



## Hawaii Association For Play Therapy Newsletter January 10, 2011

*It is that time again everyone! Goodbye 2010. Hello 2011. Some will launch new diets, clean out closets, set goals to make a million dollars this year. Others will commit to being better at recycling, to being more active in the community, more prayerful and grateful and mindful. Whatever your intentions may be for the New Year, it is the HAPT Board's sincerest hope that in 2011 you find success and joy!*

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**Hawai`i Association for Play Therapy  
13th Annual Conference**

### **The Neurobiology of Trauma and Expressive Play Therapies**

**Daniel S. Sweeney, Ph.D., LMFT, LPC, RPT-S**

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**February 25-26, 2011**

**Pagoda Hotel, C'est Si Bon Ballroom  
1525 Rycroft Street, Honolulu, HI 96814**

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The Board continues to be committed to spreading knowledge about the “magic” of play therapy throughout the state, expanding the HAPT membership, and creating networking opportunities for practitioners, students and anyone interested in the play therapy. You are all reminded that the first organized event of the year is **the 2011 Annual Hawaii Play Therapy Association Conference** featuring Dr. Daniel Sweeney. If you have not registered yet, don't wait too long! *Early registration ends on **January 21, 2011.***

Please go to our website to find registration forms or to register online: [www.hawaiiplaytherapy.net](http://www.hawaiiplaytherapy.net).

## **NEUROBIOLOGY**

### **Our Conference Topic**

The conference topic, The Neurobiology of Trauma and Expressive Play Therapies, may seem for some, a departure from the Association's usual conference fare. The subject was chosen as a response to results of a 2010 Needs Assessment completed by members, which indicated an interest by membership in Neurobiology. The Board is pleased that Dr. Sweeney was available.

Neurobiology has been referenced in previous conference presentations dating as far back as 2003, when Dr. Janine Shelby engaged audience volunteers in a lively demonstration of the workings of the brain, in order to provide the context for her presentation, Developmentally Sensitive Posttraumatic Play Therapy for Sexually Abused Children. More recently, the cover story for PLAYTHERAPY magazine, December 2010, was entitled, "Neurobiology of Play Therapy." Author Richard L. Gaskill, EdD, LCP, LCPC, RPY-S made the point that "social and emotional trauma has its greatest impact on the brain region most actively developing at the time of the traumatic experience." He stated, "since the brainstem is the first region of the brain to develop in utero and most rapidly during the first year of life, social and emotional trauma during the first year of life is much more likely to create disorganization to the brainstem than in the cortex."

This informs us that problems such as metabolism, hyper-arousal, or sensory perceptual problems are much more likely for a child traumatized at this age." "Since brain regions respond to specific types of sensory input, intervention strategies must be matched to the brain region affected both in sensory input and the developmental level of the child at the time of the insult." Gaskill said the challenge regarding play therapy for traumatized children is to "create treatments capable of impacting trauma-related symptoms originating from lower brain regions (brainstem and diencephalon.)" He noted that alternative treatments being explored to address persistent, low brain trauma include movement, music, yoga, and sensory awareness.

## **FOOD FOR THOUGHT**

For some members, there may be confusion in regards to Dr. Sweeney's presentation. The HAPT brochure states he will address the use of "sandplay" with traumatized children, both "directive" and "non-directive." Some HAPT members are trained in Sandplay. "Sandplay therapy is a form of psychotherapy that attempts to form a connection with the psyche towards a goal of healing. Its founder was the Swiss therapist Dora M. Kalff (1904-1990), who based her theories on the principles of Jungian psychology and on the work of Margaret Lowenfeld" ([wikipedia.org/wiki/Sandplay\\_therapy](http://wikipedia.org/wiki/Sandplay_therapy)) Recently, the term "sandplay" seems to be used interchangeably with the term "sandtray play" which is used to refer to any therapeutic activity in the sandtray.

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## YAHOO GROUP UPDATE

The process of transferring all members to the Yahoo Group is almost complete. Our Webmaster Scott O'Neal reports that we are approximately 12 people away from the completion of this project. It has taken some time because Yahoo only allows incremental additions to the membership list. Please alert Scott if you suspect that you have not been included on the list.

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## SOUP GROUP UPDATE

The start of peer group supervision was postponed until after the Annual Conference. The Conference demands laser-like focus! Stay tuned for the announcement of the first Soup Group meeting.

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### Member News

- During the 2010 Track and Field area games Special Olympics Hawaii, Mr. Scott O'Neal was selected as the 2009 Outstanding Volunteer for Central/Honolulu District, and then was selected as the Statewide Volunteer of the Year for 2010. Scott supports the Hawaii School for the Deaf and Blind Special Olympics program by helping to coach the students and by housing neighbor island athletes at his home for all area and state games for the past several years so that they can compete in various events.
- Member Peggy Brandt gave birth to a baby boy on December 27th. He was 3 days early and weighed in at 6 lbs 4.5 oz. and was 19.1 inches long. According to Peggy, his name is Samson Yisong Brandt Liu. Welcome Samson and Congratulations Ms. Peggy.
- HAPT bids a sad aloha to member Teresa Shigemasa who is relocating to the mainland. Her gentle spirit will be missed.

### Donations Needed

- Pat Yuen and Lyn Lee are seeking donations for the silent auction table at this year's conference. Contact them if you have anything you would like to pass on to. It will help you in your efforts to purge your belongings for the New Year! They would like items by February 18th. Contact # for Pat is 839-4981. Lyn's # is 256-4724.

### Volunteers Needed

- Anyone willing to do power point presentations at various universities, community colleges, agencies or other groups please contact HAPT's conference publicity chair, Sue Bergman at [uhanesmb@aol.com](mailto:uhanesmb@aol.com), 946-4458 or 256-7145. Sue will send you the power point & other information. All you need is your smile, sense of humor, knowledge of play therapy & a few toys to use as props. Most people prefer to present in pairs, but if you would prefer doing a presentation solo that can work too. The committee is in the process of making presentation arrangements. This is a fun experience & a great way to connect & network. If you know of a group or have connections with particular university or college departments, also please contact Sue to offer your kokua.
- Volunteers are needed to help tally evaluations after both conference days. It usually takes about 15 to 20 minutes and because everyone works with a partner, it is stress free. If you can only volunteer for 1 day, that is fine too. This is an easy way to contribute your time if you are overbooked and overburdened. Contact Marilyn at 225-4279 or email at [swchewie@hawaii.rr.com](mailto:swchewie@hawaii.rr.com).

## **Member- at -Large Sends It On**

Last week, the KARDIAC KIDS had a fundraiser which was organized by one of their own, Punahou Junior, Cara Mukai. It was the 2<sup>nd</sup> Heal A Heart Concert she organized to help raise money to benefit a support group for families with children born with heart disease and fund a camp, where once a year, these kids, with congenital heart problems get to “feel normal.” Apparently last year’s concert and associated T-shirt sales raised \$5000.

What was striking, was that this benefit had no big name performers. The Kardiak Kids performed. It appeared that their relatives and friends performed. People from the church where the fundraiser was held, performed. The emcees were Cara’s best friend, and cousin, both young people themselves, drafted for the cause. There was one well-known performer present, Roy Sakuma, but he was there to play back-up for his young ukulele student who looked three feet tall. The Kardiak Kid dancers first got together when the desire to dance, and the ability to participate in standard programs did not mesh. So, instead of accepting a no, they formed their own group.

Part of the Heal a Heart program was used to pay tribute to Jacob Jackson, a youth mentor who passed away recently, losing his battle with heart disease. A mainland teen, Jacob, or Chewy as they called him had participated in a local camp as mentor and had made a big impression on the Kardiak Kids. It was difficult to consider that the children on stage, lived with the knowledge everyday that they, or someone they knew, could lose the battle to live. The Kardiak Kids boys performed the well known haka, Ka Mate. This is a dance likely seen by everyone reading this, at least a dozen times or more. A parent noted for the audience however, that there was a difference. For the boys participating, taking off their shirts was an act of courage, because the boys bore scars on their torsos from surgical procedures. Scars which are a source of embarrassment or separate them from other peers. It was a rousing, energetic dance, be assured!

So, the event left one with thoughts about the power of one young person in making a difference, of how faulty hearts may in the end be the strongest hearts of all, how community and family galvanized can work wonders, and how unaware we are of the courage needed by some to do the things we take for granted. There is no way one can feel sorry for these kids. Hope. Courage. And Heart. They have it all.

A chorus was sung at the fundraiser.

### **Send it On**

Send it on

On and on

Just one hand can heal another

Be a part

Reach a Heart

Just one spark starts the fire

With one little action

The chain reaction will never stop

Make it Strong

Shine a Light and Send It On

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# 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@hawaiiintel.net](mailto:mgtbubon@hawaiiintel.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.

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# 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).

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**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.

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