

Wyoming Association for Play Therapy Winter Newsletter

Letter from the President

Dear WAPT Membership:

Best wishes to you all for the approaching holidays!

The focus of our last board meeting was YOU. How we could get more play therapy related trainings to YOU and close to your areas? What type of trainings would be beneficial in YOU? How we could promote PLAY THERAPY in Wyoming to assist YOU? Presently, we are formulating a series of trainings to be presented to the WAPT membership in a variety of locations in Wyoming. We will finish the ideas at the January 2009 board meeting so that YOU may have a calendar of events soon after.

I was just notified this past week by a board member that WAPT has been asked again to Co-Sponsor the University of Wyoming Biennial Early Childhood Education Conference in summer of 2009. The Keynote Speaker for 2009 is Paris Goodyear-Brown. I have had the pleasure of attending an engagement in the past where Ms. Brown presented. She is high in energy and ideas for counselors and social workers. I highly recommend her presentation for you. The conference will be held in Laramie, Wyoming at UW. We will plan our annual WAPT board meeting during the lunch hour at this conference and encourage you to come – this becomes a meet and greet for WAPT members to create resources also. We will provide more details to you by email as we formulate them with Michael Morgan, PhD and his team at UW.

Our last membership count from APT was 33 members. Along with your WAPT membership comes: a WAPT Certificate, membership card, and renewal sticker to place on the certificate. We are transitioning this process among board members and I need to hear from YOU, if your certificate, card, and/or renewal sticker have not arrived to YOU by postal mail. If you have any questions or concerns, please contact me at childfamilycounseling@gmail.com.

I would like to welcome a new board member, Bob Skaggs, from the Jackson area. We have a volunteer board and their assistance is much appreciated. We meet 4 times annually (some members attend the board meetings in person and others by conference call). The board members guide the future of WAPT. Any member of WAPT is welcome to join the board as a member-at large to become a voice for PLAY THERAPY in Wyoming. Present board members are: Tonya Yelton, JoEllen Jorgensen, Pat Stoehr, George Brown, Connie Day, and Bob Skaggs.

Continued on Pg. 2

Special points of interest:

- > Have you seen the new website? If not visit www.wyapt.com!



Letter from the President Cont.



This Fall WAPT had three opportunities to promote PLAY THERAPY in Wyoming. On September 11 & 12, 2008 - Dayle Read-Hudson, PhD, a WAPT member from Pinedale, Wyoming, volunteered to "man" a vendor booth at the National Association of Social Workers-Wyoming Conference in Riverton. On October 9-11, 2008 we had a vendor booth at the Wyoming Counseling Association Conference in Casper, WY, and then on October 22, 2008 at the Head Start Region VIII Conference in Cheyenne, Wyoming the handout of APT brochures and WAPT were discussed again before three power point presentations by myself. Recently, a board member mentioned another opportunity to promote at an upcoming conference in Casper in the month of November 2008. If YOU have ideas for getting the WAPT/PLAY THERAPY word out, please email me. We will try to be available to assist YOU in your area to promote PLAY THERAPY.

I was recently reminded by both Bill Burns, President of APT, and by the parent of a client that PLAY THERAPY continues to need empirical evidence to support the validity and reliability of this method. Bill emailed me this fall about the Center of Disease Controls written objections to Play Therapy and the need for research to continue to be sought by the APT organization/members. Presently, I use reliable and valid standardized testing that is on the market and can be purchased by a Masters level degree or higher to measure baselines and growths with my clients. I present measurements at the beginning of our relationship and then every 3-6 months thereafter. The Child Behavior Checklist (CBCL) and the companion testing for school teacher/day care provider is the Caregiver/Teacher Report Form (CTRF). These are available for children 1 ½ -18 years of age; they also have an adult version. Additional testing that can be used: Child Sexual Behavior Inventory, YSR - Youth Self Report Form, and the Trauma Symptom Checklist for Children.

Two weeks after Bill's email, a parent of a client stated to me that a brochure she had been given by UPLIFT here in Wyoming stated that Play Therapy does not help children with ADHD. After I reviewed the brochure from UPLIFT The Educational Series: Attention Deficit Hyperactivity Disorder, I found that the brochure stated on page 10 in the first sentence - "The most common type of treatment that is not effective for ADHD is one-to-one therapy (for example, play therapy)." Later the paragraph implies that play therapy is only effective is used with other methods at the same time. Both you and I know that many children on our caseloads with the ADHD diagnosis receive many benefits from the play therapy methodology. The parent of this client and I discussed the treatment plan for her child: treatment of symptoms. I never design a treatment plan based on a diagnosis; the focus is on the symptoms. In the case of ADHD the treated symptoms by play therapy are: self-awareness, expression of feelings, interactions with others, coping, and awareness of the diagnosis.

I encourage you to continue to provide play therapy, support your work with standardized testing, and continue to educate others about the value of PLAY THERAPY. This type of therapy is based in metaphors, mysteries, regression, and toys. This type of therapy places the importance of LISTENING TO CHILDREN as a priority. This type of therapy values unspoken language, hugs, and happy endings.

Sincerely,

Tonya L. Yelton, MA, LPC, RPT

WAPT President

**"There's
nothing
sadder in this
world than to
awake
Christmas
morning and
not be a
child." -
Anonymous**



UPDATES FROM DR. BYRON NORTON

Dr. Norton reported last weekend that his company, Family Psychological Service, PC will be offering the following education opportunities:

Case Consultation in Play Therapy – individual consultation, academic instruction, group consultation and employment site credit for play therapy.

Intensive Training in Experiential Play Therapy – 48 hours of continuing education; begins on a Sunday and continues until the following Friday.

Experiential Play Therapy Certification Program – trains professionals who are practicing and teaching experiential play therapy; associate level, therapist level, supervisor level, and the diplomat level offered.

If you are interested in participating in any of these program contact: www.playtherapy.ws or Family Psychological Services, PC, 750 25th Avenue, #200, Greeley, CO 80634-4945.

Superhero Trivia



The Flash – received his speed by a science experiment gone awry. There were three generations of characters that called themselves, The Flash. In the 1930s, a college football failure turned scientist named Jay Garrick. He joined the Justice League of America and the All Star Squadron until the 1950s. The animators kept him in limbo until the second Flash, Barry Allen, rescued Garrick. Allen, was a lazy police chemist that idolized Garrick, a bolt of lightening hit the police lab and created Allen into the new Flash. This Flash joined Aquaman, and Green Lantern in the Justice League of America. Later, Flash becomes the father of the Tornado twins and dies saving the earth. Finally, the third Flash, Wally West appears. He is the nephew of Barry Allen. While visiting his uncle's lab another bolt of lightening hits the lab creating West into a Superhero. He is first known as the "Kid Flash". Later West decides to wear his uncle's mask, costume, and assume his identity. West taps into the Speed Force and becomes the fastest Flash of them all. This Flash has human problems: failed romances, loss of children, and pressure to protect the ones he loves.

Jimenez, Phil. (2006; 114,115). The DC Comic Encyclopedia. DK Publishing, NY NY.



"Where did we ever get the crazy idea that in order to make children do better, first we have to make them feel worse. Think of the last time you felt humiliated or treated unfairly, did you feel like cooperating or doing better?" - Jane Nelson

Receiving Play Therapy Continuing Education At Sea

By Tonya L. Yelton, MA, LPC, RPT

Three years ago, I met Denise Filley when she came to Gillette, WY as a presenter for both a fall and a spring Sand Tray Therapy Conference (Beginner and Intermediate Levels). Denise provided two of my favorite educational opportunities ever – her style of presenting was very interesting, active, and helpful. She provided a hand-out at her last workshop on a creative method for play therapy continuing education hours – cruising.

Are you searching for play therapy continuing education alternative? I (and my husband; he came for the cruise not the play therapy) went on the summer play therapy cruise to Alaska in June 2007 and I would recommend contacting Denise Filley from KC Play Therapy about the 2009 cruises her company will be organizing. In 2007, Denise organized two cruises – one to the Caribbean in the early spring and the other to Alaska in the summer. Denise organizes the play therapy education cruises for social workers, counselors, and psychologists. The Alaska cruise began for us with three days in Seattle, Washington as tourists and then we boarded Norwegian Cruise Line for a planned 7-day vacation and education opportunity. The participants came from all over the United States and Canada. Most were at the advanced training levels (this was not a requirement for attending). Terry Kottman and Teri Krull led 21-hours of continued education in play therapy for the group beginning June 23-30, 2007.

We began our week with a small/casual meet and greet for participants, speakers, and their guests. Denise provided a gift bag of toys to all participants that attended and gorgeous flower bouquets for the speakers. The workshops were broken into two full day sessions and two half-day sessions. Denise organized all sessions while we were at sea and the workshop room had a wall of windows so participants were able to see the Inside Passage views and train simultaneously. We were able to sight an extremely large group of porpoises, small ice masses floating, and beautiful scenery due to land being on both sides of the ship most of the trip. Fog and rain stayed away from us for 95% of the trip. The itinerary for the cruise took us into several parts: Ketchikan, Juneau, Skagway, and Prince Rupert in British Columbia. At each stop we were able to choose our own agenda or take an organized tour. We played in each city through the means of a Duck Tour (part-time bus/part-time boat type vehicle and learned the Totem pole legends), sea kayaking (where we encountered a whale, a seal, and countless eagles), and a train trip into the Yukon Territory (followed the trail and the train designed for the gold rush). The ship and trip provide numerous opportunities to do tourist shopping – my favorite were the nesting dolls from Russia (historically, the U.S.A. purchased Alaska from Russia).



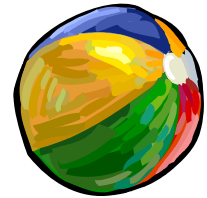
Terry Kottman focused on how to use numerous hands-on and creative techniques through the Adlerian and Integrative Play Therapy methods. Kottman tied her techniques into working with children and families that have alcohol problems. Additionally, she provided tips for working with children based on their birth order in a family also. Terry Kottman provided a bound book of hand-outs on her recommended metaphorical techniques. Both Kottman and Krull were professional in their presentations yet casual. It was a very comfortable atmosphere.

Teri Krull provided a bound book of her hand-outs also. She began her workshop with a one page; easy to follow and read hand-out of play therapy methods throughout history. It was a wonderful condensed version of several classes and workshops that I have taken in the past. The hand-out demonstrated the diversity and extensive theories that can be followed by therapists that chose to become play therapists. Her hand-out is copyrighted and she gave permission for WAPT to use the hand-out at meetings only if her name is on it. Terry Kottman was on the hand-out as the founder of Adlerian Play Therapy.

Receiving Play Therapy Continuing Education At Sea Cont.

Krull like Kottman kept a busy pace for the group by presenting numerous play, gardening, and art techniques that can be used when working with . Both provided individual and group hands-on activities on the ship, even sandtray therapy (we used a beige piece of paper to represent sand for the hundreds of miniatures brought by Teri and Denise). Group discussions varied from: the use of pets (dogs) in therapy, use of photographs in therapy, working with adoption issues, working with apathetic parents, working with co-workers that sabotage your work publicly, working with personal tragedies and still being a professional for clients. Teri provided all interested participants with additional hand-outs she has created and copyrighted by email since our return from Alaska.

On the last day of the trip, I had to creatively pack my numerous tourist purchases, and a feelings umbrella, internal/external cigar box, a house puzzle, a wooden star, and a crown. So, I recommend all participants on future cruises plan to bring workshop items home. Again, if you are interested in a future play therapy cruise then contact Denise Filley of KC Play Therapy: www.kcplay.com



**"Children are likely to live up to what you believe of them."
- Former First Lady, Lady Bird Johnson**

We are on the
web! WyAPT.com

The purpose of the Wyoming Association for Play Therapy is to advance the psychosocial development and mental health of all people in all nations through play and play therapy by promoting:

1. The understanding and valuing of play and play therapy.
2. The effective practice of play therapy through training, research, and support.
3. The recognition, incorporation, and preservation of diversity in play therapy.
4. The development and maintenance of a strong professional organization to accomplish these objectives.

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