



## Hawaii Association For Play Therapy Newsletter January 15, 2010



### President's Message

Dear HAPT Members,

As we usher in the New Year, I wanted to introduce myself to you all. I am Nami-Anne Dolan, M.Ed. , NCC , a school counselor at Hale`iwa Elementary School , soon to be reaching my 20<sup>th</sup> year there. I am honored to serve as HAPT's President for the September 2009 – September 2010 year along with the incoming board.

**Incoming Board:** Roben Marvit, Ph.D., President-Elect; Elizabeth Kong, MS, CSC, RPT-S, Secretary, John Mascaro Ph.D, Treasurer; Marilyn Choy-Gibson, MSW, LCSW, Member-At-Large; and Linda Rivera, PsyD, Past President. It is great to have so many new faces on the board and I am grateful for their willingness to serve HAPT.

HAPT is alive and well and still kicking. I am ecstatic to announce that, despite many changes, we are presenting our **12<sup>th</sup> Annual Conference at the Pagoda Hotel on February 26<sup>th</sup> & 27<sup>th</sup>**. Our hardworking and frugal conference committee, headed by Secretary Liz Kong, has made extraordinary efforts to offer this conference at extremely affordable registration rates which includes lunch being served on both days. **Marie-José Dhaese, PhD, RCC, ATR, RPT-S, CPT-S** will be presenting **Expressive Play Therapy for the Grieving Child**. She is an excellent speaker who first presented to HAPT 10 years ago. She will be guiding us through many experiential techniques that we can use with our clients.

The early registration deadline is coming up fast. To get the best registration rates, your application and payment should be postmarked by January 22, 2010. Another change to note is that we are starting the conference half an hour earlier than before at 8:30 a.m. Go to HAPT's website at [www.hawaiiplaytherapy.net](http://www.hawaiiplaytherapy.net) for more details, to register and pay securely online via PAYPAL, download forms or get in contact with us.



### APT Annual International Play Therapy Conference

As HAPT's President, I was given the privilege to attend my first APT conference in Atlanta, Georgia from October 6 – 11, 2009. Besides getting to SHOP, SHOP SHOP for toys, toys, toys from many of the well known vendors, I attended as many workshops as I could fit into my schedule. I was keeping an eye out for potential future HAPT conference presenters as well as trying to educate myself to be a better play therapist and counselor.

I listened to several outstanding full-day speakers:

- Daniel H. Yaeger, LCSW, RPT-S; presented a workshop on “Strengthening Executive Function for Children with ADHD: A Play Therapy Approach.”
- Angela M. Cavett, Ph.D. , LP, RPT-S spoke about “Playful Trauma Focused-Cognitive Behavioral Therapy.”
- Sueann Kenney-Noziska, MSW, LISW, RPT-S presented many “Techniques-Techniques-Techniques: Clinically-Sound, Play-Based Activities for Children, Adolescents, & Families.”

I attended some shorter presentations on topics of interest:

- “In Harm’s Way: Supporting the Children of National Guard & Military Families Through Play” by Danielle Budash, PsyD, Megan Fiore, PsyD and Anne Stewart, PhD.
- “Playfully Realizing the ASCA National Model” by Lauren Stern Wynne, PhD, LPC, RPT-S and Kay Draper Hutchinson, PhD.
- “Unique Applications of CPRT (Filial Therapy): Training Teachers and Undergraduate, High School, & Elementary Students to be Therapeutic Agents “ by Jodi Crane, PhD, RPT-S, Garry Landreth, EdD, RPT-S, Mary Morrison, PhD, RPT-S & Sue Bratton, PhD, RPT-S.

I introduced myself to the all the key APT staff who work for and with us like Executive Director Bill Burns, Diane Leon, Stephanie Carter and Kathy Leiby (Certified Meeting Planner). I brought omiyage (gifts & leis) from Hawaii so that they will think of HAPT fondly. I also gave omiyage to a couple of the presenters I liked best, Dr. Yeager and Ms. Kenney-Noziska, to show them appreciation as I inquired whether they might be interested in presenting at our future conferences.

As one of my presidential duties, I attended the Presidents’ Meeting on behalf of HAPT. There were discussions about how to negotiate hotel contracts, contracting speakers, membership recruitment, public outreach promotions and meeting Gold Branch criteria.

The year 2010 is also a start of a new decade. I hope that this is a decade of renewed beginnings and strength for the volunteer base of our organization. Each member can help to contribute to our organization. Please consider inviting a colleague to attend our 12<sup>th</sup> Annual Conference as well as join HAPT. In order to keep the costs down and break even, we hope to entice at least 150 participants attend.

At the APT conference, Eliana Gil was honored as an outstanding contributor to the field of play therapy. I thought it would be worthwhile to share her words with you.

### **SO WHY PLAY THERAPY?**

- Helps you SHOW others what's going on inside
- Helps you MANAGE & EXPRESS big and small hurts
- Helps you go from passive to ACTIVE role (be in control)
- Helps you PROCESS terrifying things that leave you speechless/frozen
- Helps you physically REBUILD what feels destroyed
- Helps you COMPENSATE for losses
- Helps you OVERCOME hardships
- Helps you establish RELATIONSHIPS with others
- Helps you REGULATE your emotions
- It is COMFORTING and NURTURING

SO LET US GO OUT AND SPREAD THE WORD ABOUT PLAY THERAPY ...

See you in February at our annual conference!

Nami-Anne Dolan  
President

### **VOLUNTEERS NEEDED:**

There is lots to do to prepare for the upcoming conference and all *help is welcomed and needed*. Look the list over and fit yourself in wherever and whenever you can.

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| Jan. 24 <sup>th</sup>                         | Gather shells and pine cones at Kailua Beach. These items are needed for participant supply bags. Meet in front of Buzz's Steak House. Beachcombing 11-12. You are welcome to join a group planning to eat at Buzz's after working up an appetite.              |
| Feb. 6 <sup>th</sup>                          | Help put together supply bags for conference participants. The work party will be held at Roben Marvit's home. Noon to 3pm. Bring your own lunch. For more information, contact Dr. Roben Marvitt at <a href="mailto:drroben@gmail.com">drroben@gmail.com</a> . |
| Feb. 20 <sup>th</sup>                         | Collate packets at Ranch 99. The time has not been determined yet. Please contact Sue Bergman at <a href="mailto:uhanesmb@aol.com">uhanesmb@aol.com</a> for more information.   |
| Feb. 26 <sup>th</sup><br>and 27 <sup>th</sup> | Help is needed to tally evaluation forms on both conference days, immediately after the session. Please contact Marilyn at 225-4279 if you are willing and able to assist.  |

## *NEW YEAR THOTS from THE BOARD +1*

At the January 13, 2010 Board Meeting, Board Members Roben Marvit, John Mascaro, Linda Rivera, and Nami Dolan plus Scott O'Neal, Web Master, were presented with four items to address as a way to share their thoughts since assuming their roles this year. They were given 2 minutes to complete the task by their bossy member-at-large, and were assured that no one, knowing that they were given a short amount of time, would expect them to be eloquent or inspirational. Good naturedly, they cooperated. Some more than others. For example, John waited until the 2 minutes were up then began to work. Linda on the other hand finished well ahead of time and questioned the accuracy of the timekeeper. "Seems like a long two minutes..." she said.

Here are the items and some of the responses:

**What is the one thing that has surprised you the most?**

The time involved. The work involved. That I am surviving.

**What is the biggest challenge for you personally?**

Time. Doing things in a timely fashion. Being able to jump in.

**What is a word that best describes the current board?**

"Coming -Together." "Beautiful/Hassled." Dynamic. Cooperative. Enthusiastic.

Roben, John, Linda, Nami and Scott were instructed to make a wish for HAPT this year, write it down and to SHOUT it out to the universe. They wrote: Prosperity. To expand knowledge of play therapy by 20%. That more members become RPT's. Decide on a goal or vision. This member adds her wish for continued organizational health.

**So here you have it. New Year wishes for all of HAPT. May we prosper, continue to grow in knowledge and skill, have clear vision, share the joy of play therapy, and be an organization with members who work and laugh really hard, and continue to enjoy one another. HAPPY NEW YEAR!!!!**



## A HAPT STORY

*The times are uncertain. The Economy is sluggish. People are worried, have too little time and too much on their plates. If ever there were a time to be discouraged, some would say it is NOW. And that is what makes this HAPT Story so awesome. ..*

The scheduled speaker for this year's HAPT Conference was to be Dr. David Crenshaw. Due to a number of reasons, he felt a need to withdraw as the 2010 HAPT Conference Speaker.

***HAPT had no conference speaker.***

Despite numerous offers of help, and even more numerous pleas for help, no chairperson emerged for the 2010 HAPT Conference.

***HAPT had no conference chairperson.***

Due to the economy, funds for the 2010 Conference were limited.

***HAPT had no money. (Okay this is an exaggeration, but it had less money than in the past to pay for site, supplies, food and personnel)***

So there HAPT was with no speaker, no conference chair and limited funds. Many noticed that HAPT appeared to be very quiet. Many wondered what was happening. Then one person, the one who would notice when e-mail communication stopped, ventured to ask the question others were thinking and by that challenge got the proverbial ball rolling. When it became clear what was happening, a Chairperson stepped up to the plate despite her other responsibilities to HAPT. The ball roller, nicknamed the Conference Cheerleader, also stepped up to assist despite his other HAPT responsibilities. A speaker was located by a member who was standing by to help and who swung into action as soon as the need became clear. Not only did she secure a wonderful speaker, the speaker accepted HAPT's level of compensation. Those who could not let the Chairperson and Cheerleader carry the burden alone formed a committee. Those who couldn't be on the committee volunteered to assume various tasks.

The Chairperson and Cheerleader, encouraged by their committee, secured a conference site that was more reasonable than past venues, which allowed the costs to be lower for attendees struggling in these difficult economic times. Volunteers chose to decline their conference waivers if their circumstances allowed, in order to help the organization.

Some might call the whole story amazing. While the success of the Conference cannot be determined yet because it is too early, the success of HAPT as an organization is already clear. When the chances of having a conference looked very bleak, a handful of special people stepped forward to assume leadership and responsibility. The names of these awesome people are important. Their names are just not as important as the *spirit* which seems to make the HAPT membership what it is. Yeah HAPT!

The End... (Or is it just the beginning???)

# Looking for Play Therapy Supervisors?

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### 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).

**Teresa Shigemasa LMHC, RPT-S** - Behavioral Health Specialist at Sunset Beach Elementary School on the North Shore. Please contact through email: [tshigema21@yahoo.com](mailto: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](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.

## More News

**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 new Member-at-Large [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.

## HAPT Board Members 2009-2010

Nami-Anne Dolan, MEd, NCC, President - [president@hawaiiplaytherapy.net](mailto:president@hawaiiplaytherapy.net)  
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Linda Rivera, Psy.D., Past-President - [drrivera@betterlifebydesign.com](mailto:drrivera@betterlifebydesign.com)  
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