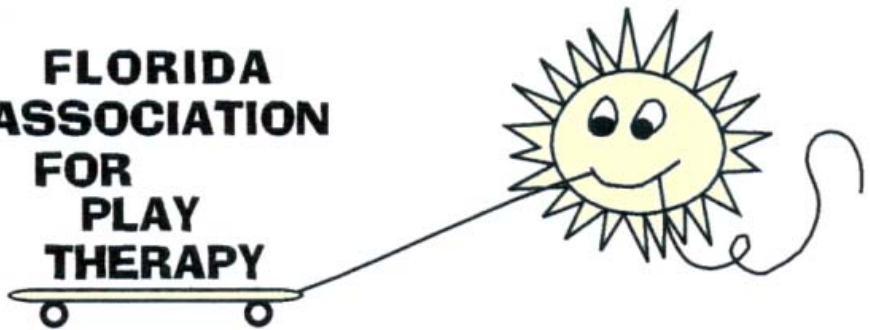


**Fall  
2003**

**FLORIDA  
ASSOCIATION  
FOR  
PLAY  
THERAPY**



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**Join us in  
Orlando for the  
First Annual  
FAPT  
conference,  
February 2004  
Watch for more  
information!**

**The Playful Healer**  
The Newsletter of the Florida Association for Play Therapy, Inc.

# Message from the President

Dear FAPT Members,

Several of us from FAPT attended the APT conference in Norfolk, VA. Many informative workshops were offered. We had a very interesting keynote speaker, Dr. Stuart Brown who has been collecting photos and video images of different types of animals and their play behavior from all over the world. One heartwarming image was of a wild polar bear playing and then embracing a domesticated husky. One thought provoking question he asked: "Do fish play?" I will let you think about that one.

We had a FAPT annual membership meeting and luncheon on Friday October 17, 2003. Chapter certificates were given to the three FAPT Chapters (Broward, Miami-Dade, and Tampa). **Deidre Skigen**, President of the Miami-Dade Chapter accepted the certificate and shared about the ongoing supervision groups that their Chapter is sponsoring. Deidre also accepted the certificate for **Ines Noto**, President of the Broward Chapter and informed us that the Broward Chapter is also working towards monthly meetings and supervision groups. **Loretta Gallo-Lopez**, President of the Tampa Chapter, accepted the certificate for the Tampa Chapter. Loretta also presented at the APT conference, which was an excellent, and informative workshop about dramatic play with adolescents. A big

kudos to all the Chapter members who worked hard over the past year to organize these Chapters.

Congratulations to **Lisa Saldaña** who was elected President Elect of the national APT. Lisa is currently an APT board member and also FAPT's immediate past President. This is really an honor, and I know from working closely with Lisa that she gained this award from her excellent organizational skills, good communication skills, and lots of dedicated hard work for the association. Good job, Lisa.

Your Annual Conference Committee is still hard at work planning a co-sponsored conference with UCF in February, 2004. At this point we have received several proposals for our

*Continued on page 3 . .*

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## News from The Association for Play Therapy

### 2003 Conference

Fears about SARS, Hurricane Isabel, an economy where many agencies are having to cut back on sending staff to conferences. Nothing could stop the 2003 APT conference! Eight hundred and twenty five people gathered in Norfolk, Virginia from Oct. 7-11 to celebrate Play Therapy. Congratulations to President Nancy Davis, LCSW, who succeeded JoAnna White and to all membership, research, and Gold Branch award recipients!

Details and photos about the world's greatest annual gathering of play therapists will be published in APT's December newsletter.

### Couldn't Make It To The Conference?

Consider obtaining some of your play therapy training via distance learning. RPT and RPT-S applicants may earn 30 of their 150 clock hours of play therapy training and courses required via distance learning. RPT and RPT-S renewals must earn at least 18 of the required 36 clock hours in play therapy (and the remaining 18 hours in other mental health-related training). Of the 18 play therapy hours, not more than nine (9) hours may be earned via distance learning.

APT is pleased to offer a list of non-contact (or distance learning) play therapy training offered by either APT approved providers or regionally accredited colleges and universities. Go to our website at: [http://www.a4pt.org/continuing\\_ed/distance\\_learning.html](http://www.a4pt.org/continuing_ed/distance_learning.html)

### ACA Insurance Trust

Four years ago, APT shopped among various professional malpractice insurance options for our members and eventually endorsed the program offered by the ACA Insurance Trust. Unfortunately, the program underwriter declared insolvency this summer and has been replaced by Healthcare Providers Service Organization (HPSO) which is supported by CNA Insurance Companies with \$60 billion in assets. Policy benefits include occurrence coverage within enrollment period, legal defense, Helpline legal advice, and access to other insurance programs. For additional information, contact ACAIT

Executive Director Paul Nelson, CPCU, AIC, (800) 347-6647, x284, or visit [www.hpso.com](http://www.hpso.com).

### Promote Play Therapy

APT has created a set of colorful brochures that allow you to promote play, play therapy, and play therapists to managed care providers, school administrators and counselors, attorneys and judges, parents, and the general public. You can place your order with Carol Guerrero at (559) 252-2278 or [cguerrero@a4pt.org](mailto:cguerrero@a4pt.org), today!

**Bill Burns, CAE**  
Executive Director  
Association for Play Therapy, Inc.



### Have a Great Idea or Experience to Share?

We welcome contributions to the newsletter. We are looking for letters to the editor, tips and techniques our members have developed, resources they've found, research they've done, experiences they've had that led to professional growth. We'd love to receive articles on child development, family play therapy, play therapy supervision, and multicultural issues in play therapy.

We're not asking for a long term commitment, although it would be wonderful to have regular contributors. You don't need to write a long, scholarly article, although we'd love to receive those, too. What have you found that works, or *doesn't* work, in the play room? What books have you read that we should read? We want to share the ideas and techniques our fellow Play Therapists have discovered and developed.

There's a lot of wisdom, knowledge, and experience among our membership. We hope you'll share some of it with us:

FAPT c/o  
Children's Psychiatric Center  
9380 Sunset Drive Suite B-235  
Miami, Florida 33173

### The Playful Healer Editor

Lisa Saldaña  
Contributors:

Janet Courtney, Marie D'Alessio, Jessica Leon, and Elaine Sadkowski

# Letter from the President

Continued from front page . .

Saturday break out sessions.

This should prove to be a very informative and fun (yes, we can learn and have fun too) conference. We will keep you posted on further details soon to come.

As a final note, please see my personal reflection printed in this newsletter regarding **Viola Brody** who passed away in August 2003. Her life enriched all who knew her, and for those who did not get an opportunity to learn from her directly, her teachings still live on in her book *The Dialogue of Touch* and through her videotapes.

With Warmest Appreciation for your Service to Children,

**Janet A, Courtney**  
President



## Minutes of the Annual FAPT Meeting

Friday, October 10, 2003

The Annual FAPT Meeting began at 1:00 PM in Norfolk, VA, where 22 FAPT members from across the State of Florida met to celebrate another enjoyable conference with fellow therapists.

President **Janet Courtney** opened the lunch meeting by welcoming new and veteran FAPT Members. The Board extended a grand farewell to outgoing Secretary, **Ellen Wood**, who served the Board faithfully and professionally for two eventful years. The group offered a hearty welcome to incoming Secretary, **Elaine Sadkowski**, also from the Miami-Dada area. **Terri Gutierrez**, newly elected Second Member At-Large, was welcomed, although she was unable to attend the conference this year. Vice President **Larry Rubin** was also unable to attend the conference this year.

A heart felt congratulations went to **Lisa Saldaña**, who is now President Elect for the APT. Lisa will no longer be able to edit the FAPT Newsletter, but **Diana Malca**, Member At-Large, graciously offered her services in Lisa's place. **Robert Nolan**,

who co-founded the FAPT along with **Elizabeth Metcalf** and others, generously assumed the responsibility of Interim Treasure since **Scott Ryan** will be taking on another position within the APT that will demand much of his time; therefore, we are still searching for another candidate for the office of FAPT Treasurer.

Chapter certificates were presented to three new active Chapters, Broward County, Miami-Dade County, and the Tampa Bay Area, in recognition of their commitment to the promotion of play therapy in their areas. Each announced past and present plans to offer continuing education workshops and group peer supervision in their communities (go to [www.floridaplaytherapy.org](http://www.floridaplaytherapy.org) for details).

The FAPT will need a person willing to volunteer to oversee our web site. Anyone interested in helping the FAPT in this capacity, please contact FAPT or any one of the Board members. Sadly, all reflected on the recent death of **Viola Brody**, who we will remember for her contributions to children and the field in which we work.

After a delightful lunch, we extended to one another good wishes for another year before President Janet Courtney closed our meeting at 1:15 PM.

Respectfully submitted,

**Elaine Sadkowski**  
Secretary



### Advertise in the FAPT Newsletter

Business card sized: \$10.00

1/4 page: \$25.00 1/2 page: \$50.00

Full page: \$75.00

Contact Lisa Saldaña (305-975-4690 or [lisasaldana@aol.com](mailto:lisasaldana@aol.com)) to advertise in the next newsletter.

FAPT reserves the right to reject or cancel advertising for any reason. We will not accept any ad that discriminates against any group or individual.

*The publication of any advertisement in the Playful Healer is not an endorsement of the products or services advertised. FAPT is not responsible for any claims*

# Happy 10th Birthday FAPT!

**October, 1993. Atlanta, Georgia.** First FAPT President Robert Nolan accepted the charter creating the Florida Association for Play Therapy.

**October, 2003. Norfolk, Virginia.** FAPT presents its first three Chapter Certificates.

**What a great way to celebrate the first 10 years!**



**Above:** FAPT President **Janet Courtney** presents the Broward Chapter certificate. Unfortunately, the Chapter officers, **Ines Noto**, **Chantalle Herrera**, and **Julie Berg** were unable to attend the conference. Accepting on their behalf were Broward member, **Elaine Sadkowski** (right) and **Deidre Skigen**, Dade's President.



**Above:** The first FAPT members gather in Atlanta in October, 1993: Back row, from left: **Janet Courtney**, an unidentified woman, **Cris Del Rio**, **Robert Nolan**, **Jutta**, and two unidentified women. Middle row: **Viola Brody**, **Alicia Hadida-Hassan**, **Noemi Kohan**, **Elizabeth Walsh**, **Elizabeth Metcalf**, **Claudia McCoy**, **Dorita Marina**. Bottom Row: Two unidentified women, **Carol Sternlieb**, and **Abbe Hurwitz**. (Please let us know Jutta's last name or if you can identify any of the "mystery women!")



**Above:** Tampa Bay Area Chapter President, **Loretta Gallo-Lopez**, joins Chapter members **Charles Myers** and **Marie D'Alessio** in accepting their Chapter certificate from Janet Courtney.

**Left:** Janet Courtney (hidden in the back) presents the Dade County Chapter Certificate to (clockwise from top left) **Diana Malca**, Dade President **Deidre Skigen**, **Ellen Blake Wood**, Dade Vice President **Norma Bonet**, **Beth Robles**, **Julie Ojalvo**, **Perla Musykanski**, and **Maryellen Ebert**.

**For information about how to start a local chapter, contact Larry Rubin, 954-875-8505 or via e-mail: [rubin@pstcomputers.com](mailto:rubin@pstcomputers.com).**



# My Time with Vi Brody

## *A personal reflection*

By Janet A. Courtney, LCSW, RPT-S

She is no longer just a phone call away but her words still ring through my mind. "Janet, I can help you with this. Listen to what the child is trying to tell you. A child needs to develop a sense of self. You need to find the right kind of touch (or contact) for each individual child. Every child needs to be approached individually. You need to pick up on the cues that the child is giving you and respond to those cues." She was my mentor, my supervisor, my role model and my friend.

I had the honor of having Vi come to my home on three different occasions. I would really look forward to a weekend with Vi. "Janet, listen to what she has to teach you," I would tell myself. I didn't know how much longer she would be near. Her words were like precious jewels to me. Someone else could teach the same material, but her words held a deeper truth that came from wisdom. If Vi said it, it was the truth.

I first attended a one-day workshop with Vi in 1992. At that time I thought, "there is something I need to learn here-something I need to understand-what is this she is trying to teach?" I then attended an intensive three-day workshop. After that, I realized that there was so much more I needed to learn from this exceptional teacher. I went on to attend an intensive six-day workshop. I understood more. It was after the intensive six-day workshop that I began to piece the whole Developmental Play Therapy program together, the whole gestalt of what she was trying to impart. It helped to answer some basic questions. Questions like, how can I connect with a child, or how can I help a child build connections with others? How do I make a conscious, intentional connection each and every time a child comes back to visit my office? How do I say a conscious good-bye? What is the process of building attachment in children?

The weekends at my home with Vi increased my level of appreciation for her work, personally and professionally. When she first came to visit my youngest son was 2 years old. I caught Austin and Vi playing hide-n-seek. She would say in an animated, happy to be with you tone of voice, "Where are you? There you are." She and Austin would laugh and giggle. "Hide-n-seek is an

important developmental step in growth and development," she said. She continued by saying, "I once played this with an adult patient of mine." On another visit, when Austin was 5 years old, I was looking around the house for Austin and Vi. When I found them they were outside and Vi was singing to Austin while pushing him on a swing. She was 94 years old.

On the last day of our last visit together, I brought Vi to the airport. At the gate we said good-bye. She kissed me on the cheek and said, "I love you." "I love you too, Vi, thank you for coming," I said as we embraced. And it was a deep, touching, heartfelt connection. And as I say good-bye again, I want to thank you Vi for coming to this earth and blessing me and all the human beings big and small you have touched with your teachings.

*Janet is a Ph.D. Candidate pursuing Research in Play Therapy at Barry University where she teaches as an Adjunct Professor. Janet has a Private Practice in Palm Beach Gardens, Florida.*



## **Congratulations!**

Congratulations to Lisa Saldaña, FAPT's Immediate Past President and Scott Ryan, FAPT's recent Treasurer. Both will be taking on more responsibility at the national level.

At the APT Board meeting in Norfolk, Virginia, Lisa was elected President Elect of APT. She will serve with President Nancy Davis for the coming year, and then become President in October, 2004.

Scott was named an initial member of APT's new Foundation for Play Therapy board of directors. The Foundation is a charitable 501(c)(3) subsidiary of APT, created to accept grants and tax-exempt contributions to promote play therapy research and projects.

# On Becoming A Play Therapist

As a regular feature in the newsletter, we'd like to meet our members, share what they've learned on their journey towards becoming a Play Therapist and honor the people who have contributed to their professional development.

Take a moment to think about who you are professionally, as well as how you got here. What caused you to become a Play Therapist? Who was your greatest influence? What is the most important thing you've learned? If you would like to participate, go to our website ([www.floridaplaytherapy.org](http://www.floridaplaytherapy.org)) and complete the Member Survey. Or, answer the following questions on a piece of paper and mail it to: FAPT c/o The Children's Psychiatric Center; 9380 Sunset Drive Suite B-235; Miami, Florida 33173.

We want to thank our first contributors: Jessica Leon and Marie D' Alessio.

## Jessica Leon, LCSW, RPT

**Practice Location:** Family Central, Miami Lakes

### What moved you to learn about Play Therapy?

I always had an interest in helping children. My first experience which led me to the direction of therapy was encountering a family friend's two-year old daughter who was highly withdrawn and phobic. I was just 17 years old myself, yet I kept saying "I'm going to reach this child somehow". And sure enough, with much determination and play she evidenced a smile and eye-contact. This is when I knew I had to find out how to make this my career.

### Did you have any classes in Play Therapy in your graduate program? If not, how did you go about getting your Play Therapy education?

I was fortunate enough to do an internship at Children's Psychiatric Center, where I was intensely trained on a weekly basis by Dr. Elizabeth Metcalf. This training, along with my extensive play therapy workshops I attended, gave me the educational background and foundation on play therapy. I was then lucky to have Janet Courtney as my professor for a graduate course on social work with children, because 80% of her curriculum was on play therapy approaches.

### Do you have a favorite Play Therapy book?

**What is it and who is the author?** My ultimate play therapy bible is "Reaching Children Through Play Therapy: An Experiential Approach" by Norton and Norton.

### Who was the person who most influenced you as a Play Therapist? How?

I believe that the children are mostly influential to me and are my guiding force.

**If you had to identify only one essential lesson you've learned from a clinical supervisor, what would it be?** Each child is unique and special in their own way. It's up to us to help them recognize this as well

**What is one thing you feel you still need to learn?** Some post-modern techniques in play therapy. How narrative or solution focused therapy might look with young children

**What advice would you give to a student who said they wanted to become a Play Therapist?** Get ready for the most wonderful experience as a healer for children and learn as many things about play as you can.

---

**Marie D'Alessio, LMHC** (Working on becoming an RPT or RPT-S)

**Practice Location** Youth and Family Alternatives, New Port Richey

### What moved you to learn about Play Therapy?

I was introduced to play therapy by my clinical supervisor and began to attend trainings shortly after receiving my M.S.

### Did you have any classes in Play Therapy in your graduate program? If not, how did you go about getting your Play Therapy education?

There was one course in my graduate program which was called "Child Psychotherapy", however, it included the history of play therapy, methodologies and practice. In addition, I received play therapy training through Canadian Play Therapy Association and APT. I had considerable difficulty locating and finding out about APT, because I knew OF the association, but not what the actual name was or how to locate the association. Once I was aware, however, the process has been simple, and the trainings have been outstanding.

### Do you have a favorite Play Therapy book?

**What is it and who is the author?** 101 Play Therapy Techniques...the entire series. I have found those books, edited by Heidi Kaduson and Charlie Schaefer, to be outstanding and extremely helpful.

### Who was the person who most influenced you as a Play Therapist? How?

Charles Schaefer. I found him to be an open, inviting individual who is dedicated to helping others learn about and become more skilled at Play Therapy. He also has motivated me to work towards publications and research on Play Therapy. Charlie is a playful person who personifies play therapy. In addition, Louise Guerney has also been a profound influence in my play therapy development.

*Continued on page 7 . . .*

## On Becoming A Play Therapist

Continued from page 6 . . .

**If you had to identify only one essential lesson you've learned from a clinical supervisor, what would it be?** The relationship is everything. The theoretical orientation and techniques are meaningless without a well established relationship with the child.

**What is one thing you feel you still need to learn?** Interpretation and meaning of child's play. Because this can be so subjective, I find that this is the most important area for me. In addition, I find that this is the area that is most challenged in court proceedings.

**What advice would you give to a student who said they wanted to become a Play Therapist?** Be certain you love to work with children. Be aware of your own issues. Get good training. Find a good supervisor. Get licensed. Become involved with APT and your local/state association.

### FAPT Board Contact Info

President:

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FAPTcentral@myacc.net

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Florida 33304  
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Interim Treasurer:

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15490 NW 7th Ave. #200  
Miami, FL 33169

Secretary:

**Elaine Sadkowski LCSW**  
10051 NW 50th Manor  
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(305)558-2480  
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Members at Large:

<b>Teresa Gutierrez, LMHC</b> 7721-D SW 56 Avenue Miami, FL 33143 (305)498-6617 tergut1012@aol.com	<b>Diana Malca, LCSW, RPT-S</b> 20225 NE 34th Ct. #1514 Aventura, FL 33180 305-945-2774 dmalca@bellsouth.net
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## ANNOUNCEMENTS:

### We Want to Hear From YOU

Please contact us if you obtain your license, your Registered Play Therapist or Registered Play Therapist-Supervisor credential. We want to recognize our members' hard work and dedication to their profession.

### FAPT Treasurer Position

FAPT is looking for a member who is interested in serving on the Board as Treasurer. If you are interested or want more information on what the job entails, contact Janet Courtney at 561-624-8819 ext. #3 or via e-mail at FAPTcentral@myacc.net

## CHAPTER INFORMATION:

### Tampa Bay Chapter

If you live or work in Hillsborough, Pinellas, or Pasco County, (or in the areas nearby), and belong to FAPT, you are a member of the Tampa Bay Chapter of FAPT. For more information, about upcoming events, contact **Charlie Myers** at cmyers813@cs.com; **Loretta Gallo-Lopez** at glfour@aol.com or **Jennifer Baggerly** at Baggerly@tempest.coedu.usf.edu

### Broward Chapter

Please join us as we learn more about APT and FAPT, and network with your local Broward providers. This also a great opportunity to become part of the Broward Chapter and join the movement towards bringing greater awareness of play therapy to Broward County. Join our special guests, **Janet Courtney**, President of FAPT and **Larry Rubin**, Vice-President of FAPT on Tuesday, November 4 from 6:00- 8:00 at Family Central, Inc, 840 SW 81st Avenue, North Lauderdale, Florida. Snacks and refreshments will be provided. **Prizes will be raffled!** Questions? Call **Ines Noto** 954-724-3979 or **Chantalle Herrera** 954-724-4053. Sponsored by **FAPT** and **Family Central**.

### Dade Chapter

The Miami-Dade Chapter has been hard at work preparing for its first Winter workshop. We are narrowing our theme and looking for a date, time and place. We will be sending further information once we have finalized our plans. Also, we are happy to announce that the monthly group supervision meetings that count towards becoming an RPT/RPTS have been a great success. There has been such a strong interest that we may need to open up a second group supervision meeting during the month. For info, contact **Deidre Skigen** at powerofplay@worldnet.att.net or (305) 596-3777. Finally, we would like to leave you with a thought: "Take time to educate someone about how great it is to be a Play Therapist."

## APT MEMBERSHIP APPLICATION

The directory information provided below will, unless otherwise noted, appear in your annual Membership Directory listing. Please provide the information requested in each item.

"I wish to promote and support the field of play therapy by becoming a Member of the Association for Play Therapy, Inc. and the Florida Association for Play Therapy, Inc. Branch!"

Category: \_\_\_\_\_ Professional (Individual mental health professional)  
\_\_\_\_\_ Affiliate (full-time student, parent, etc.)

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_

Degree/Designation \_\_\_\_\_ **Sponsor Name (not required)** \_\_\_\_\_

Branch: **Florida** SSN \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ (Confidential. Used only for identification purposes)

Business/Affiliation: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State: **FL** Zip: \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

**Annual Dues:** Professional Members: APT: \$ **55.00** + Florida Branch: **\$20.00** = **\$75.00 Total dues**

Student/Affiliate Members : APT \$ **30.00** + Florida Branch **\$10.00** = **\$ 40.00 Total Dues**

\_\_\_ Check/Money Order Credit Card: \_\_\_ Visa \_\_\_ MasterCard Acct. # \_\_\_\_\_

Expiration Date (mm/yy) \_\_\_\_\_ Signature: \_\_\_\_\_

**Mail application with payment to:** Association for Play Therapy; 2050 N. Winery Ave. #101,  
Fresno, California 93703 Fax: 559-252-2297

FLORIDA  
ASSOCIATION  
FOR  
PLAY  
THERAPY



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