



Hawaii Association For Play Therapy Newsletter

May 2009

President's Message

Dear Fellow HAPT Members,

It is my pleasure to bring to you this message as HAPT President. Spring is in the air and spring is usually associated with a time of change or new beginnings. HAPT has a tradition of being an exemplary branch of the national Association for Play Therapy. But, we find ourselves in a period of transition as we reassess our resources; while at the same time maintain our ability to shine as an enviable group of dedicated Play Therapists. HAPT appreciates the feedback that has been received regarding the decision to offer 1 Workshop in 2009. Please rest assured that all feedback will be considered by the HAPT Board as we continue to consider options during the Annual Planning Meeting which is scheduled for June 27, 2009 and July 11, 2009.

In this time of transition, we had the opportunity to provide as presenter, the well-known Dr. Garry Landreth. It was an informative presentation on *Child Parent Relationship Therapy (CPRT)* delivered with expertise and charming wit. Many thanks go to our volunteers who put the workshop together. These volunteers are:

Program Committee Co-Chairs:

Lyn Lee, MSW, LCSW

Inga Park Okuna, MA, CSC

Other Volunteers:

Anita Trubitt, MSW, LCSW, RPT-S

Nami-Anne Dolan, MEd, NCC

Michelle Birdsall, MSW, LCSW

Peggy Brandt, MEd, LMHC

As mentioned at the Semi-Annual Membership Meeting prior to the workshop, HAPT greatly appreciates our volunteers for all they do. Please consider joining us as a volunteer or encourage someone else to volunteer as we cannot function as an organization without the many people who "step up" each year to fulfill the many roles required. What is most pressing at this time is securing a 2010 Conference Committee Chair.

If you have feedback that you wish to be considered at the Annual Planning meeting or if you wish to be a volunteer, please email me at drrivera@betterlifebydesign.com Thank you for your continued participation as a HAPT member and also for giving me the opportunity to be a representative of the "serious business of play."

Linda Rivera, Psy.D.
HAPT President (2008-2009)

Annual Conference

Hawaii Association for Play Therapy's

11th Annual Conference was held on February 26 and 27, 2009 with Sue Bratton, PhD, LPC, RPT-S. **Play Therapy with Traumatized Children** was the subject on the first day, and it focused on interpersonal trauma that resulted from a relationship break or loss of primary relationship. The second day, was titled **Parents and Caregivers: Crucial Elements in the Therapeutic Process of Play Therapy**. Dr. Bratton also explored involving parents and teachers in the therapeutic process.



Dr. Bratton (middle) with conference chairs, Sue Bergman and Monica Evans (missing is Mary Milnor).

COMMENTS FROM PARTICIPANTS

Regarding Dr. Bratton's "Weekly Parent Report", one participant stated that she was looking forward to using this tool and understands the importance of helping to build the protective bubble around the child client.

Another participant learned about how trauma affects people physiologically and learned about the Family Art Assessment and other activities to use in her practice. She appreciated the experiential exercise and videos.

Silent Auction

Many thanks to Pat Yuen who helped with the Silent Auction. Special thanks to those who generously donated items:

Sue Bergman
Margaret Bubon Smith
Shelley Calderia
Monica Evans
Linda Rivera
Carla Sharp
Teresa Shigemasa
Anita Trubitt
Pat Yuen

SUGGESTIONS FOR FUTURE CONFERENCE TOPICS

Participants of the two day workshop were also able to express their preferences for future conferences:

- #1 Sand Play
- #2 Attachments Issues
- #3 Family Play Therapy
- #4 Play Interpretation
- #5 Play Therapy in the Schools

MAHALO !!

Special thanks to conference chairs Sue Bergman, Monica Evans and Mary Milnor for all their hard work! Thanks also to the numerous volunteers who helped make the conference possible.

Semi Annual Workshop

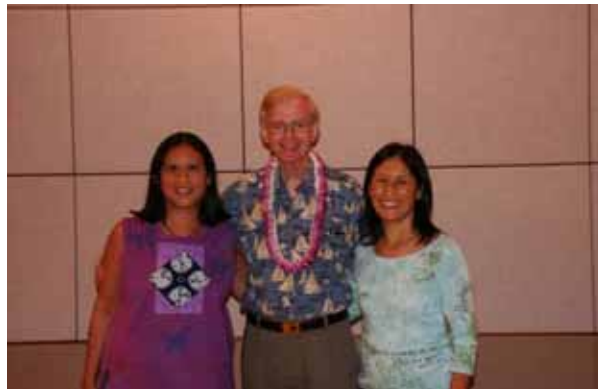
~~Dr. Garry L. Landreth, LPC, RPT~~
Dr. Garry L. Landreth, LPC, RPT

May 16, 2009

Tokai University

“ Child Parent Relationship Therapy (CPRT): A research Based 10 Session Filial Therapy Model”

Dr. Garry L. Landreth, LPC, RPT-S



Dr. Landreth with Program Chairs
Lyn Lee & Inga Park-Okuna

Child Parent Relationship Therapy (CPRT): A Research Based 10-Session Filial Therapy Model:

The workshop focused on the dynamic relationship facets of training parents to be therapeutic agents in their children's lives. Using a format of didactic instruction, demonstration play sessions, required at-home play sessions, and supervision, parents are taught basic child-centered play therapy principles and skills including tracking, responsive listening, reflecting feelings, returning responsibility to children, the ACT model of limit setting, building children's self-esteem and how to structure weekly 30-minute play sessions with their children using a special kit of selected toys.

Comments from participants included:

"It was great! The day went fast! A tremendous education in filial play therapy. I can't wait to use it with my families."

"Learned about the filial therapy group sessions and how to frame concepts and get past resistance, how to give specific acknowledgement. "

"One of the best workshops attended, excellent teacher, loved Garry's humor!"

"Lots of ideas for helping parents build engagement with their kids via play."

"Learned info about filial therapy, I had not hear of it prior to this, excited to learn more and try it out."

"Dr. Landreth is a gifted presenter, he modeled patience, useful techniques, step-by-step process, I appreciated his gentle presence with the children; workshop great, thank you for this wonderful opportunity to listen and learn with Dr. Landreth. I really loved this presentation."

"Please bring Dr. Landreth back! "

UPCOMING TRAININGS

12th Annual Conference

Mark your calendars now...

February 25-26, 2010

with

David Crenshaw, PhD, RPT-S

Dr. Crenshaw works with children and adolescents. His areas of expertise include: bereavement, engaging resistant children in therapy, understanding and treating aggressive children.

Details to follow

Sponsored by the Hawaii Association for Play Therapy. Additional information will be posted on our website: www.hawaiiplaytherapy.net

Meet the Members.....



HAPT member Emiko Baker...

I received my graduate degree from the University of Hawaii, Manoa with in 1978, with a concentration in direct services. Most of my work has been within the field of children and family services. It's been only the last five years I have returned to work because in the previous years, I delayed my career in order to take time to home school our children. Now, I work as a preschool outreach counselor for Community-Based Early Childhood Education of Kamehameha Schools. We have counselors assigned in all of the islands in various regions. We currently serve 1500 preschoolers and have 30 sites island-wide.

Many times, the preschools are the first time experience for the children that are enrolled. While they provide a wonderful educational opportunity for these children, the school routines may cause some of the children to exhibit behavioral challenges that are beyond the normal

developmental expectations. This is when a team of school staff and parents/guardians begins a process of assessing the child's needs. Usually, after a support plan is developed, the counselor's role is to work with the child in their classroom or provide "play counseling." Parents are also an integral part of the counseling process. Other times, the child may not necessarily be exhibiting a behavior, but is a concern to the family or teacher when they feel the child might be processing a recent divorce or a new sibling in the family or other family issues. This is when, just the counselor may provide only counseling services without involving the whole school staff.

Since each counselor serves many different sites, a vacated office will be used and a suitcase filled with toys becomes their means of having a portable playroom. Child-centered non-directive play counseling are often used for those children major life transition, such as a divorce or a death in the family, body safety issues, and other kinds of family issues that affect the child's school adjustment. At other times play tutoring or a cognitive approach may be used to help a child learn how to interact appropriately with their peers.

After a period of counseling, most of the children's behavior improves, however, in the case where the challenges still persist or the behaviors of the child are much more than the scope of services the counselor can provide, the child and their family are referred out to the Department of Education or encouraged to consider other professional counseling services.

From the beginning to the end, CBECE embraces these children by providing a preschool education as well as an incredible amount of support for them and their families.



HAPT member Marilyn Choy-Gibson...

Lyn, our intrepid member-at-large has launched a new campaign to help introduce members to one another. Lyn asked that I introduce myself to the membership of HAPT and share the way I use play therapy. She caught me in my middle-age stage entitled "why not?" which is why I agreed to do this, and encourage you, whatever stage you may be in, to agree when she asks you to contribute something as well.

I am Marilyn Keikilani Choy-Gibson. I am a Social Worker and have been one for almost 30 years. We have been exposed through our HAPT conferences over the years, to a number of approaches to play therapy. We have been shown work with individuals to families, non-directive to directive play. These all fit for me because my walk with play in therapy, as opposed to traditional client-centered play therapy, has been a fairly long, winding, eventually circular one. One of the early concepts of family therapy I learned was that of context and its importance in attributing meaning. So here is the context.

My first practicum client was 4 and $\frac{3}{4}$. My instructor was psycho-dynamically trained and I read Axline. It was at that point that my understanding of process and play were created. A struggle emerged then, which has transformed into a dance which continues to this day in my practice. The “thing” was behavior modification in most of my classes way back then, and process and dynamics were emphasized in my practicum. The following years after school, were full of work with children, adolescents and their families. The venues differed and included outreach, in-home therapy, outpatient, residential and day treatment. In residential work, people are alert to how you can manipulate the environment and activity, to create therapeutic moments.

I had the pleasure of being attached to a program that used sailboats, including building them, camping, and canoeing as growth activities for youth. Changing the rules of standard games, created challenges for the students. Regardless of the setting, work was always done with individuals and their families. Family Therapy training planted the seed for thinking of play within families as a way to move rigid boundaries. There has always been a deliberate experiential component evident in my approach, with heavy emphasis on the use of metaphor. I am not a dancer, but took dance classes and hula. These inform my awareness of the body.

As a student, I took Harriet Glass' Creative Movement Class and have used the material both with families and staff groups. I should also say that my undergraduate degree is in Speech Communications which speaks to storytelling, reader's theatre, assuming roles etcetera. It took me over 20 years before working my way to Carla Sharp and her training, but I got there, and in some way returned to the roots of play in my practice.

How have I used play in therapy? My “bag of tricks” is a hodge podge collection. I have used play in a range of ways, starting with the standard use of miniatures, toys, art, acting, in a non-directive way. I do use these with adults as well as children as needed. These same techniques are used in a directive way to look at specific issues. For example, someone may be asked to “think” about a conflict and capture it by manipulating items in the sand tray. Families use items to explore relationships in an objective, non-threatening way, laying items in the sand tray, or on the floor or on the coffee table in front of us.

It is important to note, that I do not do Sandplay, which is a specialized discipline. One family created a game of their own which the children liked to play at the end of sessions. I teach parents to follow their children's play, just so that they are sensitive to the material imbedded, and also as a way to strengthen attachment. Movement is used in play sometimes to work on regulation. Sword fights are done in slow motion for example. Mom's and children dance and stop when the music or rhythm stops. A family therapy technique called the Dynamic Family Sculpture is used where members act out their roles simultaneously, creating a living breathing display of family dynamics.

Once, in working with a family, the metaphor of a canoe paddling team was used and they arranged themselves and re-arranged themselves until they had the best configuration for the most effective sprint. It identified the pattern of parental monitoring needed in the home. I have used ground initiative games with kids and families, where they must work together, and problem-solving and parenting styles emerge. Sound is used, as well as rhythm. Just the other day a child and I joined

playfully, through humming. This actually started as a therapist error, but that is a whole other story; taking errors and creating something with them. I have used rhythm in therapy. Once an escalated child was not ready to talk, but he drummed a rhythm on an exercise ball which happened to be near, and we engaged in a drumming dialogue until he was calmed.

When nothing else has been available, ants on a sidewalk have served as miniatures, and a coconut on the beach has been the metaphor for a young lady's lack of attachment to her adoptive family. Lastly, I have watched a boy, kill a centipede as though his life, his friend's and mine, depended on it. In a moment, he transformed from a troubled and troubling child, into an empowered hero. Yes, we were not indoors, and yes, this could have been another big therapist error. I suppose it captures some important characteristics of a therapist using play.

As practitioners, we are required to be at once, disciplined and flexible, leader and follower, provider of safety and taker of risks. We have specific training at our disposal, and then must also use intuition at the highest level, so that when the therapeutic "moment" appears, we are ready to honor and witness it, and admittedly sometimes expand it. While some are lucky to practice in well prescribed environments, many work with unpredictability, crisis and chaos daily. It also is a description of the lives of the people with whom we work. It has been my experience, that when play is introduced, wherever it is introduced, and in whatever form, boundaries shift, and people are revealed in more expanded ways. This allows change to take place, and isn't that what it is all about?

Mahalo,

Marilyn

CONGRATULATIONS LIZ KONG!

Liz completed the requirements to become one of the latest HAPT members to become a Registered Play Therapist!! Well done Liz!

Looking for Play Therapy Supervisors? Looking for Play Therapy Supervisors?

Hawaii Registered Play Therapy Supervisors

Members who are interested in receiving their credentials in play therapy (i.e., Registered Play Therapist), and/or those seeking counsel regarding those sometimes sticky complex cases, here's your opportunity! Below is an updated list of your friendly neighborhood Registered Play Therapist Supervisors who are extending their offers:

Carla Sharp, APRN, RPT-S, STAISST - Offers individual supervision by appointment and has held group supervision once a month for 13 years. Currently, group supervision is open to anyone and meets on the first Saturday of each month from 9am to 12pm at her office at 315 Uluniu Street, Kailua, #207. Attendees bring play therapy material and/or videos of their session for support and feedback. She has also created a Play Therapy Training Package which allows one to purchase 100 hours of training and 35 hours of supervision at a discounted rate. You can email her for more information at carla@carlsharp.com.

Teresa Shigemasa LMHC, RPT-S - Behavioral Health Specialist at Sunset Beach Elementary School on the North Shore. Please contact through email: tshigema21@yahoo.com Expertise is in the use of Play Therapy to address a host of diagnostic issues within the educational model. Willing to travel to a more central location for interested members.

Margaret Bubon Smith, MA, MFT, RPT-S – Currently the Director of Healthy Start at Child and Family Service on Kauai. Experience with foster care, child abuse, and preschool age children. She can be contacted at mgtbubon@hawaiiantel.net or via phone: 808-332-5200.

Anita Trubitt, LCSW, RPT-S – Private Practice with specialty in divorce/paternity cases where custody and visitation are issues. Supervision or consultation available. Contact through email: trubitt@hawaii.rr.com or by phone: 808-261-2524.

Laura Williams LCSW, RPT-S - Works for CFS in Waimea on the Big Island of Hawaii. Contact: 808-895-0989. Expertise is in attachment and children with autism.

More News

NEWSLETTERS WELCOMED: As always, we welcome contributions to the newsletter: review of play therapy literature tips or techniques you have found helpful; resources; upcoming trainings related to play therapy; letters to the editor, etc Please contact the Member-at-Large at lyn_jlee@hotmail.com.

REMINDERS:

If you received this edition of the newsletter by regular mail and prefer to receive it by email, please send your name and email address to lyn_jlee@hotmail.com. To ensure that you receive all HAPT news in a timely manner, please inform us of any name or address changes. Mahalo! To those of you who received this newsletter via email and do not wish to receive future email from HAPT, please type "Remove Me" in the subject line and return the email. As a reminder, past editions of our newsletters are available for viewing at our website: www.hawaiiplaytherapy.net.

CONTACTING HAPT:

Please visit us on our website at www.hawaiiplaytherapy.net. We can also be reached by writing to P.O. Box 176, Pearl City, HI 96782, or emailing members of the HAPT Board of Directors.

HAPT Board Members



Lyn Lee, Mary Greany, Linda Rivera, Dr. Landreth, Peggy Brandt, Teresa Shigemura and Nami Dolan

Linda Rivera, President (drrivera@betterlifebydesign.com)

Nami Dolan, President-Elect (president-elect@hawaiiplaytherapy.net)

Teresa Shigemasa, Past-President (past-president@hawaiiplaytherapy.net)

Peggy Brandt, Secretary, (secretary@hawaiiplaytherapy.net)

Mary Greany, Treasurer, (treasurer@hawaiiplaytherapy.net)

Lyn Lee, Member at Large, (lyn_jlee@hotmail.com)