Within an organization it’s important to keep in mind Policy’s and how they are created – maybe you can be part of a committee that writes policies for your organization. Another important aspect of the Leadership Academy as it offered the opportunity to network with other emerging leaders across the United States. One of the major difference that distinguishes APT from other professional organizations, is the sense of

community. Leadership Academy gave me tools in which I could become more involved in APT on a much bigger level. If you are looking to knowing the “business of play therapy”, aspire to serve on other boards in your community or want to know more about leadership – APT Leadership Academy is a great way to get your “feet wet” and learn a lot from other APT members.

Training News:

On November 18, 2017 NYAPT will sponsor a regional training presented by Rachel A. Altwater, PsyD, MA, LCPC, RPT entitled Technological Advances and Considerations in Play Therapy. This training will be held at The Institute for Family Health, 5th floor Atrium conference rooms 1 and 2, 1824 Madison Avenue, New York, NY 10035. maryannassini@gmail.com

Foundations of the Play Therapy Relationship, Instructor: Ann Beckley-Forest, LCSW-R, RPT-S, Oct. 19 & 20, 2017

Hitchhiker's Guide to Planet Earth: Play Therapy Assessment and Treatment of Children on the Autism Spectrum (previous training in play therapy needed as a basic level of understanding of play therapy is a prerequisite) Instructor: Brenda Bierdeman, PsyD, Limited space! Nov. 16 & 17, 2017

CEUs included, Sponsored by Ann Beckley-Forest, LCSWR, RPT-S. APT Approved Provider 15-406. Contact: Ann Beckley-Forest at ann.beckleyforest@gmail.com or register online at <http://www.annimonaco.com/register/>

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Announcements

As you know, APT is celebrating its 35th birthday this year. As a part of this yearlong celebration APT has been hosting a “Where’s the Dude” photo contest. I am hoping to put together a “where’s the dude throughout New York State collage. To do this I would like to invite you to take a picture of yourself with the dude at work and/or play in your area of the state. If you would send your pictures in JPEG format to me at maryannassini@gmail.com by September 28, 2017. I will then create the collage and send it to APT. (Please include with your picture information on a) what county you are from, and b) where you and the dude were).

Call for Submissions!

As always, please consider submitting your articles, training news, and all things exciting New York play therapy news to JillianEKelly@gmail.com for our next newsletter due out in late November!