



# THE HAWAII PLAY TIMES

THE NEWSLETTER FOR THE HAWAII ASSOCIATION FOR PLAY THERAPY  
April 2005

## A MESSAGE from the PRESIDENT

Aloha!

I would like to thank everyone who attended our very successful Annual Conference with Dr. Eliana Gil. From the comments I heard around me, attendees were well pleased with our speaker and the information and examples shared.

Of course, this conference could not have happened without the hard work of our conference committee led by Nami Anne Dolan and Corinne Matsumoto with assistance from last year's co-chair and mentor, Sue Bergman. The committee worked for months to take care of the many details required to put together something of this magnitude. Behind the scenes advice also came from some of our most respected mentors like Carla Sharp and Anita Trubitt (who as usual did a wonderful job with the CEU's). The HAPT board also did their share to give input and assistance as needed. Many hands helped with the mailings. Committee members took care of everything from vendors to food.... After debating the pros and cons, the board gave the approval for our webmaster, Scott O'Neal, to get us on Paypal and for the first time people were able to register on-line for a minimal fee. We believe that this will be a big help with future conferences. Our treasurer, Pat Dana, has taken on the huge job of processing purchase orders in addition to the registration payments. I am ever grateful to all of our members who are willing to give of themselves for our organization and hope that many others will come forward to help with future activities.

### *WE NEED YOU!*

We are currently looking for HAPT members willing to assist with next year's conference or with next year's Program Committee. Our organization is only as successful as we make it. If you believe in our organization and our desire to provide quality training and increase awareness of play therapy in Hawaii, please volunteer to help us do this. We need officers and co-chairs for our committees. Some of the benefits are free membership and/or free attendance at the conference. But of course the biggest benefit is making a difference for the many children that are helped through play therapy. I don't have to tell you how much more effective play therapy

can be than other treatment modalities for children who have experienced trauma. Unfortunately, not everyone realizes this yet. We need our members to get involved so that we can bring these children some hope for healing. I'm sure that those who attended the conference left feeling inspired about the work we do. I know that I did.

I'm proud to represent such an important group of professionals--important because we can make the difference in the life of a child who is hurting. I recently spent a lot of time around adolescents who were struggling with serious emotional and behavioral challenges. I wish they had received play therapy when they were younger and could receive it now. Unfortunately, I was there in a different capacity so couldn't get involved with their treatment. However, it just drove home the message that we have to keep working to convince the people in power (e.g. Dept of Education, Dept of Health) of the value and validity of play therapy.

Please join us in our efforts by taking a turn at bat—either chairing or joining a committee or the board. As professionals, you know best where your skills and where your interests lie. We are relying on you, so please let us know where you can best serve the team and we will welcome you with much gratitude. You can speak to or email any of the board or committee members to find out more about what their jobs entail. The board emails each other and meets monthly or sometimes every two months to discuss ongoing business.

### *Increase in Honorarium for Presenters*

We just approved raising the honorarium given to our workshop presenters to \$400 for RPT-S speakers, \$350 for RPT speakers and \$300 for others. This is the first raise in fees in many years (it's been \$300). We did this to recognize and honor those who have reached the status of RPT and RPT-S. If anyone is interested in presenting a workshop for us, please let us know.

### *On a Personal Note*

Our foster daughter just had her first birthday. After such a rocky start at life (prenatal drug exposure, premature birth, heart surgery, and failure to thrive) she is doing exceptionally well. In the 3 months that we've had her she has gained 4 pounds and is catching up developmentally. She can sign, "milk", "want", and "more." We also just got permanent custody of our (soon to be 12 years old) foster son and are grateful for the improvement we have seen with him (he receives play therapy). He is winning diving competitions and working towards being able to compete on the mainland.

### *Finally--*

Thank you for your support of HAPT and again, I ask you to come forth and join us in our efforts. For those who think they don't have enough time, I assure you it can be done because we work as a team. Of course I could do better, but I do my best with a full time job that includes home visits and counseling at various hours of day and night, a part-time job that includes interpreting everything imaginable including plays and productions (I just interpreted CATS), a mother of 5 with a baby that wakes in the middle of the night, involvement with the HSTA, and the owner of over 10 pets. I suspect and expect that any of you can squeeze enough time and energy (and likely do a much better job than me) to get involved at the board or committee level, so please join the team! We need you!

See you on May 14<sup>th</sup> at our semi-annual meeting and workshop at Makiki Christian Church. Peggy Brandt is working hard to put it together and if you are able to assist in any way (help with food, printing handouts, setting up...), please let her know ([peggy.brandt@gmail.com](mailto:peggy.brandt@gmail.com)). We look forward to hearing Carla Sharp share her wisdom and technique on Re-Attachment

Therapy. She presented this at the APT national conference and we are so fortunate to have her as our mentor and teacher. As you know, the lack of healthy attachment is related to a multitude of emotional and behavioral problems. Let's increase our understanding of this and learn (or for some of us, revisit in greater detail) a technique that can help children and their families to heal.

With much aloha,

Inga Park Okuna  
2004-05 HAPT President

### IMPORTANT UPCOMING EVENT

Semi-annual membership meeting on Saturday, May 14<sup>th</sup>, at the Makiki Christian Church, Upper Social Hall (2<sup>nd</sup> floor). Registration starts at noon, and there will be refreshments available. The meeting starts at 12:30.

Following the meeting, Carla Sharp will do her presentation. This is definitely a workshop not to be missed! As you members know, this is free for everyone who is up to date in their dues. Don't forget to still mail in the registration form, though, so we know who is coming.

### SPECIAL OPPORTUNITIES

**April 30<sup>th</sup>** – Training for new volunteers with KIDS FIRST. *(Sorry, I know you will be receiving this newsletter too late to sign up, but I still wanted to include it in case you are interested for a future training.)*

KIDS FIRST is an educational program for families going through divorce, is seeking caring and reliable people to help facilitate children's groups (ages 6 to 17) and be willing to facilitate one Wednesday evening each month from 5:00 - 7:30 p.m. at Family Court. The groups for the younger children do drawings of their family before and after the divorce, focus on the different feelings they are experiencing and talking about how to cope with their parents' divorce.

Volunteers will also have an opportunity to work with other professionals (judges, attorneys, teacher and psychologists) who are committed to this program.

Training for new volunteers is scheduled for **Saturday, April 30, 8:00 a.m. to 1:00 p.m. at Family Court, 777 Punchbowl Street. If interested, please call the KIDS FIRST Coordinator, Charlene Anaya at 539-4291.**

For members who have taken, or about to take Anita's "Play Therapy Goes To Court" training, this would be especially valuable experience for accepting referrals from the court to serve as a therapist in a contested divorce or paternity case.

**Starting June 4<sup>th</sup>** -- Family Play Therapy (integrating family systems therapy with play therapy) with Carla Sharp, APRN, RPT-S. Saturdays from 9am to 12pm beginning June 4. Part I is June 4 through June 25. Part II is August 6 through 27. For more details, please visit my web site at [www.carlasharp.com](http://www.carlasharp.com)

### Want Ads

Wanted - Office to Share

I'm looking for someone who would be interested in finding and sharing a reasonably priced office space that could be used for counseling and therapy,

individual and/or groups. I do not have the client base or income at this point to afford an office all on my own, but would be interested in going in on one with someone and sharing the costs. I am generally stable and reliable. Area for sandplay and figures is a must. Please contact Scott at (808)382-3881 or [soneal@hawaii.rr.com](mailto:soneal@hawaii.rr.com).

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).

Rebecca Rinehart informed us of a newly created web site: [www.playtherapy.com.au](http://www.playtherapy.com.au). Check it out!

### A Note From Your Member-At-Large

So have any of you put some of Eliana Gil's techniques into use? I especially liked her techniques of having family members choose miniatures to represent each member of the family. I have tried this with two mother-child dyads in my small private practice – both included children who were quite skilled at keeping things on the surface level and were not yet willing to even venture into the sand tray. In both cases, the children responded immediately to this task with a grin, and both the process as well as the result created real movement in therapy. Parent and child alike clearly had fun, and the miniatures chosen by all parties offered an opportunity for each perspective to be expressed and honored. This paved the way for increased willingness to risk.

Isn't play therapy the greatest? Every session I spend with a child, I can't help but think "wow, I get paid for this??" Watching a child work out an issue, or witnessing parent and child begin to relate with more fun and warm connection – these have to be some of life's greatest gifts!

### 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)

### A Reminder:

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 2004-2005 BOARD OF DIRECTORS

- Inga Park Okuna, President, ([ingapark@aol.com](mailto:ingapark@aol.com))
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- Rebecca Rinehart, Past-President, ([kaimilani@earthlink.net](mailto:kaimilani@earthlink.net))

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“We do not stop playing because we are old; we grow old because we stop playing.”

(from something that came around to me on the internet, so I can't identify the actual source, but I wanted to share this with you – keep on playing!)