



# Hawaii Association for Play Therapy Newsletter September 13, 2011

*Aloha,*

Summer has come to a close and everyone once again is in the midst of transition and reorganization. The kids are back in school and we grown-ups are stuck in traffic reminding ourselves that we have to leave earlier now if we plan to be on time. It is hoped that everyone had a safe Labor Day weekend and that you remembered to put on your sunscreen if you were fortunate enough to have found yourself outdoors; but now, it is back to business. HAPT has been in the midst of activity; completing the year's Board business, and preparing for the change of its members. An Incoming President-Elect has stepped up to the plate and we are relieved, as well as excited. This person has already demonstrated strong organizational skills on behalf of HAPT. Our first SoUP Group meeting was finally held and a date has been scheduled for another one. We are eagerly anticipating an informative training experience this month, prepared by our esteemed colleague Anita Trubitt, LCSW, RPT, and are planning for an awesome 2012 HAPT Annual Conference featuring Paris Goodyear-Brown, LCSW, RPT-S in February. It is a good time to be a member of this organization and we hope you will join us for our events.

## INTRODUCING OUR NEW PRESIDENT-ELECT INTRODUCING OUR NEW PRESIDENT-ELECT



As most of you know, finding someone to serve on the Board as President is a big feat because it requires a three year commitment. This three year requirement assures greater continuity in leadership for the organization. Shelly Tokunaga, MSW, LSW has agreed to help HAPT by filling the President-Elect position despite reservations. She has been assured that help will be available when she needs it. Please welcome Shelly.

*“Aloha! My name is Shelly Tokunaga. I am a Social Worker at the Queen Lili'uokalani Children's Center- Ko'olau Poko Unit and Lana'i. I work primarily with Native Hawaiian children and families. My interest in Play Therapy started with attending the HAPT conference. From there, I was privileged to take Carla Sharp's Year Long Training in Play Therapy in 2009-2010. You may have seen me as the Program Coordinator for HAPT's trainings. I look forward to learning more about the Play Therapy community and to helping HAPT in the coming years as President-Elect.”*

# 1<sup>ST</sup> SoUP GROUP

**Incoming President Gina Eustaquio, MEd, CRC**



**and counseling tool**

The first *HAPT Peer SoUPervision Group* was held on August 31<sup>st</sup>, 2011 in a classroom on the Windward side equipped with appealing toys, medium-sized chairs and the usual school issue round table. It was a perfect setting! While an official tally was not taken, at least a 100 years of professional experience was present in the room. That is either an exciting or alarming thought when one considers the intimate size of the group. Ann Marten, MSW, LCSW, was asked to start off by sharing her experiences in peer supervision. Ann had participated in a group in Japan years ago, and currently meets with fellow HAPT members, Jeanne Teleia, MS, LMFT, and Pam Matsuda, MSW, LCSW, in a group which meets monthly. It is Ann's opinion that private practitioners are ethically mandated to seek some form of supervision because of the isolation in which they operate when in private practice. According to Ann, consistency and commitment of members determines the "difference" between a successful, and unsuccessful group. Attendees at the Peer SoUP Group Meeting were asked to speak to their needs, both in regards to the structure of the group, and to the logistics. People had been asked to bring "their favorite handout" to share, and those who hadn't done so, volunteered to bring them to September's meeting. Interestingly, Ann brought a couple of handouts that she had created herself. It brought home the point that some of us, without thinking, have been rewriting the same material for clients instead of creating handouts!



Gina Eustaquio introduced a handy paper figure she uses to talk about key categories with students in her role as school counselor at Ben Parker Elementary. The SoUP Group tackled a case question, and mana'o was shared in regards to assessment, resources, and possible actions to be taken. It was decided that the next meeting would be held in a town location in order to be accessible to more members and a date was set for the next meeting. While exchanging ideas, the following resource sites were noted as being particularly helpful to some members: 0 to three.org provides handouts which are age specific about emotional regulation; militaryonesource.com provides an array of material for active duty personnel; and practicewise.org provides handouts on a variety of topics including depression, anxiety, cognitive behavioral therapy for kids. Andrea Mills said the cost involved at this site is well worth the money spent.

*The next HAPT Peer SoUPervision Group will be held on September 28<sup>th</sup> at 7pm. As with cooking, where many ingredients are blended to create a unique dish, our personal experiences combined, may result in new and satisfying outcomes. Scott O'Neal has graciously offered the Signs of Self office as a meeting site. The address is 1481 S. King Street, Ste. 541. Please feel free to bring your dinner to eat during the meeting. It is understood that some members will be at the end of their work day and may be ravenous. Street Parking is available for free after 6p. If you choose to park in the building lot, feed \$1 to the pay box. RSVP to [swchewie@hawaii.rr.com](mailto:swchewie@hawaii.rr.com) to assure a seat is reserved just for you.*



### Musings of the Member-at Large

I am completing my second and final year as MAL and want to say, all you think or have heard about serving on this Board is true! It is time consumptive. There are personalities to negotiate and the combination of those personalities determines the dynamic of the Board. Sometimes it isn't pretty. Sometimes we lose the point of discussion. Sometimes it is a riot of the best kind! Members are warm professionals, committed to play and helping others, and many possess a quirky humor and love of food. Lots of it. There is a sense of community and connection that develops over the course of a Board term, and translates at times into real creativity-not just "grunt" work or carrying out predetermined tasks. I have come to better appreciate the work of people who have served before, whether on the Board or on a committee, and am amazed at the documentation which exists to keep people on task. At times, the decision has been to break away from the norm; but sometimes the deviation has been completely due to ignorance. Thankfully, Nami Dolan has been available as "historian" to set us straight or Sue Bergman, MEd., LMHC, has popped up in the cyber world with a bushel of information to highlight the correct path. Somewhere in the HAPT history annals, people have addressed just about any concern one can imagine.

I had never really taken a close look at the organization before agreeing to serve on the Board. Serving was a simple choice to pay back an organization that had provided me with some wonderful learning experiences in the midst of an overly busy life, raising children, working, and caring for an aging parent. It was a good decision. There is irony in the fact that volunteering builds connections to the organization, but that one is more inclined to volunteer if one feels connected. So the challenge is to find a way to involve more members in the organization's business, in a small way at first, so that involvement can be nurtured and then grown. The truth is, if Pat hadn't asked me to volunteer for a teeny task, years ago, it is unlikely that a Board position would have been on the list of ways to participate.

I was looking forward to a "HAPT Retirement" if you will, when two of my "former" friends, and colleagues, applied a full court press, resulting in a different set of responsibilities for me. It is clear to me now how Pat Yuen has ended up in charge of some committee or other despite retirement. Retirement of the real kind. Where you leave your job. Or how the same people turn up and turn out year after year. So there is some method to the process, and it does appear to work. It is just better when there is lots of support. This leads to Part II.

As the 2012 Conference Chair, I need your help. Yes, Conference Chair. I am understandably anxious as I do not know what I am doing, but as with all things, this could be a wonderful adventure! My two colleagues did not desert me and jumped in to the game with me. We have people who have worked on committees before who are more than willing to advise newcomers so more people can be involved. Experience has shown that many people doing little tasks, get the job done. And it is more fun if we make it a party! I know our speaker Paris Goodyear Brown, will be well received, and I am genuinely excited about seeing if we can increase Conference attendance this year. Not only does the organization benefit when we have a successful Conference, but the community benefits as well. HAPT has done an admirable job in past years, of bringing knowledgeable and interesting speakers to share their wisdom and expertise in regards to Play Therapy. So please *kokua* when we ask for your help in order to make this event a success. It will make all tasks go more smoothly, the process will be more fun, and in the end we will feel a stronger identification with the organization and with one another.

- Marilyn

*Ho'okahi ka 'ilau like ana.  
Wield the paddles together.*

**'OLELO NO'EAU  
Mary Kawena Pukui**

# THOTS:

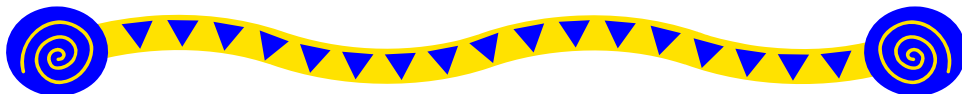
by Ann Marten

The board recently held our annual planning meeting where we look at our overall goals and objectives and see what we have and have not accomplished over the year. (We had lots of snacks so we survived it.) We decided to present and discuss one or two of our goals/objectives/strategies in each newsletter so we can get new input and ideas from our members, so members can (hopefully) get involved in helping us meet an objective or two if it is something that interests them—and so these lofty ideas don't just gather dust and mold until next summer's annual planning meeting.

One of our main goals is to increase our membership. One of the objectives is to have 10% of total members be comprised of Student Affiliate members. One of the strategies for accomplishing this objective is to make presentations to classes at various colleges and universities in the islands. Usually this is done in the fall as part of our publicity effort for the annual conference. It is usually very successful and helps us recruit volunteers for the conference. However, we felt it would be even more effective if it were an ongoing effort throughout the year.

We need someone who would be willing to oversee this. That person would encourage members to network with teachers in relevant programs and feed back the information so we could contact them. Then we would need people who would be willing to occasionally give talks to classes. HAPT has a Play Therapy power point presentation from National APT that is very user friendly and people say is quite good.

If someone wanted to give a presentation on a more specialized topic they could do also that. We would particularly like our RPT's to be involved with this. Any other suggestions for bolstering our relationship with schools would be more than welcome.



# HAPT TRAINING OPPORTUNITY

## **THE IMPACT OF CONFLICTED DIVORCE ON CHILD DEVELOPMENT: Implications and Applications for Play Therapists**

**By Anita Trubitt, LCSW, RPT  
Saturday, September 24, 2011**

This workshop will include three parts. Anita will present the first two parts, and the participants will contribute the third part.

The first part is about **child development**. Anita wants to introduce you to her heroes who have taught her about the particular psychological and cognitive developmental stages that they believe to be universal to all children, and across all cultures. These heroes include Erik Erikson, Jean Piaget and Ellen Galinsky, with a nod to Lawrence Kohlberg and Carol Gilligan.

In the second part, Anita wants to tell you some **stories** about some particular children she has worked with in therapy who illustrate typical behaviors of that particular stage. The youngest is 18 months old and the oldest is 16 years old

The theme that all of these children have in common is parents who have fought bitterly with one another over their custody, how this fighting has affected their current development, and how it is likely to continue to affect future developmental stages. A child who becomes progressively and predictably alienated from one parent is often the consequence.

In the third part, following our lunch, participants will **work in small groups** and generate as many play therapy interventions, approaches and specific techniques for intervening in the conflicts of the child and his/her parents as time allows. A volunteer facilitator will keep the discussion on target and a volunteer recorder will write the ideas that are generated. The recorder will share the group's ideas at the conclusion of the workshop.

After the workshop, Anita will compile the small group contributions for publication in the next HAPT newsletter.

### Handouts will include:

- Erikson Stages of Child Development
- Piaget Stages of Child Development
- Ellen Galinsky Stages of Parent Development
- Predictable Developmental Reactions to Parental Conflict
- Psychological Tasks of the Child of Divorce
- Pruett & Pruett's Research on Children's View of Divorce Through their Play Bibliography

# HAPT TRAINING

## THE IMPACT OF CONFLICTED DIVORCE ON CHILD DEVELOPMENT: Implications and Applications for Play Therapists

By Anita Trubitt, LCSW, RPT



**Saturday, September 24, 2011**

Kapiolanai Community College, 'Ohelo Bldg, Ka Ikena Dinning Room  
(Please allow an additional 15 minutes to park due to the Farmer's Market)

8:15am Breakfast/ Registration  
8:30am Semi Annual HAPT meeting  
10:00am - 11:45pm Workshop  
11:45am - 12:30pm Lunch  
12:30pm -2:15pm Workshop

Anita Trubitt is a licensed clinical social worker in the state of Hawaii and a Registered Play Therapist with the Association for Play Therapy. She maintains a full-time private practice in child play therapy and family therapy. She continues to serve our First Circuit Family Court as a custody evaluator or as court-appointed therapist for children whose parents are litigating over their custody. She is a former presenter to the Family Court's mandatory KIDS FIRST program for divorcing and never married parents, and continues to assist parents in crafting developmentally appropriate parenting plans for their children. With a growing concern for children who are "caught in the middle", and increasingly "at risk" for becoming alienated from one parent, a critical goal of the therapy is to help a child understand his/her right to love both parents. Likewise, parents need to understand how toxic it is for the child to feel the need to choose one over the other. This presentation will describe how children typically develop this maladaptive response to intense and ongoing parental fighting, and how it predictably changes over time. Discussion will focus on how child play therapy and other interventions can mitigate its deadly effect.

Come join us for this exciting and educational training. If you are paying through DOE purchase order, please use vendor #121780. For more information or questions, please contact Shelly Tokunaga-May at 258-2681 or email: [stokuna@qlcc.org](mailto:stokuna@qlcc.org). To become a HAPT member, visit our website at [www.hawiplaytherapy.net](http://www.hawiplaytherapy.net). Attendees will earn 3 Play Therapy CEs, APT Provider #99-053. Please join us!

-----Please cut here and send payment/registration to: -----

Hawaii Association for Play Therapy (HAPT) ~ 25 Kaneohe Bay Drive, #204, Kailua, HI 96734  
\* Please make checks out to HAPT\*

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Address: \_\_\_\_\_

\_\_\_ I am a HAPT member attending the workshop only. Please include your \$10 workshop registration fee.

\_\_\_ I am a HAPT member attending (\$10) and purchasing a lunch (\$14). Include total payment of (\$24).

\* Deli sandwich bar with green salad & pasta and ice tea

\_\_\_ I am a non-member attending the workshop only. Please include \$65 for the workshop registration fee.

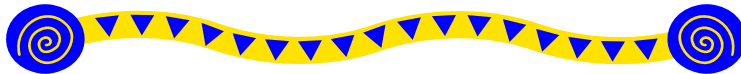
\_\_\_ I am a non-member (\$65) attending and purchasing a lunch (\$14). Include total payment of (\$79).

\* Deli sandwich bar with green salad & pasta and ice tea

**Mahalo! Confirmation will be sent by email.**

# OTHER TRAINING OPPORTUNITIES

- **Carla Sharp, APRN, RPT-S, CST-T** is beginning a brand new, Year-Long Play Therapy teaching series. For those who have not yet taken Carla's classes, now is the time to begin. Year One runs SEPTEMBER 17, 2011 thru AUGUST 18, 2012. For more information, please go to Carla's website at: <http://carlsharp.com>.
- **HOPE, INC.**, is offering a training, Trust Equals Healing, September 22<sup>nd</sup> through 24<sup>th</sup>. Open to parents, and professionals. For more information, please go to their website at: <http://hopeinchawaii.org/latest-news-events/calendar-of-events/tbri-training/>.



## coming soon

### **HAPT's 2012 Conference February 24 & 25, 2012**



**PARIS GOODYEAR-BROWN  
LCSW, RPT-S**

Paris Goodyear-Brown, LCSW, RPT-S is a Licensed Clinical Social Worker and a Registered Play Therapist-Supervisor with specialized training in work with children, adolescents and their families. She received her undergraduate degree from Duke University and received her MSSW from the University of Tennessee. She pioneered the first play therapy program for the Therapeutic Preschool at Dede Wallace Center before joining Vanderbilt University Medical Center's Child and Adolescent Psychiatric Outpatient Clinic where she worked in both the outpatient setting and the school based program. She currently sees children of all ages in private practice and serves as adjunct faculty for graduate programs at the University of Tennessee, Vanderbilt University, and Trevecca Nazarene University. Paris has an international reputation as a dynamic and original speaker. She provides supervision, organization consultation and training on many topics related to child treatment. She is the author of Gabby the Gecko, a new bibliotherapy material aimed at helping children disclose and heal from traumatizing experiences. She has also authored a book entitled "Digging for Buried Treasure: 52 Prop-Based Play Therapy Interventions for Treating the Problems of Childhood" and co-authored an original DVD, 10 Peas in a Pod, a resource that helps clinicians immediately replicate empirically informed prescriptive play therapy strategies"



Here is a technique posted on Paris Goodyear-Brown's website.

## FEATURED TECHNIQUE

### The "Good-At" Game



**Treatment Modality:** Individual/Group/Family

**Population:** Ages 3 to adults

**Treatment Phase:** Beginning/Working/Termination

#### **Treatment Goals:**

1. To practice making positive self talk statements
2. To increase the client's sense of competence/mastery of the environment.
3. To increase overall self-esteem.

#### **Props:**

- a can of Playdoh for each participant
- treasures (glass stones, coins, colored baubles)

#### **Procedure:**

Open a can of Playdoh for each participant. Begin by instructing the client to take one little chunk of Playdoh and put it to the side. Roll the rest into a ball. Then press both thumbs into the middle (to begin to hollow out a center) and mold it into a shape that looks like a cup or a nest. Then take the leftover Playdoh (that which was put aside) and place it in front of the client. Instruct the client to roll it into a ball and then flatten it into the shape of a pancake. Invite the client to create facial features for the flat circle of PlayDoh using stones, coins, etc. from the treasure chest. When the face is finished, have the client fill up the rest of the PlayDoh (shaped like a cup or nest) with treasures. Put the lid/face on top of the cupped piece, covering up the treasures. The client has now created a rough Playdoh person.

The therapist points out that the Playdoh person doesn't look very interesting from the outside. Since you can't tell a lot about this person from the outside, she has to be opened up. She has to tell us about all the things that make her special. Model pulling out one treasure at a time from the PlayDoh person's body while making a statement that begins with "I am good at...". The therapist should model statements like "I am good at laughing", "I am good at dressing myself", "I am good at listening."

It is important that client begin to realize that skills and abilities that she may take for granted are part of what make her unique and special. The child then has a turn to make a “Good-At” Statement for each of the treasures in his/her Playdoh person.

**Processing Questions:**

What could you tell about the Playdoh person from the outside?

What was inside the Playdoh person and how is that like the things inside you?

Was it hard to think of things that you’re good at?

How did it feel to say nice things about yourself?

**Homework Assignment:**

Ask three different safe adults (this could include the therapist, teachers, parents, clergy, etc.) to tell you one thing that they think you are good at. Be prepared to give the list to the therapist next session. The number of people that the children should consult may change depending on how many, or how few, positive influences the child has in her environment.

**Special Considerations:**

I have not yet found a client who didn’t enjoy some version of this game. However, clients may have such low self-esteem that they can’t think of anything they are good at. If this is the case, the therapist must voice true positive statements about the clients until the clients begin to believe them. Moreover, clients with severe speech delays or cognitive deficits may need modifications (see below).

**Applications and Modifications:**

This technique is particularly useful in a group setting because children who cannot think of many (or any) things that they are good at, can have their positive qualities reflected by other group members. This allows other members to feel important at the same time that the client becomes aware that not only is she “good at” many things, but other people notice and appreciate her skills and abilities. For children suffering from speech delays the therapist can invite the client to draw pictures for many different skills (or cut them out of magazines). Young clients can choose from the pictures and store the ones that match their abilities in their Playdoh people. These pictures can then be produced when it is their turn to share their “Good At” statements.

This technique can be adapted to almost any population and setting. Often, when I give workshops, I give all the participants an opportunity to experience the technique. However, we use Smarties as the prop and for every Smarties, you have to say one thing that you are “Good At”. Workshop participants often give feedback regarding how awkward it feels to say nice things about themselves. They report that it feels like bragging and that they can’t think of many things that they are good at. If adults have this much difficulty with highlighting their positive qualities, how much more difficult it must be for children.

Please contact [paris@parisandme.com](mailto:paris@parisandme.com) for more information on featured techniques.

# 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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