



# THE HAWAII PLAY TIMES

THE NEWSLETTER FOR THE HAWAII ASSOCIATION FOR PLAY THERAPY  
JANUARY 2004

## HAPT President's Message

Dear Members,

Aloha HAPT members! I hope your holiday season was a blessed one. My name is Rebecca Rinehart and I am very honored to have been elected your president. Along with my fellow board members, Susha Cohen, Michelle Kaya, Inga Park, Pat Yuen and Sue Bergman, we would like to thank the members of the 2003 HAPT board for all their dedication, effort and devotion to making our chapter one of the most active chapters in the West. Sue Bergman, (President), Monica Evans, (Secretary), Carla Sharp, (Treasurer), and Pam Madeiros, (Member-At-Large), gave HAPT their gifts of time, energy, and devotion.

Sue Bergman will continue to serve the chapter as Past –President and has been an invaluable support to both myself and the Chapter. In addition to her duties as Past- President, Sue is Co-Chairing the upcoming Annual Conference along with Monica Evans. Monica continues to serve the Chapter through her hard work and genuine encouragement for the Chapter's development. Sue Bergman, Anita Trubitt, (who presented "Play Therapy Goes To Court") and I had the pleasure of attending the 20<sup>th</sup> Annual Association for Play Therapy International Conference in Norfolk, VA this October. It enabled us to experience different ways in which play therapy is used and promoted. Anita and I attended a very informative workshop on Supervision. Sue and I attended the presidents' reception , in which the presidents of the chapters were able to discuss various ways of promoting play therapy in their community. It was a very empowering, energizing two hours. I look forward to working with all of you in implementing some of those ideas. Sue and I also attended the conference reception and were able to talk with a number of attendees and presenters from all over the world. (Dr. Garry Landreth, who was our 2002 Conference presenter, and Dr. Janine Shelby who was our 2003 Conference presenter both send their "Aloha").

Because of my childlike curiosity, I snuck into a presentation of our upcoming Conference presenter, Dr. Heidi Kaduson. I was quite impressed with her presentation. Not only was it informative, but interactive and very energized. Dr. Kaduson is an entertaining, dynamic speaker whose knowledge is shared in a most interesting way. I highly recommend attending our Conference. I can promise that it will be well worth your time.

I want to thank you for this opportunity to serve our chapter. I welcome feedback, ideas and

suggestions. Please feel free to contact me at [president@hawaiiplaytherapy.net](mailto:president@hawaiiplaytherapy.net)  
Check out our website at [www.hawaiiplaytherapy.net](http://www.hawaiiplaytherapy.net) It has been described as “ very impressive, information – packed and snazzy” by Bill Burns, Executive Director of Association for Play Therapy.

I look forward to seeing all of you at our Annual Conference on February 20, and 21, 2004 at the Radisson Waikiki.

Haouli’ Maka Hiki Hou!

~Rebecca

## HAPT 2004 CONFERENCE

The sixth annual Hawaii Play Therapy conference will be held on Friday, Feb. 20, 9:00 am to 5:00 pm, and Saturday, Feb. 21<sup>st</sup>, 9:00 am to 4:30 pm. The conference site is the Radisson Waikiki Prince Kuhio Hotel.

The topic of this year’s conference is Cognitive-Behavioral Play Therapy. The presenter is Dr. Heidi Gerard Kaduson. She is Co-Director of the Play Therapy Training Institute in Hightstown, NJ, and is a past president of APT. She is an interesting, informative speaker.

On the first day, Dr. Kaduson will provide an overview of cognitive-behavioral theory, and will discuss how to incorporate such interventions into a play-therapy context. On day two, the topic is “Play Therapy Techniques for the School, Home, and Office”. She will focus on a variety of techniques and demonstrate their usefulness in helping children resolve psychological difficulties.

The early registration deadline is Jan. 20<sup>th</sup> (HAPT members for both days is \$185). It’s also possible to pay a pro-rated fee for one-day-only attendance. For a brochure or more information, contact either conference co-chair: Sue Bergman at [uhanesmb@yahoo.com](mailto:uhanesmb@yahoo.com) or Monica Evans at [monicaevans@hawaii.rr.com](mailto:monicaevans@hawaii.rr.com). Complete information on the conference can be viewed on the HAPT web site, [www.hawaiiplaytherapy.net](http://www.hawaiiplaytherapy.net).

(

This topic is certainly a timely one, given the circumstances in which many play therapists work in the state of Hawaii. So come on-- send in your registration. Support your HAPT, polish your skills, earn 11.5 hours of CEU’s, and spend an enjoyable day with your peers, all for the same low fee. You’ll be glad you did !

## OFFICE SPACE NEEDED

HAPT continues to search for office space. The ideal office would be about 500 sq. ft, and be located between UH and Pearl City. If you have an office to sublet, or know of available space, please contact Rebecca Rinehart ([kaimilani@earthlink.net](mailto:kaimilani@earthlink.net)) or Pat Yuen ([ysmen@aol.com](mailto:ysmen@aol.com))

## INTRODUCING . . . . YOUR NEW HAPT BOARD

Rebecca Rinehart (President): Rebecca grew up in Austria and Vermont, and came to Hawaii 10 years ago. She worked as a preschool teacher and nanny before receiving her Masters in Counseling Psychology from Chaminade. She works at CFS as the supervisor of the Early Intervention Program, and as clinical supervisor of Autism Services. She has used play therapy with children with attachment disorders and autism, as well as victims of sexual abuse. When she remembers to take time to enjoy herself, she likes to go to the beach, go ice skating (for which she was trained as a child), shop, and have lunch with friends

Inga Park Okuna (President-Elect): Inga has been an active member of HAPT since 2000. She received her Masters in School Counseling from Gallaudet University, with a specialty in deafness and mental health. She is currently a school counselor at the Hi. Center for the Deaf and Blind. She is a language interpreter, puppeteer and teacher/lecturer. As if this weren't enough to keep her busy, she is also foster mom to two sons, ages 21 and 10, and mom to a daughter, (23), and son (11). There's a wild rumor going around that the household also harbors 3 dogs, 2 cats, a turtle, a bunny, 3 chickens, a mynah, fish, a rat, and 4 mice. Wow !

Michele Kaya (Secretary): Michelle moved to Hawaii 17 years ago. She received her BSW and MSW degrees from the UH. She is currently a therapist at CFS, working with sexually abused children and their families. To de-stress and recupe, this active Board member likes to go roller blading and salsa dancing. One of her personal goals is to learn to play the piano.

Susha Cohen (Treasurer): Susha grew up in California and moved to Hawaii 14 years ago. She received her Psy.D. from the Am. School of Professional Psychology in Honolulu. She currently is in private practice, and also teaches at Chaminade. Susha is an accomplished musician. She plays percussion in her band, Shaka Jambe'. Their specialty is Afro-Carib-bean world music. She also likes to kayak.

Pat Yuen (Member-at-Large): Pat was raised in Missouri, lived in Texas and Japan, and traveled in the Far East before finally settling in Hawaii in 1970. She received her MSW from the U. of Hawaii, and has worked for many local agencies. She currently has a private practice. She has one son (aged 30) who lives on the mainland. She frequently gets "rock fever" which requires at least one or two off-island trips a year.

Sue Bergman (Past President): Sue (M.Ed.) is a school counselor at Likelike El. School. She is also a child and adult group facilitator for several community agencies. She has been a member of HAPT since its inception, and has served in some type of leadership role (board member or committee member) every year. She has also trained in sandplay, and belongs to many professional organizations. Sue's grown children live in California. In her spare (? !) time she enjoys swimming, reading, arts and crafts, singing and dancing. She maintains her energy level by practicing yoga, meditation, and other healing arts.

This very talented, multi-faceted Board is here to serve you during the next year. We'd like to hear from you—grumbles, plaudits, suggestions for improvement, anything ! You can contact each of us at the HAPT web site, [www.hawaiiplaytherapy.net](http://www.hawaiiplaytherapy.net)

## 4 HAPT MEMBERS ATTEND 2003 APT CONFERENCE

Sue Bergman, Rebecca Rinehart, Mary Lou Lomaka, and Anita Trubitt attended the annual APT conference held in October 2003 in Norfolk, Virginia. Below are reports by two of the attendees on the workshops they attended.

### PARTNERS IN PLAY: ADLERIAN PLAY THERAPY

by Terry Kottman, Ph.d., RPTS, NCC, LMHC

According to Dr. Kottman, Adlerian Play Therapy is based on four basic concepts of Individual Psychology.

1. People are socially embedded and have a need to belong. All belong in a different way; it is important to know how the child belongs.
2. People are self-determining and creative, always making choices.
3. All behavior is goal-directed; there is a purpose for each behavior.
4. Reality is subjective.

Adlerians believe that everyone has feelings of inferiority. Individuals try to overcome these feelings by developing a sense of belonging in the community. A child is considered maladjusted when s/he is not able to develop a sense of belonging in a positive way.

The toys needed for Adlerian Play Therapy are similar to other types of child centered play therapy. The child should be able to fully express ideas and issues. Toys are categorized as scary, (snakes, monsters, dinosaurs, wolf and bear puppets, etc.); family/nurturing (doll house and doll family, people puppets, kitchen ware, babies and bottles, etc.); aggressive (punching bags, weapons, handcuffs, tools for pounding, soldiers, pillow and bat, etc.); expressive family toys (art supplies, play dough, etc.); pretend/fantasy (dress up clothes, masks, doctor kit, sand box, white sheet, zoo and farm animals, building materials, etc.)

Adlerian theory views each family as a system; therefore the therapist must work within the system. Adlerian Play Therapy is child centered and very structured in its process, with five stages that may follow in order, though they usually overlap.

Stage 1) The therapist builds an egalitarian relationship. Separate initial meetings are held with parents and the child. It includes tracking the child's behavior, restating content, reflecting feelings, giving explanations, asking and answering questions. It includes returning responsibility to the child, using the child's metaphor, interacting actively with the child, cleaning the room together, and setting limits.

Stage 2) Exploration of the child's life includes aspects of the child's life style and the family system: A.) Examining goals of behavior/purpose for certain behaviors exhibited. B.) Exploring the crucial C's: courage, connecting to others, being capable, and the crucial premise that children count. C.) Exploring personality priorities of the child and parent and how they interact with each other. Personality priorities make up the most important aspect in a person's striving for belonging. There are four priorities: comfort, pleasing, control, and superiority. No category is worse or better than the other, but each has positive and negative factors. The counselor needs to subjectively look at his/her own reaction to the child, what

the child complains about, is striving to achieve in life, the child's strengths, and what the child is trying to avoid in life. D.) Learning about family atmosphere, including the parents' lifestyle, parenting styles, and the child's perception of how those elements affect his or her life style. E.) Examining the family constellation and the child's psychological birth order; how the child's perception of birth order has affected his/her life style and the strengths and limitations that surround it. F.) Soliciting early recollections which helps the child recall memories of when the child was younger. G.) Formulating hypotheses about life style convictions which assists the child's understanding when s/he is cognitively ready. Life style convictions are heard in statements such as "I am . . . I should be . . . or "I must. . ." or (when referring to others) "others are. . . should be . . . , the world or life is . . ." . The life style conceptualization gives the big picture of the child's world. The therapist needs to make a hypothesis based on information gathered in Stage two, to prepare for Stages three and four.

Stage 3) Helping the child gain insight into life style choices consists of sharing inferences in tentative hypotheses, interpreting play and verbalizations, metacommunicating (the core of A. Play Therapy, reflection of feelings, speculation about underlying messages, interpretation of the meaning of reactions or behaviors, etc.), use of metaphors, and connecting the playroom behavior to the real world.

Stage 4) Reorientation/reeducation helps the child generate alternative behaviors for outside the playroom, through teaching and practicing new skills, encouraging, etc.

Stage 5) Parent and teacher consultation includes parenting skills and the child's school behaviors from the perspective of the goals for misbehavior, encouragement, communication, and natural and logical consequences. Consultation also deals with issues that interfere with parenting and family relationships. The therapist does not see the child as the problem, but looks instead at the family system as a whole.

The goals for a child's misbehavior are a major focus in Individual Psychology and Adlerian Play Therapy. Adlerian therapists focus on the child's misbehavior and the adults' feelings in reaction to it, in order to help determine the child's goals for the misbehavior. There are four main goals of misbehavior: 1) if the adult feels annoyed, the child is probably seeking attention; 2) if the adult feels anger, the child is seeking power; 3) if the adult feels hurt, the child is seeking revenge; and 4) if the adult feels helpless, the child seeks to prove inadequacy. Kottman asserts that counselors need to check with the adults to see what they feel when a child behaves in a particular way, and how the child reacts to being corrected. This information is then used to teach parents to change the system so that the child's goals for misbehavior are not rewarded.

For more information, Terry Kottman can be contacted at: The Encouragement Zone, 110 E. 3<sup>rd</sup>. Street, Cedar Falls, IA 50613, (319) 266-0887, tkottman@cfu.net, or [www.encouragementzone.com](http://www.encouragementzone.com)

Submitted by Sue Bergman

~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~

## Reconnecting with my roots: A workshop attended at the 20<sup>th</sup> Annual Play Therapy International Conference

One of the hardest decisions I had to make the week I attended the conference was choosing which workshop to attend. I had so many interests and they all looked fascinating. However, “Cultural Considerations in Sandtray Storytelling” seemed to jump out at me. Perhaps it was the presenters’ names, Wendy Thunderchief, MA and Theresa Kestly, PhD. As an adult who was adopted as an infant, I know little of my biological history, except that I have Native American blood.

The workshop started with a Navajo ritual. Ms. Thunderchief then told a bit of her own story. She told of how her grandmother was her teacher while growing up in New Mexico and how her grandmother taught her that the sand (dirt) was sacred.

The workshop focused on the cultural issues that are related to the stories that our clients tell when they create sandtrays. Each of us has stories to tell and sometimes using a technique such as sand can help bring healing. Her examples of how the Navajo children were able to process their feelings using sand were fascinating.

Ms. Thunderchief described the medicine wheel and how it applies to each person throughout their lifetime. In each phase of life, there is a season, color, animal and direction. I got a sense that this is comforting for those of us, who sometimes “feel our age”.

The workshop ended with every participant receiving a small bag of sand, a paper, and a few small objects. We were invited to create our own sandtray and share. The first thing I noticed was that the sand was cold. Here in Hawaii, we are used to warm and (usually) hot sand. I did not find the sand at this cool temperature inviting, soothing or comforting. However, once I got over my tactile issues, I enjoyed this part of the session.

Overall, I enjoyed the workshop. I found it to be enjoyable, informative and a bit comforting to “connect” to a small part of my roots.

Submitted by Rebecca A. Rinehart,

### OFFICE SPACE NEEDED

HAPT continues to search for office space. The ideal office would be about 500 sq. ft, and be located between UH and Pearl City. If you have an office to sublet or know of available space, please contact Rebecca Rinehart ([kaimilani@earthlink.net](mailto:kaimilani@earthlink.net)) or Pat Yuen ([ysmen@aol.com](mailto:ysmen@aol.com))

### HAPT LIBRARY

Many thanks to Sandra Gorski Brough for her donation of six important books to the HAPT library. The library is located in the home of past-president and CE director, Anita Trubitt. The titles include books by Dr. Gary Landreth, Dr. Joyce Mills, and a wonderful text on Family Therapy by Nichols and Schwartz. For more information and titles, you may contact Carla Sharp (who is temporarily storing them) at [carlsharp@hawaii.rr.com](mailto:carlsharp@hawaii.rr.com).

## PROFESSIONAL OPPORTUNITIES

The first meeting of Sandplay Therapists of Hawaii will be held on Friday, February 6<sup>th</sup>, 2004, at the office of Diana Chee on Halekoa Drive in Aina Haina. The meeting will be held from 7pm to 9 pm. For more information on location or agenda, contact [carlasharp@hawaii.rr.com](mailto:carlasharp@hawaii.rr.com).

HARC (The Hawaii attach Resource Connection) is sponsoring its 2<sup>nd</sup> annual conference on attachment disorders, entitled "Foundations to Attachment". It will be held on April 23-24, 2004 at the Dole Ballrooms. For more information, contact Keith Kuboyama at 521-9531, ext. 232, or by email at [hawaiiattach@yahoo.com](mailto:hawaiiattach@yahoo.com).

The spring HAPT membership meeting and training will be held on Saturday, May 8, 2004, at KCC. Dr. Barbara Rutter will be presenting on "Using Play Therapy to Differentiate Between Attachment Disorder, ADHD, and Bipolar D.O. This three hour training is available only to HAPT members, and best of all, IT'S FREE. Don't miss out. Put it on your calendar now.

## Mahalo, Newsletter Contributors

Mahalo to everyone who contributed to this newsletter.

As always, we are looking for items of note or interest to our members. If you would like to contribute an article, have information for inclusion, or corrections to the newsletter, please contact Pat Yuen at [ysmen@aol.com](mailto:ysmen@aol.com), or [member-at-large@hawaiiplaytherapy.net](mailto:member-at-large@hawaiiplaytherapy.net), or call 839-4981.

If you received this edition of the newsletter by regular mail and prefer to receive it by e-mail, send your name and e-mail address to Pat Yuen.

## Contacting HAPT

Visit the HAPT Website: [www.hawaiiplaytherapy.net](http://www.hawaiiplaytherapy.net), call our voice mail at 440-4624, write to P.O. Box 1428, Kailua, Hawaii 96734; or email members of the HAPT Board of Directors:

### HAPT 2003-2004 BOARD OF DIRECTORS

Rebecca Rinehart, President, ([kaimilani@earthlink.net](mailto:kaimilani@earthlink.net))

Inga Park Okuna, President-Elect, ([ingapark@aol.com](mailto:ingapark@aol.com))

Michele Kaya, Secretary, ([mmkaya@hawaii.rr.com](mailto:mmkaya@hawaii.rr.com))

Susha Cohen, Treasurer, ([scohen@hawaii.rr.com](mailto:scohen@hawaii.rr.com))

Pat Yuen, Member At Large, ([ysmen@aol.com](mailto:ysmen@aol.com))

Sue Bergman, Past-President, ([uhanesmb@yahoo.com](mailto:uhanesmb@yahoo.com))

APT New Membership Application  
NEW MEMBER

First Name\_\_\_\_\_ Last Name\_\_\_\_\_

Degree/Designation\_\_\_\_\_ Branch\_\_\_\_\_

SSN\_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
(confidential, used for ID purposes)

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

Address\_\_\_\_\_ City\_\_\_\_\_

State/Prov\_\_\_\_\_ ZIP\_\_\_\_\_ Nation\_\_\_\_\_

Telephone (\_\_\_\_\_)\_\_\_\_\_ Fax (\_\_\_\_\_)\_\_\_\_\_

Email\_\_\_\_\_

MEMBER SPONSOR \_\_\_\_\_

ANNUAL DUES (check Professional or Affiliate below)

\_\_\_\_Professional (mental health professional): (APT dues are \$55.00, plus \$20 for HAPT)

\_\_\_\_Affiliate (parent, full-time student, non-mental health professional): (APT dues are \$30.00, plus \$10.00 for HAPT)

If credit card: \_\_Visa \_\_MasterCard, Acct # \_\_\_\_\_,

Exp Dt\_\_\_\_\_, Signature\_\_\_\_\_

Mail Application with Check or Credit Card Payment (in US Dollars only) to:  
Association for Play Therapy, Inc., 2050 N. Winery Ave., Ste. 101, Fresno, CA 93703