

Play Gram

November 2016



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Happy Fall INAPT members!

I was so happy to see close to 90 Hoosiers at the International Association for Play Therapy conference in Louisville. It was wonderful having the opportunity to network with one another and to get to know each other better. I saw many familiar faces and met some new members too. That is my one of my favorite parts of national conference.

I hope agree that we had such great opportunities to hear some of the brightest and best presenters. I am truly grateful to be a member of such a great organization. APT does a phenomenal job of coordinating and facilitating this quality conference year after year. I know the challenges and intricacies of helping organize a state-level conference and have so much respect for their hard work and dedication in providing an event of that magnitude. For those of you who were unable to attend I hope you will mark your calendars for next October in Minnesota.

At the state level, I am very pleased to announce Rick Gaskill will be our presenter at the Ritz Charles June 22nd and 23rd. Please mark your calendar so you don't miss out.

Thank you for being a member of InAPT!

Susan Moody



*"A thankful heart is not only
the greatest virtue, but the
parent of all other virtues."*

Cicero

Check us out

Facebook:
Indiana Association
for Play Therapy

Online:
www.IndianaAPT.org

Techniques, interventions, and ideas...

The Feelings Volcano - contributed by Heather Sliker

This activity is a great way to incorporate the process of anger expression with art. Have the child draw a volcano. On the left hand side leading up to the top of the volcano, list triggers to anger. For the “lava” part of the volcano, list how the child expresses their anger. On the right side of the volcano, list what it looks like after the child has expressed their anger.

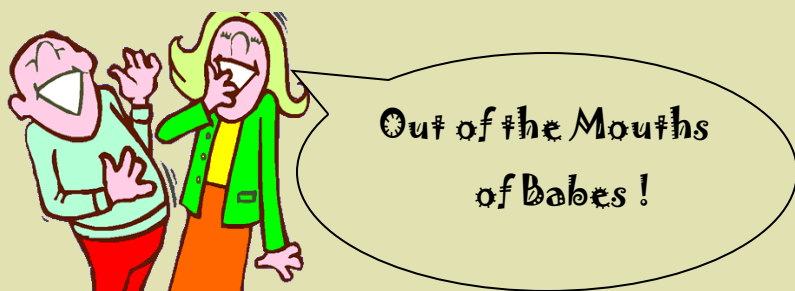
To incorporate coping skills, have the child write out coping skills on the pieces of paper cut out to look like rain drops. Have the child place the “rain drops” on the volcano to discuss what would happen if they used their coping skills instead of acting on their anger.

This can also be adapted to fit family sessions as well.

Another Use for Gingerbread Silhouettes -

contributed by Claudia Dominik

Sometimes it is difficult for parents to see their children’s trauma and it is difficult for the children to communicate the pain and hurts they have. I have used gingerbread silhouettes to have the child draw their wounds. It is interesting what and where they will draw as their wounds. When asked to describe them you learn a lot about the depth of pain and scars the child feels. I have used this technique in the beginning of sessions to give parents, child and therapist an idea of how the child is doing and feeling that day. I also use it periodically as a scale of the how the child is doing overall.



Never underestimate the power of an overheard conversation. . .

A 3 1/2 year old boy was playing a game with his family. One of the questions was “name one thing you most dislike” His response was “Democrats!” said with a great deal of emphasis. Apparently he had been listening to his grandfather talk.



A group of Hoosiers gathered to network and visit at the National Association for Play Therapy in Louisville before going out to dinner.

Training and Supervision Opportunities

Heather Maritano provides **individual and group supervision** for seasoned or emerging therapists looking to enhance their skills, develop a deeper understanding of themselves and their work, and obtain RPT or RPT/S.

In 2017 Heather will be conducting **training** on sandtray, family play therapy and supervision. Of particular interest might be the 30 hour supervisor retreat that provides all that you need to put the S behind your RPT. She is also willing to put together workshops and retreats adapted for your needs. For more information contact Heather at 812-323-8230 or through her website www.heathermaritano.com.

Rebecca Peters is willing to do **individual supervision** for those wanting to work on their RPT or RPT/S or just wanting to improve their play therapy skills in the Lafayette area. Contact Rebecca Peters at 765-463-3016 ext#7 or innerstrengthcounseling@outlook.com for more information.

Peer support and consultation group for those wanting an opportunity to discuss techniques and get ideas for working with a variety of clients. It will be meeting in Elkhart one Friday a month at 12:00. If interested in more information, contact Joyce Menchinger at 574-262-3597 ext 103 or jmenchinger@gmail.com.

Supervision Janel Quillin, LCSW, RPT-S, is willing to do individual or group supervision for anyone wanting to work on getting their RPT. They can call her at (574) 207-3147 or email butterflycounseling@centurylink.net.