



# THE HAWAII PLAY TIMES

THE NEWSLETTER FOR THE HAWAII ASSOCIATION FOR PLAY THERAPY

January 2006

## A MESSAGE from the PRESIDENT

Dear Members,

*“ The creative activity of the imagination frees man from his bondage to the ‘nothing but’ and liberates in him the spirit of play.” C.G. Jung*

Aloha nui loa to you all!! Hope each of you were able to take some time off from your busy and productive lives to relax a little and bask in the warm glow of good times with beloved family and precious friends. My name is Bonnie Lee Coutsourakis and I am very honored to have been elected your president. Along with that role, I am a social worker specializing in Child & Family Therapy. Currently I am working as an Intensive In-Home Therapist (DOH Provider) for CARE Hawaii, Inc.

Prior professional experience includes having been the owner /administrator of a small private elementary school as well as an employee of Department of Human Services and Department of Education for a combination of almost 14 years. I am wife of Gus, the mother of Chris and Tonya, the mother-in-law of Tennille and the grandmother of Matty, age 18 months (and that just includes my family members living in Hawaii ).

I also consider HAPT to be my family and am humbled by the task of serving this wonderful organization and helping it to grow. I want HAPT to be ever more receptive in meeting our members needs, bringing quality opportunities for professional development in Hawaii and in helping more of our members being able to earn RPT and RPT-S Credentials. Email me with any needs or concerns regarding HAPT to [coutsourb001@hawaii.rr.com](mailto:coutsourb001@hawaii.rr.com). You can contact me anytime and I promise to do what I can to help. This organization is here for you!

## APT CONFERENCE IN NASHVILLE

As president, I was honored to be able to attend the Association for Play Therapy's 22<sup>nd</sup> Annual conference in Nashville, Tennessee last October 4-8 at the Opryland Hotel. I had dual motives. I wanted to take in as many of the exciting nationwide and international presenters and learn as much as I possibly could, and I wanted to find the best of the bunch and invite him/her to come to Hawaii to present for our conference in February 2007. I wasn't disappointed!! Almost every

day I was running from session to session from 7:30 A.M. to 10:00 P.M. Every session I attended was fascinating and enhanced my ability to assist the children and families I serve with a FULL range of psychological diagnoses and other presenting problems. I was also exposed to a range of wonderful presenters with a broad background of knowledge and experience.

I was especially interested in attending the workshop given by Charles E. Schaefer, Ph.D., RPT-S entitled, "Evidence-Based Play Therapy Interventions for Children". I knew Dr. Schaefer as a beloved professor, a revered psychologist with a life time of experience with children and families, and the author, co-author, and editor of more than 23 books, and known to many as the "Father of Play therapy".

I knew the effectiveness of play therapy from my own experience and from the anecdotal experiences of many psychologists, clinical social workers, and other mental health professionals I've had the pleasure of working and sharing experiences with. As many of you know, most research money has gone into funding studies to "prove" the effectiveness of a different therapeutic approach. Play therapy is also "EVIDENCE BASED" and Charles Schaefer has the studies to back up the theory with knowledge, humor, and anecdotes.

The members of our Board of Directors had authorized me to approach him so I listened and laughed, scribbled notes, and trembled with fear and humility, until break when I stood patiently among MANY others until he looked at me and said, "Yes?"

I found my voice and introduced myself and asked him if he'd be interested and available to do be our presenter in February, 2007. He said, "yes", he'd be interested and available.

#### [HAPT Conference, February 24 & 25, 2006](#)

This year's annual conference will also be an exciting opportunity to network and learn. Our topic will be "Symbol and Relationship: An Integration of Jungian Play Therapy and Family Therapy" and our expert presenters will be John Allan, Ph.D. and Mary Ann Pare, M.ED., RPT-S. Go to HAPT website and download a brochure/application if you haven't enrolled yet. See you there!!!

#### [Outer Island Members. We want you!!!](#)

I lived for almost 10 years on the Big Island and so I know some of the difficulties faced by members on other islands. What can we do to make Hawaii Association for Play Therapy more attractive/available to members on your island? E-mail me about the following ideas and any other ideas you think would be helpful. Do you think it might be helpful to have therapists from here do presentations there and vice-versa? Do you think some subsidizing of travel costs to/from O'ahu HAPT conferences might be helpful? Pam Bradshaw, branch membership chairperson of APT, suggests we could do a week long conference cruise on a liner where we could live, learn, and play together, from all the islands, with preference to no one island. I think we might also be able to deduct a good part of the expense from income taxes. What do you think of these ideas? E-mail me and I'll tally the results and let you know in February. Get involved!!!

Aloha, Mahalo and Kipa hou mai!!

Bonnie

## IMPORTANT UPCOMING EVENTS

### HAPT Conference

February 24<sup>th</sup> and 25<sup>th</sup>, 2006 – Mark your calendars now for our Eighth Annual Conference  
 Symbol and Relationship: An Integration of Jungian Play Therapy and Family Therapy  
 with John Allan, Ph.D. & Mary Anne Pare, M.Ed., RPT-S

## CONGRATULATIONS ARE IN ORDER

**Teresa Shigemasa** has just become a Registered Play Therapist Supervisor!! We are all proud of her for this accomplishment. This credential represents hours and hours of hard work.

## MAHALOS

### TO THE MAIL-OUT SUPPORT TEAM

Several people responded to our call for help in the last newsletter. Thank you so much to Nami Ann Dolan, Janelle Kong, Pam Matsuda, Scott O'Neal, Sue Bergman, and Pat Yuen for joining in with Peggy Brandt at her house on a Saturday to get all the conference fliers ready to go out. For any of you who have ever helped to putting on a conference, you know the enormous amount of work involved. Mahalo!

### TO PAT YUEN

Pat volunteered to be in charge of workshop evaluations. Pat continues to be an incredibly valuable HAPT member, stepping forward to fill a wide range of needs. She was member-at-large two years ago, she has served on the nominations committee, and she is always someone we can count on if needed. Thank you, Pat!

Pat needs one or two people to help her go through the evaluations on each day of the conference coming up. This task just involves staying about 45 minutes after the conference each day to tally the evaluations. Please contact Peggy Brandt, our conference committee chair, at 988-1425 or [peggy.brandt@gmail.com](mailto:peggy.brandt@gmail.com), as soon as possible.

## ANOTHER OPPORTUNITY TO HELP HAPT

Believe it or not, it is already time to start putting together a nominations committee for the next board elections. These will take place in May, allowing time over the summer for the transition between boards. The nominations committee helps to identify members who might be good candidates for the next election. Maybe you and a friend or colleague in HAPT would like to volunteer together to take on this task?

## Newsletter Contributions Welcome

As always, we welcome contributions to the newsletter: letters to the editor; articles; tips or techniques that you have found helpful; announcements; resources; toys wanted or for sale, etc., etc. Please contact [member-at-large@hawaiiplaytherapy.net](mailto:member-at-large@hawaiiplaytherapy.net)

We have a contribution this issue from HAPT member Gail Silva, M.A. She graciously volunteered to summarize a recent article that is very timely in all of the pressure today for evidence-based treatment. Most of us have endured criticism of play therapy as not being a "real" therapy. Between this article and what Charles Schaefer presented at the national conference, more focus is going into providing the hard evidence that we need to legitimize play therapy in what seems sometimes to be a behaviorist dominated world.

**ARTICLE SUMMARY: The Efficacy of Play Therapy With Children: a Meta-Analytic Review of Treatment Outcomes by Sue C. Bratton, Dee Ray, and Tammy Rhine (University of North Texas) and Leslie Jones (University of Central Florida)**

*(Professional Psychologist: Research and Practice, 2005, vol. 76, No. 4, 376-390.)*

One of the foremost goals of the Association for Play Therapy is to increase the evidence-based research on the efficacy of play therapy. This recently published study definitely adds to the base. As the article points out, there has been several studies on play therapy, however generalization of the results are often limited due to small participant sizes. Therefore, a meta-analytic review of play therapy research was completed in which 93 controlled outcome studies published between 1953 and 2000 were analyzed for treatment efficacy. The review provided realistic information regarding the efficacy of play therapy and revealed areas in need of improvement in the design of future research studies. Most importantly, the results of the study indicated that “play therapy has a large effect on children’s behavior, social adjustment, and personality.” More specifically, the overall treatment effect for play therapy interventions versus no intervention was .80 standard deviations, meaning the average child treated with play therapy performed better than 80% of the children in the control group who received no treatment. The authors go on to explain that the most effective outcomes were based on an average of 35 weekly sessions. However, fewer sessions were required when parents were actively involved in the actual play therapy session with their child. Filial play therapies using the Landreth’s 10-session model or the Guerney model were most effective. The authors found that “when play therapy is delivered by a professional therapist the result is a medium to large effect size and when play therapy training is delivered to a group of parents who conduct weekly supervised play sessions with their child, the result is a very large effect size in fewer sessions.” Furthermore, although play therapy can be delivered in various forms, the review found that humanistic or nondirective, child-centered, treatments appeared to be more effective than nonhumanistic treatments. The good news is that the authors found play therapy to be very effective. However, they also emphasize that the studies compared play therapy to no therapy, therefore it cannot be concluded that play therapy is better than other methods of treatment. The implications of this review are numerous. Play therapists need to continue to advocate for more sessions with their clients and their respective organizations, especially managed care. We need to include parents in the actual play therapy with their child *when appropriate*. And, we need to continue to conduct appropriate research that preferably compares play therapy to other methods of therapy in order to support the search for what works best for children. For further details of the study, the article can be found in EBSCO’s research database in the Psychology and Behavioral Sciences unit as well as in PsychArticles. Feel free to email this writer at [gails787@aol.com](mailto:gails787@aol.com), if you are unable to locate a copy.

(You can also email [member-at-large@hawaiiplaytherapy.net](mailto:member-at-large@hawaiiplaytherapy.net).)

**NEWS FROM NATIONAL OFFICE**

**LOGO CHANGE**

We have been informed that we need to be using the national APT logo. Hawaii’s branch has been utilizing a special logo created for us by our own local artist, Christine Ahia. However, we need to make the national logo more prominent from now on to bring us in line with the other states, so the next newsletter and other communications from HAPT will look different.

### MEMBER-GET-A-MEMBER CAMPAIGN

APT is sponsoring this campaign to increase the number of Professional and Affiliate members to 5000 across the country. The campaign period runs from January 1, 2006 through December 31, 2006. Each member in good standing receives 10 APT Bucks for each new Professional Member and 5 APT Bucks for each Affiliate member brought in. These APT Bucks can be used to purchase any APT product, program, or service. There are also prizes for the members who earn the most APT Bucks. For more information, please contact Pam Bradshaw, Membership and Branch Relations Manager for APT, at [pbradshaw@a4pt.org](mailto:pbradshaw@a4pt.org) or Bill Burns, Executive Director of APT, at [bburns@a4pt.org](mailto:bburns@a4pt.org).

### Reminders:

HAPT members are welcome to put text ads in the HAPT newsletter. E-mail [member-at-large@hawaiiplaytherapy.net](mailto:member-at-large@hawaiiplaytherapy.net).

RPT and RPT-S members with web sites are welcome to link from the HAPT website to their own personal websites. For information, contact Scott O'Neal at [webhead@hawaiiplaytherapy.net](mailto:webhead@hawaiiplaytherapy.net).

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 [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. THANKS!!

To those of you who receive this newsletter via email and do not wish to receive future email from HAPT, please type "Remove Me" in subject line and return the email.

### 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 2005-2006 BOARD OF DIRECTORS

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