



The Hawaii Association for Play Therapy presents: "Supporting, Strengthening and Enhancing the Parent-Child Relationship in the time of COVID-19"

5 APT Approved CEUs included, sponsored by HAPT

Due to COVID-19 health concerns, this one-time online event has been approved for 5 CONTACT CE hours (APT Approved Provider 99-053).

Presenter: Anita Trubitt, LCSW, RPT, M.Ed

**This online event will take place on
Friday, May 14, 2021 from 9:00AM - 4:00PM**

(8:45am check-in, 9:00am-12:00pm training, 12:00-1:00pm Social Hour and Annual Membership Meeting, 1:00-4:00pm Training)



Presenter:

In 1964, Anita Trubitt came to Hawaii with her first husband and two small children. She thought they'd stay for a year or two and then go back to the "real" world. But she fell in love with Hawaii and never left. In the 60's she was very active in anti-war (Vietnam) activity and other liberal political causes. Then she decided a better path to world peace would be through focusing on children instead. After earning her M.Ed., she was, in turn, a Head Start, kindergarten and preschool teacher for 10 years, followed by a return to school for an MSW, that led soon after to opening a private practice in child play therapy and family therapy in 1984. For the next 36 years, Anita divided her time between her private therapy practice and her appointments by Family Court, serving as Custody Evaluator or G.A.L. to children whose parents were in litigation. She has sometimes been referred to as "The Divorce Doctor." In 1996, she assisted Carla Sharp in her efforts to start a branch of APT in Hawaii and has since contributed many workshops and trainings for HAPT, as well as on the mainland, England and Canada. In this, her 90th year, she wants to focus on parents as change-agents to their own children, by training, and mentoring them in Filial Therapy.

Presentation Description:

During this time, when we are still under the Covid-19 cloud, parents have been severely over-taxed and overburdened in their struggle to find new ways of doing their own work, as well as taking on a teaching role with their children that was never asked of them before. Forcing children to substitute a computer for a real-life teacher and a classroom full of friends has taken a serious toll on all family members and has very significantly affected parent-child relationships in the family.

This workshop will focus on exploring some tools for parents to enhance their relationships with their children. We will examine and critique the author's model of GOOD-ENOUGH PARENTING, explore the TEMPERAMENT study of Stella Chess and Alexander Thomas, re-visit the COMMUNICATION SKILLS of Parenting Effectiveness Training, and build on the FILIAL THERAPY models advanced by Bernard and Louise Gurney, Clark Moustakas, Rise VanFleet, Garry Landreth and Sue Bratton.

Motivated, on a more personal level, by the necessity of closing of my playroom last March and the reality of my 89th birthday looming in November, the decision to retire from working with children felt like the right thing to do. With that decision came the enormous task of finding new homes for all of my playroom treasures - a task that every play/sandplay therapist eventually will face. Determined to do this while I still can, rather than leaving it to my own grown children when I cannot, it became a thoughtful process in which giving and receiving come from the same place in the heart.

With the emptying of one space, the possibility of a new one opens up and this has become my current exploration which I want to share at this time with my colleagues.

Learning Objectives:

Participants will do some thinking about the ways in which they may choose when, how and under what circumstance to close their own practice.

Participants will be able to state the basic skills of “good-enough” parenting.

Participants will be familiar with the NYLS of Chess and Thomas and measure their child’s (or a child in their current practice) and their own temperament style and gain an understanding of “goodness of fit” by working with and working around the child’s basic temperament rather than working against it.

Participants will identify the “Twelve Roadblocks to Communication” and select the one or ones they have typically used with their own child; they will be able to state why each of these represents a “roadblock”.

Participants will familiarize themselves with Filial Play and identify the professionals who formulated, advanced and modified it. They will have some guidelines for adding this model to their practice.

Register online at www.hawaiiplaytherapy.net

HAPT MEMBERS: \$75.00

NON-HAPT MEMBERS: \$100.00

STUDENTS \$50.00