



# Hawaii Association for Play Therapy Newsletter

April 2013

Aloha HAPT members

Mahalo for coming out to our annual conference and your continued support of HAPT. A big Mahalo to Gina Eustaquio and Elizabeth Kong, our conference chairs, for their hard work in putting together a well-organized conference.

Each year we are asked to meet the national Association for Play Therapy requirements to be in good standing. This year we met and in some areas surpassed the requirements. Our membership has stayed the same, but we hope to increase it through your word of mouth. Please encourage your colleagues to learn about HAPT and its benefits. We also invited Carla Sharp to share an Introduction to Play Therapy targeting students and new therapists. We look forward to providing quality play therapy trainings and outreach throughout the year.

Mālama Pono

Shelly Tokunaga-May



*This year HAPT awarded the first annual "Honoring Bonnie" scholarship to honor the memory of Bonnie Coutsourakis. Bonnie's daughter-in-law, Tennille Coutsourakis was awarded the scholarship. The scholarship covered the cost of HAPT's two day conference held in February. As the scholarship recipient, Tennille was asked to write about her experience at the conference.*



I want to thank all those who had a hand in selecting me to be the recipient of the Remembering Bonnie Coutsourakis Memorial. Dr. Green

provided so much information that I think it will be invaluable for me to use in my future practice. Activities such as the mandala technique will be helpful in helping children to relax and provide a window into the child's experience and the cultural collage will give the child a forum in which to illustrate where he or she has come from. I liked the idea of using clay colors to represent feelings and placing them in a heart so I can have a way of assessing the child's pain and emotional status.

In addition, Dr. Green provided tips such as letting the

child come to his or her own pace with healing and allowing the child to look to the therapist to facilitate this process. I felt that using the sand tray in conjunction with reading a fairytale was something that I have not heard about before in my experience with sand therapy. I understand that it is helpful for getting a child in touch with what symbols he or she relates to.

I think the most important thing that I got out of this conference is that this is an exciting way to tap the unconscious and how important it is to allow the

individual to do the interpretations of the activities that he or she decides to use. Ultimately, I learned the importance of symbols and how they can be used to communicate and make sense of our own inner world.

Since learning these techniques, I am in awe of Dr. Green's work with children and he is an inspiration to me. He looks so fulfilled when he showed us the

pictures of the children he has gone out to serve these broken communities. I learned so much about myself through the work that we did at the conference and I felt that Bonnie's spirit was with us through those two days. I pray that I can impact children the way that Dr. Green has and now I know I have the tools to make that happen.

*Thank you all!*



## A new column... [News You Can Use](#)

...please submit ideas or text to your HAPT Member-at-Large!

### Military Programs

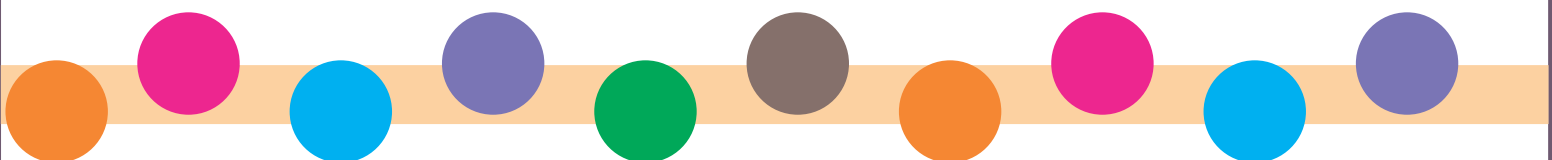
The military usually seems like a big black box to those on the outside—a box filled with acronyms and a structure that don't make sense to outsiders. Well, as a 7 year 'veteran' of working for the Marine Corps, let me assure you, it is only marginally less inscrutable when you are a civilian working for them. However, I would like to tell you about some of the programs that many of your clients might be using or could use if you suggested it to them, programs that could be an additional support to whatever work you are doing with them.

### New Parent Support Program

I work for New Parent Support Program on the Marine Base in Kailua. (We insiders refer to it as K-Bay, for Kaneohe Bay.) All branches of the US military have a New Parent Support Program and they are located on every US military base in the world where there are families. Each branch and even each base run theirs a little differently, but the basic outline is the same. The program is funded as an abuse prevention program and is usually under the umbrella of the Family Advocacy Program (more on FAP later). The target population usually is any family where someone is pregnant, including a single female service member, or there is at least 1 child 5 years old or under. The primary activity is parent education and emotional support done on Home Visits. I like to describe my job as getting paid to be grandma, as the main problem is that most families are young and far from their families and normal support groups. NPSP is not a counseling program, though sometimes what we do looks like counseling. I like to think of it as softening people up to start seeing a therapist. Some bases have weekly play mornings. On K-Bay we

*“Play is the only way the  
highest intelligence of  
humankind can unfold”*

*Joseph Chilton Pearce*



have one a month, called the Itsy-Bitsy workshop. Lots of work, but fun for all. Anyone can come, any age and it's free. It's a good way for mom's to meet other mom's or at least get out of the house and away from the TV for one morning. We have a 6 week parenting class and a monthly 1 day Baby Boot Camp to go over labor and delivery, breast feeding, what to do with the critter when it arrives, etc. We also have a Breastfeeding support group, a New Mom's support group and a monthly Expectant mom's group. Our services are voluntary, but of course as it is the military, some clients are less voluntary than others. In our program if a family is in the Child Protection system we work closely with the family to help them through the process and to help 'translate' between the civilian and military programs, as usually they have to deal with rules and services from both sides. Some bases do not work with families involved with Child Protection or Family Advocacy. Which leads me to Family Advocacy...

### **Family Advocacy**

The Family Advocacy Program at K-Bay has 2 parts. They do **general counseling**, now including Play Therapy since Lyn Lee came aboard. Several have also been trained in PCIT and are working on getting certified. Their main role though is **dealing with families where there has been an incidence of family violence**. They provide a ton of services to the families, as well as case manage the legal procedural parts within the military system. So if you hear that a case is going to the IDC or the CCSM what does that mean? (It may be different acronyms in different branches of the military.) The IDC is a command level group, including a representative from the legal and medical departments that decides if an incident meets the criteria for abuse. (I know what you want to ask, but it's complicated. Better not to ask.) The goals are protection of all family members and to help the family correct the situation. They do not make decisions about consequences or 'punishment'. When a case is substantiated, it is referred to the CCSM, a committee of FAP counselors who will decide what services will be helpful to the family. Even if a case is not substantiated, the CCSM

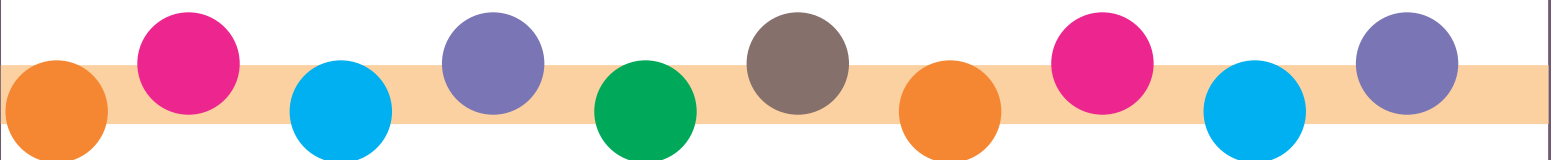
can recommend services. The services recommended are mandatory for the service member, but only recommended for the civilian family members as the military cannot order a civilian to do anything. The services can include: A referral to NPSP if there is a young child; to SACC if there is a substance abuse problem; attendance at FAP classes such as 'Cage the Rage' (anger management), Building Healthy Relationships, Domestic Violence education for the perpetrator and victim (separate classes) and others, and counseling. The family can have counseling with a FAP counselor or go outside through Military One Source or Tricare. The good thing is that commands allow members the time off to do these services and many follow their progress closely. The enlightened commands put more emphasis on improvement than on punishment when putting things in service members' records. A FAP case can negatively impact a service member's chances for promotion or re-enlistment. This process may be a bit different on different bases, but the pattern is basically the same.



### **Victim Advocates**

Victim Advocates are part of the Family Advocacy programs. All bases have them. They are on call 24/7. They are fabulous. There is a thing called **Restricted Reporting** where a victim can use the services of the victim advocate without making an official report that has to go to the command and become a formal FAP case. This allows people to get services without the fear factor. They often become official cases but only if the victim wants it to.

If you are seeing someone in one of these programs or want to refer someone to them, call them up. We love good, open communication, with the proper



releases in place. Since so many service members use Tricare and MOS, you might want to introduce yourself to the FAP and NPSP and other counselors as they are a great source of referrals.

Phone numbers:

**New Parent Support Program:**

Marine Base **808-257-8803**

Pearl Harbor/Hickam: **(808)-474-1999**

Schofield **(808) 655-4787**

**Family Advocacy:**

Marine Base :**808-257-7781; 7780**

Pearl Harbor/Hickam **808-474-1999,**

Schofield: **808-433-8579**

For the numbers at other bases, go to the base websites and search for the program numbers or call the main base information number.

Other important programs for another time:

**FOCUS**—Provides resiliency training for Marine and Navy families facing deployment. They focuses on families with school age children and the family does not have to have a deployed member. Great family group work. **257-7774**

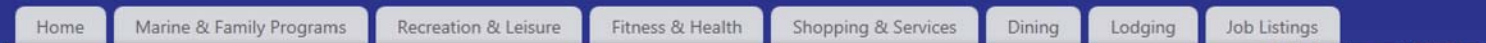
**Family Team Building**—lots of upbeat, useful workshops to support military spouses. The team on K-Bay is wonderful. **257-2657**

**SACC**—Substance Abuse Counseling Center **257-3900**

**So, now you know what some of the acronyms mean and how to use them. Any questions? You have the phone numbers!**

**Hope this is 'News You Can Use'!**

**Ann Marten**



## New Parent Support Program

### Who Are We?

The New Parent Support Program (NPSP) is a professional team of social workers and nurses who focus on providing one-on-one support for new parents. The program helps parents, including expecting parents, develop the skills they need to provide a nurturing environment for their children.

Having a new baby in the home is a pleasure and a challenge for most parents. But for military families who are separated from extended family, parenthood can pose special concerns. To help parents cope with the challenges, the military has developed the NPSP. This program is voluntary and free of charge.

Through a variety of programs including home visits, Baby Boot Camp and Parenting Proudly classes, the NPSP will help your family cope with the unique, everyday demands and challenges of raising a family in the military.

### Who is eligible for the NPSP?

All military families who are expecting a child or have a child under six years of age are eligible to participate free of charge for all services offered.

### How do we enroll?

The NPSP is easy to join. Just give us a call at (808)257-8803 during regular business hours or visit us in Bldg. 216 (Marine and Family Programs Bldg) Rm. 71.



Search  OK

**New Parent Support Program**  
Bldg. 216 "D" St. Rm 59  
MCBH Kaneohe  
(808) 257-8803





# Reflections on the HAPT Conference

HAPT's 15th annual conference was delightful, enlightening, experiential and informative all at the same time! Over 120 attendees were enraptured by Dr. Eric Green's sessions, which took us into the world of "Analytical Play Therapy: Cultivating a Depth Approach with Children." Everyone came away with new techniques to use and a wealth of information and resources on the analytical approach to play therapy.

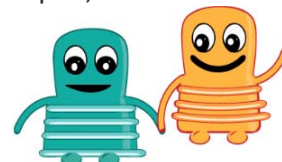
Dr. Green's session on Day One provided a comprehensive overview of the Jungian approach to interpreting children's play. Having had extensive Jungian training, Dr. Green emphasized Carl Jung's maxim that "we are all wounded healers," and one becomes enlightened by making a healing trajectory through your personhood as a therapist, the environment you create, and the transference created between the therapist and the child. He also talked about having a "symbolic attitude" in always looking for meaning behind symbols, not only in play therapy but in everyday life, and the importance of embracing the meaning and not rejecting it.

On Day Two, Dr. Green presented on the use of empirical-informed techniques following a disaster to reduce anxiety and cognitive preoccupation with intrusive and difficult memories. We explored the use of coloring mandalas, which was a powerful experiential technique, and Dr. Green had a fabulous unique array of mandalas from which to choose. He also presented on the use of sandplay, utilizing fairy tales/narrative therapy with guided imagery, drama with puppets, spontaneous and directed drawings, story telling, and dream drawing and journaling to activate the child's self-healing archetype through the clinical play therapy process. His use of relaxing music throughout the sessions was wonderfully soothing, and the music he uses in sessions is available on his website at [www.dericgreen.com](http://www.dericgreen.com). Your clients will love the relaxation music incorporated into their sessions.



Dr. Green tentatively plans to do a "Mindfulness" retreat for therapists next year in March on the North Shore. Stay tuned for details!

--by Gina Eustaquio, Conference Co-chair





Dear HAPT Members,

It's spring, a time for birth, rebirth, creating and revitalizing. HAPT is looking for people saying yes to share the responsibilities of our professional organization. All that is done for us to enjoy what HAPT offers is done so by someone who has volunteered or asked to help as a volunteer. Yearly, we hold our annual conference the end of February, our 2 membership meetings and workshops in May and September, email 3 newsletters, plus other tasks. All members of HAPT wear many hats. **All of us are busy.**

Nominations for the 2013-2014 board are being called for by your present HAPT board. Per HAPT's by-laws, **only Professional Members can serve as HAPT Board Members and have voting status.** As Nominations Chair for spring 2013, I am asking **professional members** to volunteer by sending in a nomination form for your board position of choice. Don't wait to be asked, volunteer! Board members and I will also be calling **professional members** to ask that they run for a board position. Please read the Call for Nominations form that describes each position. The forms are included in this newsletter. Board meetings are generally once a month for about 2 hours. Business that needs to be covered between meetings is done on-line through email. **All members, professional and**

**associate members, can serve as committee chairs and members.** If you are not in a position to commit to a year of service on the board, please be willing to volunteer either as a committee chair or committee member for the year or an event. We need people to be program chair(s) for organizing our 2 workshops. Our annual conference chairs need people to help little jobs that can easily fit into your schedule. Committee chairs are only asked to attend a board meeting(s) prior to a function for which they are in charge. Volunteering to be a "worker bee" on a committee fosters new professional associations and friendships. When we work together to share tasks so HAPT can exist, we all win.

Our president, Shelly Tokunaga-May, will be moving into the past president position. Our president-elect, Mary Welsh, will be moving into the president position. We need people to run for all other positions. Angie Won, our present board secretary, has offered to run for a second term. If that is a position you would like to hold, please submit your nomination form, there can be more than one person running for each position. We welcome nominations from all **professional members.** If your membership has expired or will soon, please renew it at: [www.a4pt.org](http://www.a4pt.org) . If several people desire the same position, a board member or I will be calling to have people consider a position in need a nominee.

Please send or email a Nomination Form for your board position of choice or your offer to be a committee chair or member. When a board member or I call for your loyal support of HAPT to serve on our board or as a committee chair or member, say yes. HAPT can not exist without its members sharing in its responsibilities. If you would like to assist on the nomination committee, please email or call me. I look forward to talking with you soon.

Aloha,  
Sue Bergman :)  
2013 Nomination Committee Chair  
[uhanesmb@yahoo.com](mailto:uhanesmb@yahoo.com)/808-256-7145

## "Ask an RPT or an RPT/S"

We would like to offer members a way to get their questions answered by one of our members who have received their credentials. Questions can be clinical in nature or can relate to the process of becoming an RPT or an RPT/S. Answers will be informative and educational in nature and are not intended to take the place of direct clinical supervision or consultation.

Questions can be submitted to the Member-At-Large at [member-at-large@hawaiiplaytherapy.net](mailto:member-at-large@hawaiiplaytherapy.net) and will be answered in our quarterly newsletters."

# 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, STA/ISST** - 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](mailto:carla@carlsharp.com).

**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](mailto:mgtbubon@hawaiiantel.net) or via phone: 808-332-5200.

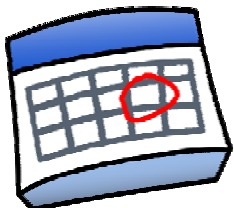
**Anita Trubitt, LCSW, RPT-S** – Private Practice with specialty in divorce/paternity cases where custody and visitation are issues. Supervision or consultation available. Contact through email: [trubitt@hawaii.rr.com](mailto:trubitt@hawaii.rr.com) or by phone: 808-261-2524.

**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.

**Elizabeth Kong, MA, LSC, LMFT, RPT-S** - Currently works as a School Counselor in East Honolulu. Experience working with children with school related issues, anxiety disorders and selective mutism as well as children with physical challenges and families with substance abuse issues and loss. She can be contacted by email at [Midget95127@yahoo.com](mailto:Midget95127@yahoo.com). Available for individual supervision.

**Mary Welsh MS NCC MHC RPT-S** – Currently working with Military Families as a Consultant, Mary has 18 years of experience in the field of Child and Family Therapy and has spent 9 of those years in private practice. Mary was trained and received her supervision on the mainland and is also a Certified Child Centered Play Therapist through The National Institute For Relationship Enhancement. She feels that it is very important for Play Therapists to have a strong background in Child Centered Play Therapy and looks forward to working with Supervisees interested in strengthening their knowledge and skills in this area. Mary can be reached at [mlwelsh@comcast.net](mailto:mlwelsh@comcast.net) or at 703-919-1881. She can be available for distance supervision and will assist the Supervisee in creating and utilizing videotape sessions as the best way to learn strong skills.

## Mark your calendar!



### HAPT May Workshop

Introduction to the Principles and Efficacy of Play Therapy

May 18, 2013 - 12:00pm to 3:00pm

Queen Liliuokalani Children's Center Ko'olau Poko 46-316 Haiku Rd, Kaneohe

Free workshop. Bring brown bag lunch and some to share.

**NEWSLETTER CONTRIBUTIONS 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 HAPT Member-at-Large, at [member-at-large@hawaiiplaytherapy.net](mailto:member-at-large@hawaiiplaytherapy.net).

## **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 [member-at-large@hawaiiplaytherapy.net](mailto:member-at-large@hawaiiplaytherapy.net). 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](http://www.hawaiiplaytherapy.net).



## **CONTACTING HAPT:**

Please visit us on our website at [www.hawaiiplaytherapy.net](http://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.

Shelly Tokunaga-May, MSW, President - [president@hawaiiplaytherapy.net](mailto:president@hawaiiplaytherapy.net)

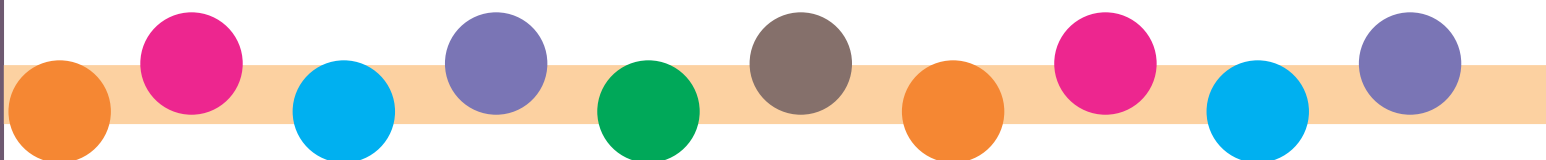
Mary Welsh MS NCC MHC, President-Elect - [president-elect@hawaiiplaytherapy.net](mailto:president-elect@hawaiiplaytherapy.net)

Gina Eustaquio, Past-President – [past-president@hawaiiplaytherapy.net](mailto:past-president@hawaiiplaytherapy.net)

Angela Won, MEd, Secretary - [secretary@hawaiiplaytherapy.net](mailto:secretary@hawaiiplaytherapy.net)

Ann Marten, MSW, LCSW, Treasurer - [treasurer@hawaiiplaytherapy.net](mailto:treasurer@hawaiiplaytherapy.net)

Veronica Pahia, MSCP, LMHC, Member-At-Large - [member-at-large@hawaiiplaytherapy.net](mailto:member-at-large@hawaiiplaytherapy.net)







# **Hawaii Association for Play Therapy (HAPT)**

## ***2011 Call for Nominations***

This shall serve as the official call for nominations for HAPT elected positions. Professional Members of HAPT are encouraged to nominate themselves or another HAPT member for these important positions. All elected positions, except President-elect are for a one-year term from September 2011-September 2012.

### **HAPT Offices open for Nomination & Election:**

- **President-elect** (Three year term September 2010-September 2013): The President-elect's first year is responsible for learning the position of President and maintaining the membership list. The second year serves as HAPT President which will provide leadership for the HAPT board as well as membership meetings. The third year serves as past President, who is an advisor for the President and board.
- **Secretary** (one-year term): responsible for taking minutes at HAPT board and membership meetings and for ensuring that HAPT records are maintained. Serves as historian for HAPT.
- **Treasurer** (one-year term): responsible for monitoring the fiscal affairs of HAPT and provides reports and interpretations of HAPT's financial condition to the Board of Directors and the membership.
- **Member at large** (one-year term): represents HAPT members and is responsible for producing the HAPT newsletter. Liaison between the membership and the Board of Directors.

Completed nomination form along with a current resume must be submitted by April 15, 2011 to:

**HAPT Nomination Committee**

P.O. Box 176

Honolulu, HI 96782



## NOMINATION FORM for the H.A.P.T. 2011 ELECTION BALLOT

I am interested in becoming an active participant in the Hawaii Association for Play Therapy Board of Directors. I would like to run in the 2011 elections for the office of \_\_\_\_\_.

Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Phone Number \_\_\_\_\_ Evenings \_\_\_\_\_  
Email \_\_\_\_\_ Educational Degrees: \_\_\_\_\_

Please list any previous positions held in H.A.P.T.: \_\_\_\_\_  
\_\_\_\_\_

Are you a professional member with current membership in HAPT? YES NO

How long have you been a professional member of HAPT? \_\_\_\_\_

Please list other professional or community activities you are involved with:  
\_\_\_\_\_

Please attach your resume and a statement of 75 words or less about your reasons for seeking this position. Please state your views on play therapy related issues and include the major contributions you can bring to the Board of Directors. Please include any unique skills and talents you believe you will bring to our organization. This statement will appear on the Official 2011 Ballot.

Nominee's Signature \_\_\_\_\_ Date \_\_\_\_\_

**DEADLINE FOR SUBMISSION: April 15, 2011**  
**PLEASE RETURN IMMEDIATELY TO:**

Nomination Committee

P.O. Box 176

Honolulu, HI 96839