

# Name Our Newsletter

Get playful, get creative, GET A PRIZE! See page 5 for details.

Summer  
2001

## FAPT Board Members

President:

Lisa Saldaña

Vice-president

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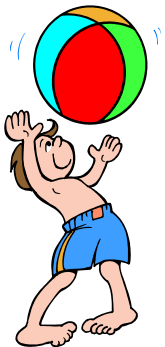
Member-At-Large

Elizabeth Metcalf

Immediate

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FOR  
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## Florida State University & APT Conducting Play Therapist Profile Study

**Study is being conducted by  
FAPT member and colleagues**

The Association for Play Therapy is currently co-sponsoring a research project with Florida State University's School of Social Work in order to obtain a more comprehensive and current profile of its professional members. This study is being conducted by FAPT member Scott Ryan, Ph.D., RPT-S, and his colleagues, Tomi Gomory, Ph.D. and Jeff Lacasse, MSW.

FAPT members can confidentially respond to questions concerning their education and training, theoretical foundation, professional affiliations, financial profile, and reply via short phrases to questions like "Name three challenges inherent in the provision of play therapy services to children." Concept mapping and special computer software will

be utilized to interpret and manage the latter qualitative data.

Dr. Ryan envisions that the study results will be disseminated in several articles via APT publications and other professional journals. The first, to be submitted to the International Journal of Play Therapy, will provide a detailed description of APT's membership.

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## Have a great idea or a play therapy technique to share?

Please consider submitting a brief article to our newsletter! It doesn't have to be a long, scholarly article, although we'd love to receive those, too. It can be a short piece on something that you've found works in the play room, or an idea you want to share. We know that we have a lot of wise and experienced members. We hope you'll send some of your wisdom to: Lisa Saldaña, 7765 SW 87 Avenue #104 Miami, 33173 or by e-mail to: [lisasaldana@aol.com](mailto:lisasaldana@aol.com)

## News from The Association for Play Therapy

### New web address:

- ♦ APT has changed it's web address to [www.a4pt.org](http://www.a4pt.org) Make sure to bookmark this site.

### Online continuing ed.:

- ♦ APT will soon be offering their first online course for play therapy continuing education. Look for this two hour course, *Portable Play Therapy*, on the APT website.

### Join us in Portland!

- ♦ The 2001 APT International Conference will be held October 19 & 20 in Portland, Oregon. The Pre-conference sessions will be held October 16-18. Send your registrations and make hotel reservations now! The conference will be held at the Jantzen Beach Doubletree Hotel. Reservations can be made at 1-800-222-8733. If you didn't get your conference registration, go online to [www.a4pt.org](http://www.a4pt.org) or call (559) 252-2278.

## FS.U. & APT

*Continued from page 1 . . .*

Other articles will address such areas as social workers within the play therapy field, and conceptual mapping of the challenges to play therapy service delivery.

The member survey can be completed on-line, and will be available through August 31, 2001. FAPT members can go to the APT web-site ([www.a4pt.org](http://www.a4pt.org)) and click on the FSU logo to complete the survey.

FAPT members are encouraged to participate in this worthy and confidential study. If you have any questions on the study, please feel free to call Dr. Ryan at 1-888-290-3155, or e-mail him at [sryan@mailers.fsu.edu](mailto:sryan@mailers.fsu.edu).



Founding Newsletter Editor:

Dora Finamore

Editors & Contributors:

Linda Hunter

Elizabeth Metcalf

Scott Ryan

Lisa Saldaña

# **Client-Centered Play Therapy Ideal For "Indigo Children"**

**Linda B. Hunter, Ph.D. RPT-S**

A new "label" has appeared for an increasing number of the children being referred for play therapy. You won't find it in DSM-IV or an IEP, but as the title of a new book\* the concept of the "indigo child" has become helpful to explain and reframe the behavior of an increasing number of puzzling children.

This is the child that makes teachers tear their hair because they know he's smart and curious but he won't do the assigned work unless he's interested in it, won't comply with the rules unless they make sense to him, has a hard time listening to others give the wrong answer if he knows the right one. This is the child who drives parents up the wall because she insists on doing everything her way and for herself, questions everything, "talks back", feels entitled to a great deal of attention, marches to her own drum.

In addition to being "disruptive", these children are often creative leaders who come up with great ideas, compassionate and empathic towards adults as well as peers, quick to catch on and willing to help others learn. These are often great kids coming into conflict with a crowded and conformist school/day care system at too early an age and for too many hours each day.

Often these children are called "high-spirited", "difficult", "strong-willed", ADHD. When they encounter an environment that can't flex to accommodate their strong

personality, the results can be disastrous. When they are referred to play therapy early, at ages 3 to 6, things can get better fast. While some pre-school teachers have already given up on them - some have already been expelled from several pre-schools - they usually haven't quite given up on school. At this early stage parents are often still hopeful and open to learning new ways to connect with these interesting children.

The child-centered Rogerian model of play therapy is perfectly suited to these children. Respectful attention, non-judgmental acceptance, belief in the power of their own self-direction, setting limits and choices in a way that allows them to take responsibility for controlling their own behavior, encouragement of their strengths and uniqueness, all allow these children to blossom.

The Filial Therapy model which teaches parents to use the same skills at home, greatly increases the positive impact on the child. When teachers and child care providers are given the same tools to "manage feelings and behaviors" through workshops and counselor modeling, and invited into the play room to build a positive relationship with their difficult 'indigo' child, whole classes and schools of children are given the benefit of these effective attitudes and techniques.

The partial story of one child illustrates how this can all work together. About to be thrown out of his fourth pre-school at age 4, mom

*Continued . . .*

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# Indigo Children

*Continued from page 3*

and dad brought "Scott" to see us. While "Scott" joins a small play therapy group of other children his age, the parents sit with a counselor in our large front room, and observe through the one-way mirror how the counselor with him in the playroom reflects "Scott's" feelings, encourages his self-responsibility, and sets limits when necessary. Along with the parents and grandparents of the other children in the group they learn these new skills. During some sessions they are invited into the playroom to try out what they are learning under the counselor's guidance. They are encouraged to try these ideas at home and report back to the group how things are changing.

A counselor visited his school to observe him in that setting and consult with his teacher on positive ways of helping him function. In this case it then became clear that he would do better in a different preschool where the teacher had already been trained and was successfully using the techniques of acknowledging feelings, setting limits, and offering choices. The family followed through and changed his school with great success. The play and filial therapy sessions continued until all felt "Scott" was doing well enough. His parents and teacher continued to work with him and of course the family is welcome to return for more therapy whenever they feel the need.

This kind of work and much more is being done through the Association for Community Counseling in Delray Beach. The Association

is an all-volunteer agency. The humanistic client-centered philosophy that shapes all we do brings about an atmosphere of mutual respect and caring between counselors (volunteers with at least a masters degree in a counseling field), facilitators (trained paraprofessionals (often retired older adults and students) and clients. Play Therapy (including sand tray) groups are held weekly in numerous pre-schools and elementary schools. Multi-family groups, accessible without cost to widely diverse families with children of all ages, combine play therapy for children and filial work for parents/guardians. Families are self-referred or come through ChildFind, Department of Children and Families, Girls and Boys Town, South County Community Mental Health Center, etc..

Association for Play Therapy (APT)-approved experiential training courses and workshops on play and sand play therapy are held frequently at our office. For those seeking to become Registered Play Therapists, play therapy hours and play therapy clinical supervision are available to the people who volunteer. Many arrangements are possible.

We believe wholeheartedly in the value of client-centered play, filial, and sand tray therapy and share the skills and experience willingly and with enthusiasm. Please call the Association for Community Counseling at (561) 638-0908 for more information.

\*Carroll, L. and Tobert, J. (1999) The Indigo Children: The New Kids Have Arrived.

Carlsbad, CA: Hayhouse, Inc.



# Integrative Expressive Sandplay™ Therapy

featuring

Mary T. Foret, Ph.D, LMFT, RPT-S, REAT, IBECPT-P

Director and Founder of The Psychotherapeutic Arts Institute, Inc.

Saturday

August 25, 2001

9:00-4:30

University of Central Florida  
Orlando, Florida



Presented by:

The Institute For Continuing Education *and*

For more information, see the brochure enclosed with the newsletter or  
contact Janet Courtney at 561-624-8819 extension 3

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## Name Our Newsletter

We want to give our newsletter a name that communicates who we are and what we do, and we'd like YOU, our members, to help us find just the right name. We have a wonderful prize for the best name. So put on your thinking caps.

Think playful, think fun, (think easy to fit on the masthead)! The member who submits the winning name will win an

autographed copy of Dr. Linda Hunter's book, *Images of Resiliency*.

Please submit your fun and creative suggestions to: [Lisasaldana@aol.com](mailto:Lisasaldana@aol.com) or to Lisa Saldaña 7765 SW 87 Avenue, suite 104, Miami, FL 33173.

The top suggestions will be voted on by the membership in our next newsletter. In case more than one member submits the same name, we will hold a drawing to determine the winner of the book.

# President's Note: Election Time

It's time to elect a new secretary and treasurer for FAPT. But first, I want to acknowledge the two women who have held these positions since FAPT's inception.

Our Association has been so fortunate to have had the people we've had involved in its formation and growth. Carole Sternlieb has been our Secretary and Dora Finamore our Treasurer and founding newsletter editor. Without their dedication and the hard work they and Bob Nolan and Betty Metcalf put into our group, we wouldn't exist. Thank you for everything you've done.

The Florida Association for Play Therapy, Inc. has grown to a point where we also need to add a second Member at Large.

Betty Metcalf has been our current member at large, and she will continue in that capacity, until the next round of elections.

There are three open positions, and three people who are interested in the positions. The Board of the FAPT, hereby presents to our membership the following nominees:

Secretary: Ellen Wood  
Treasurer: Scott Ryan  
Member at large: Tracy Howard

You can find information about each of these nominees on the following page. In addition, members are allowed to "write in" their own nominees on the ballot. Nominees must be members in good standing of the FAPT.

Please complete and return your ballot by Sept. 1, 2001 to: Elizabeth Metcalf, Ph.D.  
The Children's Psychiatric Center, Inc.  
9380 Sunset Drive B-120  
Miami, FL 33173

**I am a member in good standing of the Florida Association for Play Therapy, Inc.  
I cast my votes for Board members as follows:**

Secretary: \_\_\_\_\_ Ellen Wood      Write in: \_\_\_\_\_

Treasurer: \_\_\_\_\_ Scott Ryan      Write in: \_\_\_\_\_

Member at Large: \_\_\_\_\_ Tracy Howard Write in: \_\_\_\_\_

Please complete and return your ballot by September 1, 2001 to: Elizabeth Metcalf, Ph.D.  
The Children's Psychiatric Center, Inc.  
9380 Sunset Drive B-120  
Miami, FL 33173

## **Nominee for Member at Large**

### **Tracy L. Howard**

B.S. in Psychology

M.S. in Clinical Psychology

Presently working on her Ph.D. in Marriage & Family Therapy at Florida State University

During the entire course of her academic career, children and play therapy have been an area of special interest for Tracy. She has worked on several research projects focusing on childhood disorders and is currently a research team member conducting a study on how a non-clinical population of children respond to Margaret Lowenfeld's "World Technique" sand play situation.

Tracy attended her first Association for Play Therapy conference last year in New Orleans and since that time has been an active participant in the Florida Branch of APT. She is the current website administrator for the Florida Association of Play Therapy and is in the process of developing and active Tallahassee Chapter of FAPT.

## **Nominee for Treasurer**

### **Scott D. Ryan**

MSW from Columbia University

MBA from Howard University

Ph.D. in Social Work from Case Western Reserve University.

Scott is an Assistant Professor at Florida State University's School of Social Work. He is certified as an Approved Supervisor and Trainer in Child-Centered Play Therapy through the National Institute of Relationship

Enhancement (NIRE); where he is also the Director of Organizational Training and Staff Development. In addition, he is a Registered Play Therapist - Supervisor through the Association for Play Therapy, and a Licensed Clinical Social Worker in the State of Florida.

Scott has worked extensively in the field of child welfare as a clinician, supervisor and researcher. He has published extensively, and is a frequent guest speaker and workshop presenter. His previous work includes Gallaudet University's Department of Social Work, where he was awarded 'Field Instructor of the Year - 1997'; and IBM, where he was a Financial Analyst.

## **Nominee for Secretary**

### **Ellen Wood**

M.A. in English Literature, Purdue University

M.S.W. Washington University

Prior to becoming a therapist, Ellen taught English Literature as an adjunct professor in St. Louis. Currently, Ellen is a Licensed Clinical Social Worker and is working on getting her RPT-S designation. She has been with The Children's Psychiatric Center, Inc (CPC) as a therapist since 1990 and as a Clinical Supervisor since 1994. At CPC, Ellen provides individual and family therapy to child and adolescent survivors of neglect and physical, sexual and emotional abuse. She presented at FAPT's workshop, *The Serious Business of Play Therapy*, and specializes in working with sand trays. Her warm, inviting play room is a favorite place for staff and clients alike.

## Announcements

### ♦ **Congratulations to Our New Registered Play Therapists**

The Florida Association wants to send our heartiest congratulations to Greg Nute of Orlando and Mindy Bisignano, LCSW of West Palm Beach. They have become our newest Registered Play Therapists.

### ♦ **Looking for a Peer Consultation Group for Play Therapy?**

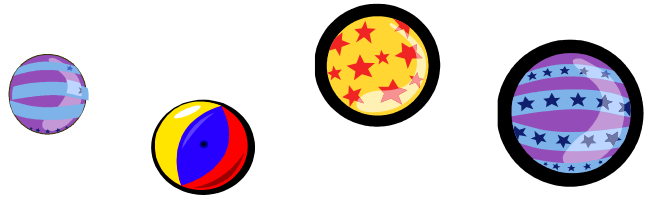
A peer play therapy supervision group is meeting in Orlando. The group is for play therapists with at least a couple of years of experience. They meet at Arnold Palmer Hospital one Saturday afternoon each month. For information, contact Jill Davis at [jkdmsw@msn.com](mailto:jkdmsw@msn.com) or (407) 539-5758.

Another group is forming in Northeastern Palm Beach County area. This peer consultation group is intended for therapists working in the field of play and expressive therapies. It will be starting in September 2001, on the second Wednesday of the month at 7pm. (tentative date and time ), and the location is to be determined. If you're interested in getting this group started, please contact Barbara Barone at [Barban13@aol.com](mailto:Barban13@aol.com), or (561)799-9662.

If anyone else wants to start a group, develop a training activity, or has any other ideas for networking and sharing play therapy ideas and experiences, please let us know, so that we can get it into the newsletter.

## Read Any Good (Play Therapy) Books Lately?

We would love to be able to give our members an occasional book review to help them find books that will enhance and expand their knowledge. If you have read a book that has inspired you to try new things, given you new insights or ideas, or otherwise helped you to become a better play therapist, share it with the rest of us. Contact Lisa Saldaña (786-257-4657 or [lisasaldana@aol.com](mailto:lisasaldana@aol.com)) or Karen Myers ([kmyers@emarine.com](mailto:kmyers@emarine.com) or at 561-776-4991) with your article.



In Our Next Issue:  
Group Sandtray  
by Elizabeth Metcalf, Ph.D.

### **Advertise in the FAPT Newsletter**

Business card sized ad: \$10.00

1/4 page: \$25.00

1/2 page: \$50.00

Full Page: \$75.00

Contact Lisa Saldaña [lisasaldana@aol.com](mailto:lisasaldana@aol.com) or 786-257-4657 to advertise in the next newsletter.

## Help Grow the Play Therapy Network

As we mentioned in our last newsletter, the Association for Play Therapy is once more running their "Member-Get-A-Member" Campaign. You can qualify for some great prizes if you recruit new professional members to join the Florida Association for Play Therapy and the Association for Play Therapy.

Win a FREE coupon for additional 10% off already reduced APT Bookstore member purchase prices to every member who sponsors three or more new APT professional members by 9/14/01. One FREE 2001 APT Conference registration certificate (value \$195) will be awarded to the member who sponsors the most new APT professional members by 9/14/01.

Remember: A new professional member is

defined as a mental health professional who was not an APT member in good standing as of January 1, 2001. Do you know mental health professionals who would add to our terrific group of professionals? Invite them to join! Know anyone who let their membership expire? Invite them back!

## Dues Versus Fees for RPT's and RPT-S's

Hey! I paid my membership dues! Why am I listed as inactive in the APT newsletter?!?

Membership dues and RPT/S fees are *not* the same thing. Your annual APT and Branch membership dues are paid on your anniversary month and entitle you to play therapy publications, discounts, and voting. Your annual RPT or RPT-S registration fees must be paid by April 1 to maintain your active RPT or RPT-S designations.

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### Member-Get-A-Member Campaign 2001

#### PROFESSIONAL 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.

"Yes, 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!"

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Degree/Designation \_\_\_\_\_

Social Security Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ (Confidential. Not published or released but used internally only for verification of identities.)

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

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

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

Membership Sponsor's Name: \_\_\_\_\_ Branch: **Florida**

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

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## **"The Page Cannot be Found or Displayed. . ."**

If you've been looking for the Florida Association for Play Therapy website lately, you've probably been getting this error message or a similar one. That's because since July 1st we haven't had a website.

Ever since FAPT first joined the internet, we have depended on free, community-type webhosts who had simple, "build-your-own-site" software *anyone* could use. Unfortunately, as the dot.coms have disappeared, so have these free sites. We moved from the Miami.com site when it went to pay-only. We were notified on June 1st that we would be "evicted" once more from the fapt/intranet.

We know how important a website is. It allows our members to get and share information, let's us post the newsletter for you to see, and gives you a forum to network. Because of this, the Board has approved the purchase of a domain name and the development of a fee-based site. We have purchased the domain name **www.floridaplaytherapy.org**, so that no matter where on the web we finally end up, you will always be able to find us by entering that name.

Tracy Howard is working hard to get us back online. If you belonged to our old site, we have your e-mail, and will contact you as soon as we're up again. If you know webdesign and want to help, contact Tracy at **psych student@hotmail.com**.

## **FAPT's Mission**

**--From the FAPT Bylaws**

The purpose of the Florida Association for Play Therapy, Inc. is to provide a forum for the discussion of play therapy ideas and concerns.

Our objectives are to: seek to advance the discipline of play therapy; conduct and foster programs of education in the field of play therapy; promote sound play therapy practices in the interest of society and the individual; advance high standards of professional conduct by conducting educational and professional meetings and conferences; inform and educate the general public and the mental health community about play therapy; establish contacts with various organizations for support and educational pursuits; and advocate for the rights of children, their families, and significant others.

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### **Join Us in Portland**

We are firming up the details on our annual meeting at the national conference. In the past, we have combined this meeting with an evening reception. This year, we are trying to arrange for a lunch time meeting, where we can discuss FAPT issues and have lunch together.

If you have concerns, suggestions, or other issues to discuss at the meeting, please contact Lisa Saldaña (786-257-4657) or Janet Courtney (561-624-8819 extension 3) to get on the agenda. Look for our flyers and signs around the conference to get the correct time and place.