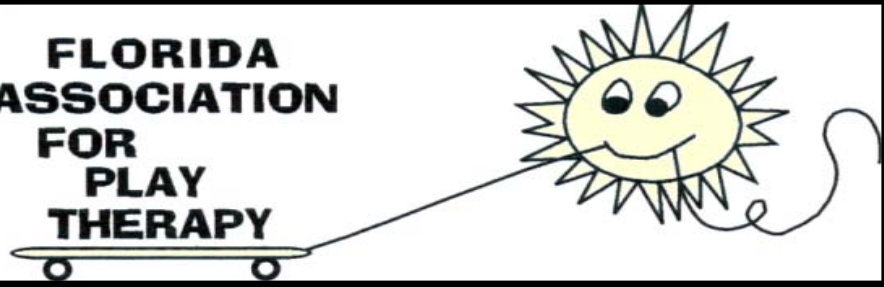


SPRING
2006

FLORIDA
ASSOCIATION
FOR
PLAY
THERAPY



Volume 12, Number 4

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The Playful Healer

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

Message from the President

Hello all.
I hope this issue of the Playful Healer finds you well...and playful. The biggest piece of news at the moment is the upcoming conference in Orlando-our third annual event! Registrations are flowing in, and this promises to be a weekend of learning, playing and re-connecting with colleagues from around the state. If you haven't already done so, please check out the FAPT website for further information. Remember, that trainings such as this are for many of you, tax deductible.

Many of the chapters around the state are offering excellent workshops and trainings, and I urge you to connect with the chapter nearest to you. I am very excited to say that largely as a result of the efforts of **DeeDee Nold**, and her colleagues, there will be a new chapter serving the Naples/Ft. Meyers area. Congratulations to all involved!

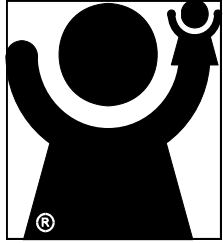
Dee Dee's kick-off event, a presentation on 'Play Therapy with the Indigo Child', was a success.

By the way, take a look at the Florida Branch information on the APT website, to see just how incredibly active and productive we have been

I would like to take a brief moment to recognize a few of 'our own'. *Continued on page 6...*

Inside this issue:

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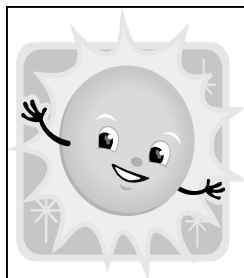
News from The Association for Play Therapy

We launched the [new APT website](#) last Friday. Please take a moment to explore its new design, navigation, and features, especially the new Play Therapy section, Education & Training directories in the Programs section, and the For Members section. Because the problems that many of you recently experienced with our old website caused us to launch earlier than anticipated, the online bookstore and membership functions remain under construction but will be available very soon. The new *Play Therapy*TM magazine and website are intended to elevate our image, better serve you, and speak to a wider audience.

We will contact and urge universities to offer play therapy instruction, invite their participation, welcome their memberships, and encourage play therapy research. Please help us establish faculty contacts in each mental health department by clicking on [University Directory](#) and advise [Pam Bradshaw](#) of the faculty contacts (i.e. names, titles, degrees/credentials, telephone, email) at those institutions near you.

Especially note the new [Master Play Therapy Training Directory](#) that lists all APT-approved continuing education offered by approved providers both within and outside of the US. Thanks to the latter for providing their training information!

Our 2006-07 program year begins on April 1. If you wish to serve on a committee, please complete and return a [Program Preference Form](#) by April 7, 2006.



March 31 is an important deadline for these items:

Renewal of RPT/S credentials without incurring a late fee (be sure to enclose your signed attestation and a copy of your licensure or certification).

The member who earns the most *APT Bucks* for sponsoring new members by March 31 wins FREE audio tape recordings of 2005 APT Conference sectionals and workshops!

April 15 is the deadline for ads, articles, and reader comments in the June issue of our new full-color *Play Therapy*TM magazine. Contact APT to order extra display copies of the March issue!

APT strongly urges 2006 APT Conference attendees to present current US passports when entering and departing Canada this October. Applications are available at local post offices and require 8-10 weeks to process. Watch for special *Members Only* registration offer soon!

Bill Burns, CAE

Executive Director

Association for Play Therapy, Inc.

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The Playful Healer

Editor:

Diana Malca-Chern

Contributors:

Larry Rubin, Maureen Brioso-Mesa,
Linda Hunter, Deidra Skigen, & Tara Moser

FAPT NEWS

Broward Chapter

We are currently working on resurrecting the Broward Chapter and are looking to recruit members...

If anyone is interested in joining the Broward Chapter contact Mariela @ mbb42277@yahoo.com.

The Broward Chapter would like to invite anyone who is interested in presenting or becoming more active to contact president **Mariela Betancourt** mbb42277@yahoo.com.

Vice President: **Jessica Leon** LCSW, RPT-S

Secretary: **Sharon Wladimirski**

Treasurer: **Nicole Sena** MSW



Central Florida Chapter

Thanks to **Michelle Solomon**, LMHC, NCC, for her presentation on March 23rd on "The Power of Puppets in Play Therapy". **Michelle** gave us some web sites that maybe helpful in expanding your puppet collection. (www.thepuppetstore.com, www.fuxypal.com, (Located in Orlando, FL.), www.folkmanis.com, www.sagecraft.com/puppetry, www.meatpuppets.com, www.kidsbookssandpuppets.com).

Michelle Solomon has her own practice, Creative Counseling, P.A located in Lake Mary, FL. For more information about her practice, call (407) 688-1770 or visit her web site creativecounseli@aol.com.

U p c o m i n g M e e t i n g s

April 27: Roundtable discussion of the FAPT Conference

May 25: "Play Therapy Techniques for Helping Sexual Abuse 'Victims' Become 'Survivors'" by **Jill Davis**, LCSW, RPT

June 22: "Play Therapy Techniques for Helping Sexual Abuse 'Survivors' Become 'Thrivors'" by **Jill Davis**, LCSW, RPT.

New Meeting Location as of March: The monthly meetings are now be held at the **Barry University East Campus** - 2000 N. Alafaya Trail Orlando, FL 32826 (see attached flyer for a map and directions on how to avoid Alafaya traffic - MAP UPDATED SINCE LAST EMAIL FOR CLARIFICATION.

Play therapy continuing education is available - free for Certificate of Attendance, \$5 for members, \$10 for non-members. The Florida Association for Play Therapy is an approved provider by the Association for Play Therapy to offer continuing education specific to play therapy. APT Approved Provider #02-115. If you require accommodations as defined by ADA 504 or for further information, contact Jill Davis at jkdlcsw@cfl.rr.com.



Miami Dade Chapter

Thanks to **Anabel Cloutier-Perez**, LCSW and **Maureen Brioso-Mesa**, LMHC for an excellent workshop on February 4, 2006 at Nova Southeastern Miami Educational Center on "Family Play Therapy". The 32 participants really appreciated the experiential activities presented at the workshop. It is something they will be able to take back to share with colleagues and clients. Thank you once again for a job well done!

Due to Miami Dade Chapter's participation in the Mailing and Registration process for FAPT's 2006 Conference we have canceled activities set for the months of March and April. Please be on the look out for a revised schedule of activities to begin during the month of May.

We apologize for any inconvenience this may have caused and we thank you for your understanding of this situation.

If you are interested in presenting or becoming more active in the Miami Dade Chapter, please feel free to contact:

Norma Bonet at nlbonet1@juno.com, Teresa Gutierrez at gutierrezteri@yahoo.com and/or Cary Ballesteros at cballesteros@juno.com.



Tallahassee Chapter

The Tallahassee Chapter met on March 10th and shared information about practices and upcoming local events. One case was presented for supervision. The group enjoys the case presentations since they sometimes make us think outside our normal methods. In addition to helping us learn, the presentations and discussions also provide much-needed collaboration and networking with other play therapists. We decided to alternate meeting at members' offices and agencies so that we can further share our practices with each other.

The Tallahassee group is interested in having a workshop about sand tray work, and we're looking for someone who would be willing and able to come to Tallahassee to do that presentation for us.

If you are interested in presenting or attending, and wish to receive further information, please feel free to contact **Sandy Barlow** at 850-577-9077 or sanbar107@msn.com for details.

Tampa Bay Chapter

The Tampa bay chapter is holding a workshop presented by **Jennifer Baggerly** on March 22nd, 2006 at 7:00 pm at USF.

Topic: Filial therapy with Parents who have children in Foster care.

We would love to hear suggestions from the membership with regard to workshop topics, or other suggestions which can help make our chapter meet the needs of our local play therapists. Please contact married@yfainc.org with any suggestions, or questions.

COMMENTS, REMARKS AND IDEAS!!

Positions Available: The Coalition for the Homeless has several employment opportunities available - the positions are posted on their website www.centralfloridahomeless.org with the exception of a **part time receptionist at WRCC Monday-Friday 4pm-10pm** (recently became available). Any applicant interested should fax their resume to 407-426-1269.

Helpful Community Resource

The Children's Bereavement Center:

"Helping Children Grieve and Heal in a Supportive, Caring Environment"

I wanted to share a great resource. I have been a volunteer facilitator at the Children's Bereavement Center, assisting children and their families with bereavement issues.

"The mission of the Children's Bereavement Center is to provide families in South Florida loving support in a safe place where children, teens and their families grieving a death can share their experiences as they move through the healing process."

The non-profit center offers groups for children, teens and young adults who are going through the grieving process. In addition to peer support, they provide adult groups for families and caregivers. Most importantly all center group services are **free of charge**.

The facilitators, at the center, follow the Healthful Grieving Model in all groups. This model affords the participants many benefits. Individuals are able to share their experiences with others who have gone through similar situations. They learn coping strategies, acknowledge feelings of hope for the future and growth and healing. They also learn about community resources for themselves and their families.

You can learn more about the center at childbereavement.org. Their email is info@childbereavement.org and Phone: 305-668-4902.

Deidre Skigen, LMHC

UNIQUE INTERNATIONAL VOLUNTEER PLAY OPPORTUNITY

By: Linda B. Hunter Ph.D.

"If we are to make real peace in this world we have to begin with the children." - Mahatma Gandhi

On a beautiful 15-acre mountain retreat outside of Sarajevo, a magical playful camp program brings together International and Balkan volunteers to provide a lively and exciting "free and protected space" to build bridges of friendship for children from Bosnia, Croatia and Serbia traumatized by intolerance, terrorism, or war. Play and expressive arts activities deepen the experience into a therapeutic milieu in which both children and volunteers learn to be active participants in building a peaceful world.

The Arts and Healing Program includes theater, music, dance and visual arts that support and encourage individual expression, teamwork and collaboration. Drumming, singing, painting, sand play and drama let campers explore new means of communication and aspects of themselves.

Community Building games and exercises promote trust, respect and tolerance. Children develop a sense of community and cooperation, hope and friendship leadership and teamwork skills to take back to their home communities

Recreational Therapeutic Horseback program teaches campers to ride and care for horses. The powerful presence of horses provides a natural opportunity to overcome fear, develop confidence, increase sense of personal responsibility and emphasize mutual respect.

Through Sports and Group Activities children gain confidence, acquire new skills and practice team-building as they participate in soccer, basketball, hiking, ropes courses, mountain biking, and group games.

Camps are staffed by dedicated volunteers of all ages from all over the world. This joyful, moving, experience is life-changing for many volunteers. Creativity, communication and cooperation are key values and each volunteer makes a unique contribution. Working together, we are able to make a difference in the lives of the children we serve.

For 7 summers I have brought the expressive, playful activity of sandplay to this marvelous setting. During camp Activity Time the children can choose to come to the patio to play with the sand trays and miniatures. Each picks a cardboard box or plastic tray and chooses from among hundreds of miniatures representing all aspects of life. They place the figures, often actively playing out their story. 2-4 children can choose to build together. What they build symbolically expresses their inner world, their experiences, their hopes and fears, their imagination. It is truly a non-verbal form of communication, overcoming language barriers and giving insight into the inner child.

Interested in volunteering? See Global Children's Organization website: www.globalchild.org. and/or call me - Linda B. Hunter Ph.D. (561) 582-9284

The Dark Part of Play

Anonymous

When he said he missed the toys during his visit out of state I wondered if he had fun. He mentioned that he wanted to play a new game he had learned, and it was fun.

"It's called *sex*", he whispered as he put the warriors on the horses and prepared to storm the plastic castle.

"Sex, " I said, "You learned a new game called *sex*".

Yes, do you want to play it with me?

Tell me about it.

I have to show you.

Can you show me with a doll?

Continued from page 5...

This 5 year old has been in my playroom for almost 8 months. The relationship has survived numerous visits to his home by a CPS worker and a Sheriff. Every time this child plays in ways that indicate sexual abuse, I am mandated to report.

The play progresses as he demonstrates to me what he and his 9 year old half sister are doing everyday that he visits his mother, every morning as they wake up in the same bed. For months I suspected the mother, out of state, and tried to prohibit visitation by sounding the alarm.

The child told me a secret. He doesn't know it is bad for him, only that it is forbidden to touch another person's private parts. He is 5. He has no real moral development at this point except to treat animals kindly, I hope. He has serious transference issues with me; he wants me to leave my husband and marry him. He likes to play wedding, exchange rings and "go to bed" and talk about "boobs". He has a very serious attachment disorder. He trusts me enough to tell me his secret game.

My job is to help his emotional development and trust that the process of play therapy will help him to work out his feelings. I also have to trust my professional knowledge that my part as therapist and "good mother" will give him the grounding in reality that he needs. I also need to protect the trust built over weekly sessions of revelation of the inner self.

How do you ask people to pray for the opportunity to continue to help children like this 5-year-old boy? God has a different plan for his life, to prosper him, not to harm him. He lives with his grandparents who take him to church and his dad who loves him enough to try to protect him from his mother's abuse. Pray is the most necessary variable when the disease is darkness. I'm not afraid of the dark; I just never want to spend too much time there alone.

Letter From President—Cont'd from page 1:

Congratulations to newsletter editor, and FAPT vice-president **Diana Malca**, on her recent marriage. It was my first Orthodox Jewish wedding, and while it was steeped in age-old tradition, it was...playful. I would also like to recognize **Janet Courtney**, our Immediate Past President, who recently offered a well-attended training in Developmental Play Therapy as part of her doctoral dissertation research. Way to go, Doctor **Janet!**

Lastly, I have created a 'discussion forum' on my university's web site for those of you who would like to share ideas, techniques, and have informal peer-supervision/feedback. If you are interested (and did not receive my email to this effect), please contact me at lrubin@stu.edu....

President

Lawrence C. Rubin, Ph.D., RPT-S

Book Review

"Play Therapy with Children in Crisis" - A Casebook for Practitioners.

Edited by Nancy Boyd Webb.

This book compiles a thorough and complete view of the need in play therapy for children in crisis.

The book illustrates various techniques of treatment that can be used to help children who have endured situation of violence and psychological trauma.

The range of crisis includes abuse, loss, medical/health crisis, natural disasters, and familial death.

The book includes complete process of treatment with session excerpts to be followed by the reader.

This book is highly recommended for all play therapists who work with children in crisis.

Diana Malca, LCSW, RPT-S

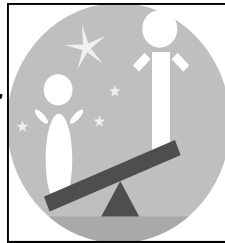
Art Therapy and Play Therapy

By: **Maureen Brioso-Mesa**, LMHC, NCC

Play provides a natural expression for children who have a limited capacity to verbalize their emotions and experiences. And much like play, art is also an expression of a child's inner world. Many play therapists use art materials such as paper, pencils, paint and brushes as a means of communicating. Although, Play Therapy and Art Therapy are two distinct specializations, they are very much grounded in similar philosophies as expressive therapies.

Cathy Malchiodi in her book *Expressive Therapies* states "Art expression is a form of visual language through which people can express thoughts and feelings that they cannot put into words and that it is a way to communicate experiences that are difficult to verbalize, such as physical or sexual abuse, trauma, grief, and other complex emotional experiences" (Malchiodi, 2005, p.17). Play Therapy is defined by Dr. **Gary Landreth** as "A dynamic interpersonal relationship between a child and a therapist trained in play therapy procedures who provides selected play materials and facilitates the development of a safe relationship for the child to fully express and explore self (feelings, thoughts, experiences and behaviors) through the child's natural medium of communication, play" (Landreth, 1991, p.14). By definition both play therapy and art therapy are expressive mediums for children, as well as adults to communicate, explore and gain self awareness in a safe environment where art and play is the language.

Toys in play therapy much like art materials in art therapy, facilitate the client's expression and can yield a wealth of information. Art therapists like play therapists observe how the client may use the materials. Since art and play is the language there should be special attention to the toys and art



materials selected to encourage a wide range of expression. Play like art is used to understand children, adolescents and adults.

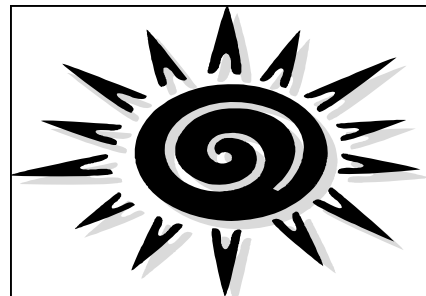
"But the most important aspect of art therapy is the facilitation of the individuals' discovery of personal meaning" (Malchiodi, 2005, p.43). And this is ultimately the goal for play therapy, to increase self discovery, self awareness and to be able to reach self actualization. As expressive mediums, both play and art therapies seem to have similar goals.

Both art and play therapy are modalities that differ from traditional talk therapies. The art materials and toys are the words, and the play and art expressed is the language. In an aim to address the integration of art therapy with other disciplines such as play therapy, the American Art Therapy Association has printed a helpful brochure called *Ethical Considerations Regarding The Therapeutic Use of Art By Disciplines Outside The Field of Art Therapy* (2000). The following should be considered when integrating art in treatment: consider the hazards of all materials and equipment used, use art materials you feel comfortable with, encourage individual expression and treat the art work with respect, observe changes in affect or behavior, emphasize the value of the process over the product, ask open ended questions and avoid analyzing (AATA 2000).

If you'd like more information on this topic, please refer to the American Art Therapy Association, Inc. (AATA)

www.arttherapy.org

Phone 1-888-290-0878



CALL FOR NOMINATIONS

Please fill out the nomination form below and return to the address or simply fax it by June 1, 2006. This is a wonderful opportunity to nominate someone you know or yourself for the available positions below. Elections will be held this summer with the installation of the new Board and chapter members, and in October at our FAPT Annual Membership Meeting held at the APT conference in Canada the nominations will be announced.

In this newsletter we are accepting nominations for four Board openings: **President, Vice-President, Treasurer, (2) Member At Large and the Student Representative.** As in our by-laws half of the Executive Board positions must be put to a vote every year. In addition all **five chapters** will be nominated for their current board positions: **President, Vice-President, & Secretary/Treasurer.**

So please take the time to fill out the nominations ballot and send it in before the deadline.

FAPT BOARD MEMBERS:

President: _____

Vice President: _____

Treasurer: _____

Secretary: _____

Member At Large: _____

Member At Large: _____

Student Member: _____

FAPT CHAPTER MEMBERS: PLEASE CHECK THE CHAPTER AND WRITE IN THE NAMES OF THE NOMINEES.

BROWARD _____ CENTRAL FLORIDA _____ MIAMI-DADE _____ TAMPA _____ TALLAHASSEE _____

President: _____

Vice- president: _____

Secretary/Treasurer: _____

PLEASE SEND NOMINATION BY E-MAIL BY APRIL 30TH, 2006:

DIANA MALCA

E-MAIL: DMALCA@BELLSOUTH.NET

Grief and Play Therapy

By: Deidra Skigen

I am always looking for opportunities to promote play therapy. When I was asked to speak about grief and play therapy with the staff of Vitas Hospice, in Ft Lauderdale, I was energized. Wow, where to begin? My target audience was the chaplains and social workers who worked with the hospice patients and their families. I was to discuss bereaved children and play therapy. I had no idea what to expect. Frankly I was not quite sure how receptive they would be. I arrived for the presentation and Murphy's Law was in full swing. I had brought material to be copied. The photo copy machine did not work. No one could find the person who ran the copy room. The power point projector was being temperamental and I lost a button on my jacket. Fortunately, just before I was about to begin copies of the handouts arrived and the power point presentation worked. Everything proceeded smoothly.

The social workers and chaplains had different levels of experience and knowledge. I began with a brief history of play therapy and developmental stage theory. They asked many questions and shared experiences. After the didactic session, the games began. This is my favorite part of the presentation! I planned a variety of activities to give the participants a small taste of what might take place in a therapy session.

We made masks from paper plates. Here the goal was to show the differences between inner feelings and the outward appearance during the grieving process. For some of the participants, this was an eye-opener. We made body tracings using the picture to identify where the grief and other feelings are located. We used plastic animals to make family genograms in order to see the impact of the loss with in the family. After each activity we processed the play experience. It was great to watch each person open up and connect. Some went from very resistant to engaged while others participated immediately. In the end they all saw purpose to the play. I enjoyed sharing the message of play therapy.

★ 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 **Diana Malca** (305-945 2774) or ★
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Feeling Faces:



3rd Annual FAPT conference

Join the Association for Play Therapy for its 3rd annual conference on April, 21st and 22nd, 2006.

The place: University of Central Florida.

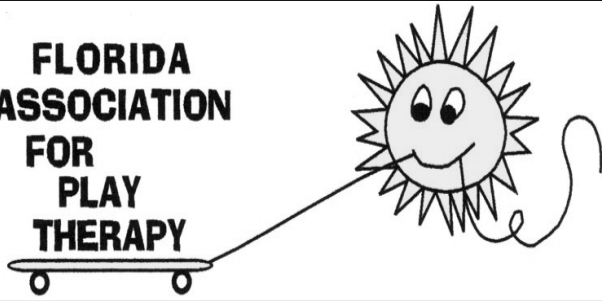
Feature presenter: **Nancy Boyd-Webb.**

Come and communicate,
Come to learn and play!!!
Come to meet your colleagues
Network, learn, and pay lower fees!!!

Receive APT approved CEU'S!

FAPT Board Contact Info

FLORIDA ASSOCIATION FOR PLAY THERAPY



Please feel free to contact our board members for any questions, comments or if you are interested in becoming more active with the FAPT.

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Susan Sikes



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FL 33403. 561-624-8819 ext. #3
j_courtney@bellsouth.net

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 _____ Business/Affiliation: _____

S p o n s o r N a m e (n o t r e q u i r e d)

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

Address: _____ City _____ State: **FL** Zip: _____

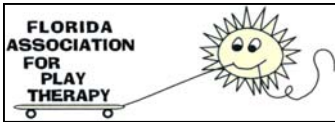
Telephone (_____) _____ - _____ Fax (_____) _____ - _____ Email: _____

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: _____



www.floridaPlaytherapy.org

Janet Courtney

c/o FAPT

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Palm Beach Gardens, Fl. 33403.