

## GET INVOLVED!

- ◆ See page 7 & 8 for information on the Member-Get-A-Member Campaign.
- ◆ See page 6 for information on leadership and other volunteer positions.
- ◆ See page 2 about submitting articles for the newsletter.

Spring  
2001

### FAPT Board Members

President:

Lisa Saldaña

Vice-president

Janet Courtney

Secretary

Carole Sternlieb

Treasurer

Dora Finamore

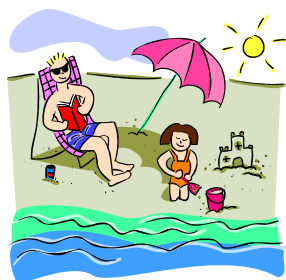
Member-At-Large

Elizabeth Metcalf

Immediate

Past President

Robert Nolan



# The Florida Association for Play Therapy Newsletter

## High Praise for Helen Benedict

### Attachment, Interpersonal Trauma, and Play Therapy

On Saturday, January 6, 2001, the Florida APT and the Institute for Continuing Education sponsored Helen Benedict, Ph.D., who presented on the topic "Attachment, Interpersonal Trauma, and Play Therapy."

A professor of psychology at Baylor University, Dr. Benedict is well known for her years of research on the "play themes" typically seen with children suffering from attachment disorder.

Her book on the subject should be out sometime within the next year.

Professionals from around the state came to hear Dr. Benedict discuss the basic concepts of object relations theory, attachment, the characteristic symptoms of attachment disorders, play therapy, and the relationship between attachment problems and major types of interpersonal trauma.

Dr. Benedict's presenta-

tion won high praise from participants. "It was wonderful," said one, "She really knows how to explain things so that it's easy to understand and see in your clients. I feel like I learned so much that I can actually use in my work."

The workshop was held at the Student Union Building at the University of Central Florida in Orlando.

**Continued . . . please  
turn to page 5**

### Contents:

APT News. . . . .	2
My Friend John. . . . .	3
President's Note. . . . .	6
Questions & Answers. . . . .	5



## **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 email to: [lisasaldana@aol.com](mailto:lisasaldana@aol.com)

## **Association for Play Therapy Board of Directors Meeting Notes:**

**During its meeting in Toronto on February 2 and 3, the APT Board of Directors voted on a number of issues which effect Florida members.**

- ◆ The Board voted to accept previous supervisor training earned by RPT-S designees and to apply those hours to the requirement that they earn at least four (4) clock hours of supervisor training during their next two continuing education cycles. This means that all RPT-S designees in Florida, who have completed the State's mandated 16 hour supervisor training requirement, won't need to obtain four more hours of training. When it's time to submit your CE information, you will be asked to provide proof of the supervisor training, too.
- ◆ APT will be co-sponsoring a demographic survey of APT members with Florida State University in order to generate more information about professional education and training needs, and other

career issues.

- ◆ The Board voted to emphasize consideration of diversity in APT and branch publications, as well as trainings, and membership campaigns.
- ◆ There will be a third pre-conference day as well as a free public forum for parents added to the 2001 APT International Conference in Portland, OR. (See page 8 for information on the conference).
- ◆ The 2003 APT International Conference will be held in Toronto, Ontario, Canada.
- ◆ The Association agreed to look at how it can more widely promote play therapy and collaborate with other associations. APT's goal in this is to benefit the general public by focusing on the importance of early intervention to promote the mental health of children and families.

Founding Newsletter Editor:  
Dora Finamore  
Editors:  
Karen Myers & Lisa Saldaña

# **My Friend John: A Play Therapy Technique**

**By: Robert D. Nolan, Ph.D.**

It has been my observation (and I suspect that of many others) that some of the children treated in Non-Directive Play Therapy settings tend to improve, sometimes dramatically so, in spite of the fact that the therapist may be inexperienced and/or lacking any well formulated conceptual model of child psychopathology. Whether this is a testament to the theory held by many, that the child is inclined to grow into psychologically healthy patterns of behavior given the opportunity to do so or whether there are subtle changes in the parent/child relationship that take place simply because the parents have reached a decision to seek help for the child is debatable. It seems clear however that there is a process of self healing that may occur so rapidly that the therapist is unsure of both the causes of the behaviors that brought the child into therapy or the therapist's contribution to the healing process.

There are children, however, who do not progress so well in the therapy situation and, in fact, their refusal to acknowledge or make reference to the behaviors which the parents find so disturbing, becomes even more entrenched over time. Ironically enough, this may be particularly true when the child has developed a good rapport with the therapist and even looks forward to the sessions. Such cases require, whether one is psychoanalytically oriented or not, to view the treatment of the child's resistance as crucial to the therapeutic process and to develop strategies to that end. Children may not wish to be free of their symptoms and ego-dystonic behav-

iors are not easily shared, particularly with someone whom you wish to think well of you.

## **PROCEDURE**

I have borrowed from the field of hypnosis, a technique loosely referred to as "*the my friend John*" strategy for inducing a hypnotic state in a subject who resists the process. Basically, the subject is instructed to watch the hypnotist put a fictitious subject into a trance state. The hypnotist then directs his attention to *my friend John* ( the make believe subject), who is seated in front of the hypnotist, and goes through the hypnotic induction. The resistant subject lowers his defenses and may well enter the trance state.

My adaptation is to create a fictitious child whose family structure and symptoms are almost identical to those of my patient. I introduce this fictitious patient whenever it has become clear to me that the child's resistance is entrenched to the point of jeopardizing the therapy. I casually remark that I have another child in treatment the same age as my patient or I introduce the make believe child in response to a question from my patient about other children who come to my office. Children are almost always curious about other kids who see the therapist. If the child asks his name, I remind him of the confidentiality shared by him and other children who come to the office which prevents me from telling him the child's real name. The following is from a child of 10 years who was referred because he was soiling his pants several times a week and was showing unacceptable hostility toward his 7 year old brother:

**Child:** Do you see any other kids my age?

**Therapist:** Yes, as a matter of fact, I've been seeing another kid your age for the last couple of weeks.

**Child:** What's his problem?

*Continued on page 4*

***My Friend John, continued from  
page 3***

**Therapist:** His parents are really upset because he's making in his pants and trying to beat up on his kid brother.

**Child:** Wow, is he getting better?

**Therapist:** Not really. I guess I'm not sure the best way to help him at this point.

This last comment on my part is intended to elicit the child's help in the treatment of the other kid. In effect, the strategy is to transition the child from the role of the patient to that of the therapist, and in the process, to gain mastery over his own behaviors. I have found, at this point, the patient will often make reference to the "other child"; if not, then I casually mention him during succeeding sessions.

Routinely, a point is reached at which the process may go in one of several directions:

1. The child may begin giving me his thoughts about why the other child behaves the way he does.
2. The patient may profess ownership of one or more of the other child's problems and is then more willing to share those behaviors and problems with me, or
3. The parents may report that the child is improving even though he has not talked about the behaviors in reference to himself.

In the last instance, the healing process seems to occur as a consequence of the patient helping the therapist heal the other child. The child described above followed the second scenario

but the parents reported the soiling was improving before he shared the behavior with me.

**Child:** You know I used to make in my pants too.

**Therapist:** Wow, just like my other patient.

**Child:** Yeah! His brother is probably a spoiled little fart just like mine.

**Therapist:** Is it still as bad?

**Child:** No, my folks and me have more fun now.

In the following few sessions with this patient, he made no further references to the other child.

### **SUMMARY**

The technique described in this paper is intended to specifically deal with the issue of resistance encountered in the therapeutic process that becomes ingrained and consequently serves as a barrier to a successful treatment outcome. It is, in effect, a sort of parallel therapy in which the therapist elicits the help of the child in curing the fictitious child and, in the process of taking ownership of the symptoms that brought the child into therapy and developing a positive motivation for change.

---

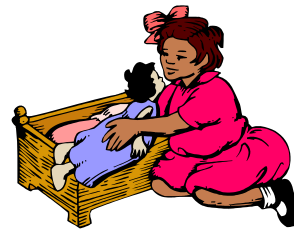
FAPT wishes to thank Bob Nolan for allowing us to share his technique with our members. See page 2 for information on submitting an article for the newsletter.



# Helen Benedict

*Continued from page 1*

FAPT would like to thank Jill Davis and Greg Nute for their extra help in organizing and coordinating arrangements for the event. It helped to make the workshop run smoothly and successfully! We couldn't have done it without you!



## You've Got Questions? They've Got Answers!

The following RPT-S's have agreed to be available by phone to answer any questions you may have about becoming an RPT or RPT-S. The listed RPT-S's may also be able to provide supervision. Look for a contact person in your area: They are here to help!!

**Sandra Barlow L.C.S.W.**

Tallahassee 850-681-6262

**Janet Courtney L.C.S.W.**

Jupiter 561-624-8819 ext.3

**Mary Foret PhD**

Orlando 407-595-7382

**Pamela Frank M.A.**

Orlando 407-649-8687

**Loretta Gallo-Lopez M.A.**

Tampa 813-237-2809

**Corinne Greenberg EdD**

Gainesville 352-335-9158

**Linda Hunter PhD**

Palm Beach 561-582-9284

**Diana Malca L.C.S.W.**

Aventura 305-682-9716

**Alicia Marti-Rodriguez**

Miami 305-663-0013

**Regenia Proskine MS**

DeLeon Springs 386-738-9169

**Lisa Saldaña L.M.H.C.**

Miami 786-257-4657

To add your name to our list, contact Karen Myers at [kmyers@emarine.com](mailto:kmyers@emarine.com) or at 561-776-4991

### Association for Community Counseling

Delray Office Plaza (561) 638-0908  
4723 W. Atlantic Ave. Fax: (561) 638-1115  
Delray Beach FL. 33445 Email:acc@gate.net

#### *The Language of Play*

##### *3 Weekend Workshops*

\$50.00 per 12 hour weekend. 2nd and 3rd at  
Intermediate-Advanced Level

#### *Client-Centered Group Play and Sand Tray: Theory and Practice*

March 24-25, 2001

#### *Caregivers as "Therapeutic Agents"*

*Involving Parents, Teachers, etc. in Play and  
Sand Tray with Children*

April 21-22, 2001

#### *Metaphors in Miniature: Exploring the Power of Sand Tray Therapy*

June 2-3, 2001

Presenters:

Linda B. Hunter, Ph.D. RPT-S  
Jane Robinson, LMHC, RPT

*Continuing Education available.  
Call 561-638-0908 for more information  
or to register.*

*APT provider number 99-051. Board of Clinical  
Social Work, Marriage and Family Therapy and  
Mental Health Counseling Provider Number  
BAP- 49, expires 3/2003.*

## **President's Note: Get Involved!**

As we continue to grow, FAPT needs enthusiastic members who want to get involved in the activities that enhance our organization. We know how busy everyone is, and there are many areas where you don't need to volunteer **too** much of your time and energy. We also have positions for people with a bit more time on their hands.

We are taking nominees for Board positions. Are you interested in serving as the secretary or treasurer? Don't let distance discourage you: We know it's a spread out state, so we're looking at setting up Board meetings via conference call! If you're interested, contact me.

Tracy Howard, a member in Tallahassee, has agreed to develop a much more interactive and well-maintained website. Anyone interested in working with her? If you are, please contact Tracy at:  
[psych\\_student@hotmail.com](mailto:psych_student@hotmail.com)

Want to help with the newsletter? Got a great idea for a NAME for the newsletter? Please contact Karen Myers through her e-mail [kmyers@emarine.com](mailto:kmyers@emarine.com) or at 561-776-4991

We want to bring more presenters like Dr. Benedict to Florida. Do you have a site that would work for presentations? Would you, or anyone you know, be willing to find presenters and help arrange and coordi-

nate workshops? Would you be interested in working on an education committee? Do you have any suggestions for future topics and presenters? If you answered "yes" to **any** of these, please contact our Education Committee Chair, Janet Courtney at 561-624-8819 ext.3

Want to volunteer for something I haven't thought of? Have other suggestions, ideas, opinions? Send 'em to me!

Lisa Saldaña

786-257-4657 or 305-412-8440 ext. 2

7765 SW 87th Ave Suite 104

Miami, FL 33173

or [lisasaldana@aol.com](mailto:lisasaldana@aol.com).

---

---

## **Linking Forces Conference**

The Tenth Annual Linking Forces Children's Mental Health Conference will be held at the Wyndham Miami-Biscayne Bay Hotel, 1600 Biscayne Blvd. Miami, 33132 on May 17 & 18, 2001. There will be over 65 presentations, many covering topics related to this year's emphasis on the expressive therapies: Music, art, and movement.

Continuing Education will be available for all licensed mental health professionals. Master plan points will be available for teachers and others in the school system. Unfortunately, they won't be able to provide play therapy CE this year, but this is still a conference that is valuable to anyone working with children! For information or registration forms, contact SEDNET 305-598-2436 or go to their website at: <http://www.dade.k12.fl.us/sednet>

*Images of Resiliency  
Troubled Children Create Healing  
Stories in the Language of  
Sandplay*

by

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

Description of sandplay process and resiliency model. Case studies of disturbed inner-city children of color. 56 full color photos of sand tray scenes.

*Special Author's Price: \$15.00*

Tax included; Shipping and Handling: \$3.00  
\$1.00 for each additional book.

Send check or money order payable to:

Linda B. Hunter, Ph.D.  
Behavioral Communications Institute  
2773 South Ocean Blvd. #502  
Palm Beach FL. 33480  
Tel. (561) 582-9284 Fax (561) 582-8279  
Email: Ray4s@aol.com

## **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 (786-257-4657 or lisasaldana@aol.com) to advertise in the next newsletter.

## **Help FAPT Grow and Win A Little Something For Yourself**

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. *There's an application on page 8.*

### **The Membership Campaign Awards:**

One **FREE** coupon for additional 10% off **already reduced** APT Bookstore member purchase prices to **each** member who sponsors three or more new APT professional members by 9/14/01.

One **FREE APT membership** to the individual member who sponsors the most new APT professional members by 6/30/01.

One **FREE 2001 APT Conference registration certificate** (value \$195) to the member who sponsors the most new APT professional members by 9/14/01.

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!

## *Play Therapy Workshops*

### *The Many Places of Play Therapy*

Presented by

***Dr. Corinne Greenberg, LMHC,  
RPT-S, NCC***

The following workshops are structured for participants to "make & take" creative play objects that they can utilize in their practice. Topics covered include death, children of divorce, incarcerated parents, foster care, attachment, adjusting and coping.

- ▷ ***Orlando***                      May 19, 2001
- ▷ ***Gainesville***                June 9, 2001
- ▷ ***Pensacola***                    June 16, 2001

Six (6) continuing education credits available. Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider Number BAP-502 Expires 3/2003. APT# 00-084

Call for more information and to register  
at **352-335-9158**

## **Make Your Plans Now!**

### **The 2001 APT International Conference October 19 & 20 in Portland, Oregon (Pre-conference sessions Oct. 16-18)**

They're putting the finishing touches on the conference schedule, which will be sent out around the first of May.. Join Eliana Gil, Kevin O'Connor, Violet Oaklander, Charles Schaeffer, and all of your other favorite play therapists for the most playful conference of the year! This year, the pre-conference series of full-day presentations has been extended to three days, with the regular conference held on Friday and Saturday.

The conference will be held at the Jantzen Beach Doubletree Hotel. Reservations can be made at 1-800-222-8733. Don't wait to make your plans, since hotel rooms on-site always sell out.

## **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 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 (559) 252-2278

Fax: 559-252-2297