

NYAPT Newsletter

Spring Edition



President's Message:

I hope this letter finds everyone well and enjoying the warmer weather!

It was wonderful to both see many familiar, and meet new, kindred spirits at the annual NYAPT conference in Tarrytown. The two-day presentation by Dr. Terry Kottman on “Family Play Therapy-Adlerian Style” and “Play Therapy Techniques for Working with Teens” was a huge success, as was the supervision workshop presented by Ann Beckley-Forest, LCSW-R, RPT-S. The feedback was very positive, and indicated that the vast majority of the attendees enjoyed both the trainings and the venue. Thank you to all who attended!

The 2018 annual NYAPT will be held again at the Tarrytown Doubletree Hilton. This conference will

be held on March 23-24, 2018 and will feature Sueann G. Kenney-Noziska. MSW, LCSW, RPT-S. Please be on the lookout for more information as details are finalized.

This year's conference also included the introduction of NYAPT awards program. *A huge congratulation to Dr. Athena Drewes on being granted the designation of NYAPT founder and president emeritus and to Lois Carey, LCSW-R, RPT-S for receiving the NYAPT life time achievement award. Congratulations Athena and Lois!*

I am also pleased to announce that NYAPT will be hosting a 3-hour Regional Training on “Technological Advances and Considerations in Play Therapy” presented by Rachel A. Altvater, MS,

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MA, LCPC, RPT. This training will be held on November 18, 2017 from 1:00 pm- 4:00pm at the Institute for Family Health's Harlem location. Fliers will be distributed soon, if you have any questions please let me know.



Lois Carey receiving her award!

Thank you to everyone who voted in the recent NYAPT elections. The results of the election were as follows: Corresponding Secretary: Hilary Sutliff, (elected to first two-year term after holding position for 1 year interim); Treasurer: Ashley Speno, (newly elected); Board Members: David Schatzkamer (re-elected); Paola Cummings (elected to first two-year term after holding position for 1 year interim). Also joining the board is newly appointed NYAPT Student Representative Kaylene Mason. Newly elected board members were inducted at the 18th annual conference and will assume office at the beginning of the fiscal year on July 1, 2017. Please join me in congratulating your newly elected board members.

We would also like to extend a huge thank you to retiring board members Dr. Gabe Lomas and Patricia Fearing. Gabe had served as NYAPT treasurer for the past four years, the maximum number of years that an officer position can be held for. Patricia Fearing had served as NYAPT student representative for the past year and graduated this month. Thank you, Gabe and Patricia!

Athena Drewes receiving her award!



Lastly, the APT charter year ended on March 31. Unfortunately, we did not achieve gold branch status this year. The primary area that we fell short in was membership expansion. We are exploring ways of continuing to address this. Please continue to share information about the power of play therapy and the benefits of APT/NYAPT membership with your students, colleagues and co-workers.

As always, if you have any questions, concerns or ideas please feel free to contact me.

Enjoy!



Mary Anne

Life Time Achievement Award: Lois Carey

Speech written by: Athena Drewes

Lois J. Carey was born in Pittsburgh, PA, daughter of Robert Gray Doeblin and Thelma Pettit Harris. She is a Diplomate of the American Board of Examiners; American Board Licensed Clinical Social Worker, Member of the National Association of Social Workers; Past President and Lifetime Achievement award recipient of the New York Association of Marriage and Family Therapy; Director of the East Coast Sandplay Association, and she is a Registered Play Therapist Supervisor. Lois obtained her Social Work degree from Columbia University and was trained in sandplay therapy by Dora Kalff and studied in Switzerland.

Lois has been a practicing sandplay psychotherapist since 1980. She has offered Sandplay training, therapy, and supervision under the aegis of her Center for Sandplay Studies in Upper Grandview, NY near Nyack. She has been a national presenter on sand play at NYAPT, APT and elsewhere, including Canada, South Africa, Greece, Holland and Ireland. Lois was also an Adjunct Professor of Play Therapy at Hofstra University. Lois was instrumental in helping to form the New York Association for Play Therapy, offering advice and

attending our first meetings, and has the distinction of also previously serving as President of NYAPT.

Lois has published several articles in journals such as *Arts in Psychotherapy* and *Play Therapy International*. She co-edited *Family Play Therapy* and *School-Based Play Therapy, First Edition*; Edited *Expressive and Creative Arts Methods for Trauma Survivors*, and authored *Sandplay. Therapy with Children and Families*, and a personal memoir “*A Salty Lake of Tears.*”

Lois lives with her musician husband, David. They have been married for 70 years since 1947! Their family includes children David and Norman Carey and Arlene Keiser, along with grand and great-grandchildren.

It is an honor and great privilege to bestow upon Lois, NYAPT’s first “Lifetime Achievement” award in grateful appreciation of all of your contributions to the field of play therapy and sandplay therapy, and to NYAPT and its members.

Thank you Lois! Congratulations!!



Submissions:

Students Getting Involved with Play Therapy

by: Kaylene Mason, NYAPT Student Representative

Nothing is quite like the sound of children playing. The laughter and sweet voices that will bring a smile to anyone's face. Play is such an integral part of growing up. Through it, a child can safely explore the world, develop skills, and process emotions. It comes so naturally to any child, even in an age full of technology and other distractions. It would only make sense to utilize this phenomenon of play when unnatural traumas happen, to help a child cope and find resilience. In fact, the effect of play can be so powerful, adults well beyond the years of childhood have been drawn in to its use. These, among many other reasons is why play therapy is such a powerful and effective tool in clinical practice with clients.

The above paragraph was my train of thought upon hearing about play therapy for the first time a few years back. I was an undergraduate student sitting in my child development psych class listening to a guest speaker from the nearby hospital. The woman was a Child Life Specialist who worked in the pediatric cancer unit, utilizing play therapy with her patients to help them process their illness. I was fascinated by what she presented to us and was hooked from that moment on. I am now going into my advanced year of the Master of Social Work program at Adelphi University with a specialization in children and families. It is my hope to work with this population as a certified social worker and in the future, become a certified play therapist as well.

If you are a student, like myself, or know one who is interested in children and families (or any population for that matter) don't underestimate the power of play in your work with them! You don't need to become a certified Play Therapist to utilize play techniques in practice. You also don't need to wait until you graduate to become educated in this part of the field. The time to learn is now! I would encourage you to look into the NYAPT, become a

member, or attend the conference's, you won't regret it.

Contact Information:

kaylenelynnmason@mail.adelphi.edu

Scholarship Article

by: Stephanie Lawrence

“Purpose is the place where your deep gladness meets the world’s needs.”

- Frederick Buechner

This past April, I had the great privilege to use my training as a Licensed Mental Health Counselor as well as RPT-in-training at children’s homes and community centers in Nepal and India, through two wonderful organizations who have committed to providing care and empowerment for children and communities in need - Volunteer Nepal (www.volunteernepal.org) and Faith In Deeds (www.faithindeeds.org). In preparing for my trip, I felt it was important to educate myself on interventions that could easily be adapted for resource-limited communities, as well as those that could communicate across cultural and language barriers, as there was a possibility of limited availability of interpreters during my stay.

As play is a universal language, I was committed to the idea of using play therapy to communicate the messages of hope and healing where language might have failed. To this end, I cannot express enough how instrumental in my clinical preparation it was to be granted a scholarship to the New York Association for Play Therapy 18th Annual Play Therapy Conference. During the conference, I not only received incredible knowledge and theory, but also was able to put the skills and interventions into practice, with guidance and suggestions for cultural adaptations from many seasoned and skilled Registered Play Therapy clinicians who were quick to impart their expertise from their years of practice. Having this network of therapists and getting to know others in my field in New York greatly accented my experience during the weekend.

Because of this opportunity, training, and network, I truly believe the work that I was able to accomplish while on my trip was richer, more relevant and had a much greater lasting impact than I could have ever imagined. Highlights include:

- Facilitating group sessions on self-care for the house managers of the children's homes in India and Nepal, helping those who selflessly give to the children in their care the opportunity to reflect on the value of tending to their own wellbeing
- Leading a workshop for a group of over 150 Nepali women on the importance of play on childhood development, where one participant came up to me after the session to express that during the session was the first time she had ever colored in her life, and how happy it made her to know that she could help her child (and herself) through engaging in play.
- Basic Childhood Development workshops for community and staff members to educate on how to promote optimal physical and psychological growth and well-being for the children in their care.
- Multiple group and individual play therapy sessions with children ages 3-19.
- Engaging in infant play therapy interventions and psychoeducation for staff members at a baby orphanage in Nepal.
- Providing trauma-informed talk and play therapy for survivors of earthquakes in Nepal as well and providing psychoeducation for caregivers on how to care for children who have experienced trauma.

For those who have valued providing opportunities for resource-limited clinicians through the conference scholarship, I am truly indebted to your generosity in providing the opportunity for this training. Please know that the skills learned and the insight gained has been not only instrumental in my personal growth, but has been a vital component in empowering communities in India and Nepal. I am truly thankful for the opportunity to translate my knowledge in the field to work with marginalized populations at home and abroad.



“Looking for leadership – this means YOU”

by Ann Beckley-Forest, LCSWR, RPT-S

There is a particular thrill that comes with taking a leap into the unknown, and if in the process you find that you have something to share, that you have along the way become a leader, or someone that others look up to, that thrill is even more gratifying.

Overall the past 5 years I find that my own career has taken a turn, become even more fresh and rewarding, and in part I trace that to my decision to add the “S” to my Registered Play Therapy title. I am now at the point where a number of people

whom I have shepherded through the play therapy process have become full Registered Play Therapists, while others have grown in confidence and competence in their work with children even without the official RPT title. I have been inspired by their growth, and my own efforts to articulate what I feel is important in this work have made me a better therapist and really, a better person.

The time is right for more of the experienced play therapists within our own NYAPT to consider taking this leap. This month the national APT announced the long awaited shift in credentialing RPTs to mandate that, beginning in 2020, only play therapy clinical experience in consultation with an Registered Play Therapy Supervisor will count towards the 350 hours with 35 concurrent hours of consultation needed to become a Registered Play Therapist. It's an important moment for people who care about the quality of clinical work with children, because it means we have "grown up" as a profession and are ready to take a stand that we will guarantee that people who call themselves play therapists have been adequately mentored along that path. However, it means that we will need even more RPT-S folks to meet the demand locally.

This is a real opportunity for those of you who are already RPTs and fully licensed mental health professionals to expand your reach professionally. APT requires some additional play therapy experience as well as 24 hours of continuing education in clinical supervision (including 6 of those hours in play therapy specific supervision) to credential you as an RPT-S. Right now the national office is offering a free personalized review of your RPT record detailing the specific requirements you would need to become an RPT-S by submitting the Transition Request Form on the APT website, <http://www.a4pt.org>.

Here are some additional thoughts to consider as you ponder whether this might be the right move for you:

With an RPT-S designation, you can provide clinical consultation to professionals outside your own workplace, and be compensated for your time. People looking for quality play therapy consultation are willing to pay for it, so you can add this service to your private practice or supplement an agency based income. RPT-S's are listed on the APT website and are often contacted by people looking to develop their play therapy skills and pursue credentialing. And APT allows for remote consultation, via phone or services such as Skype.

Despite the word "supervisor" in the name, clinical case consultation is not the same thing as supervision for licensure under New York law. Consultees do not share identifying information about clients, and as the consultant's suggestions are not considered directives, they do not replace the need for clinical supervision under licensure. Some people who worry about the liability of providing consultation to others can be soothed by this clarification.

NYAPT offers 2 hours of supervisor training at each NYAPT state conference for RPT's pursuing the "S" or looking to maintain their RPT-S, as 6 CE's in supervision are required during every 3 year renewal cycle.

Yes you do have enough expertise to share! Whether it's discussing cases or reading a play therapy book together and discussing the implications, you will find the experience very rewarding. One of the most enjoyable items on my calendar each month is the meeting of my Buffalo play therapy consultation group, which meets monthly for 2 hours. Right now we are reading Eliana Gil's new book on post-traumatic play together, something I would be trying to do anyway, but together it is much more fun!

If you find yourself with questions or wanting to chat about this topic, my email is ann.beckleyforest@gmail.com

Training News:

Technological Advances and Considerations in Play Therapy presented by Rachel A. Altvater, MS, MA, LCPC, RPT. This training will be held on November 18, 2017 from 1:00 pm- 4:00pm at the Institute for Family Health's Harlem location.
Contact:

Progressive Counting/Child & Teen Focus(for children & teens with trauma/loss histories)
Instructors: Nicole Wolasz, LCSW-R & Annie Monaco, LCSW R, Oct. & Nov. 2017 with optional certification days

Foundations of the Play Therapy Relationship,
Instructor: Ann Beckley-Forest, LCSW-R, RPT-S,
Limited space! 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

Early bird discount by 8/15/17 ~ CEUs included,
Sponsored by Ann Beckley-Forest, LCSWR, RPT-SAPT Approved Provider 15-406. Contact: Ann Beckley-Forest at ann.beckleyforest@gmail.com or register online at <http://www.annimonaco.com/register/>

Conference Fun!



Thanks to all who joined us at our annual conference! We're excited to see you again next year :)

