



# ***The Hawai'i Play Times***

THE NEWSLETTER FOR THE HAWAII ASSOCIATION FOR PLAY THERAPY  
August 2007

## **Greetings HAPT Members!**

The lazy crazy days of summer are winding down. I hope that your summer was most enjoyable – filled with time to kick back and just enjoy.

As my term draws to a close, I want to say Mahalo to “just some” of the fine volunteers who have generously shared their talents. Volunteers are the heart and soul (and hands and feet!) of HAPT.

Board Members: **Teresa Shigemasa, LMHC, RPT-S** (President-Elect) kept a watchful eye on all things of a membership nature. She initiated Play Dates, opportunities to network in a relaxing atmosphere. **Bonnie Coutsourakis, LCSW** (Past-President) continued to encourage the Board in our various endeavors. She provided the important link to HAPT's recent past. **Wendy DeVault, LCSW** (Secretary) faithfully recorded our Board (as well as Membership) meetings. (This is not an easy task when everyone seems to want to talk at the same time). **Nami-Anne Dolan, NCC** (Board and Conference Treasurer) was diligent with her various responsibilities. Her ability to keep accurate records kept us on the straight and narrow. **Michelle Kaya, LCSW** (Member-At-Large) added color and whimsy to the newsletter, which is published three times each year. *The Hawai'i Play Times* is an important informational link to our members. Joining these individuals on September 15th will be incoming Board members **Linda Rivera, PsyD** (President-Elect) and **Peggy Brandt, LMHC** (Secretary). We are fortunate to have these energetic professionals join the HAPT team.

Committee Chairs: Conference 2007 Chairs **Gail Silva, PsyD** and **Simone Maciejewski, PsyD** pulled together a most successful conference. They put in many many hours to assure that once again HAPT offered a vital, quality educational opportunity to the community. Conference 2008 Chairs **Barbara Lee, PsyD** and **Veronica Pahia, MSCP** are industriously putting plans in place for February 21 – 22, 2008 “Play Therapy for Kids from 4 to 84.” Terry Kottman, PhD, RPT-S, will be our Presenter at the Ala Moana Hotel. Program Chairs **Michelle Kaya** and **Inga Park-Okuna, MA** headed up a very well-received workshop on May 5, 2007, “Play Therapy and Childhood Bereavement” with Vikki Catellacci, LMFT. As you read this, they are putting on finishing touches for our Sept 15, 2007 workshop: “Play Therapy and PCIT” with Dr. Steven Choy and Dr. Kathryn Chun.

CE Director, Webmaster, Nomination Committee: **Anita Trubitt, LCSW, RPT-S** (Continuing Education Director) keeps us honest. Thanks to her, we are assured that any issues of a CE nature are handled in a professional way. **Scott O'Neal, LCSW** (Conference Registration and Webmaster) works many hours before each conference. Our website now has a lively new look, thanks to Scott. [www.hawaiiplaytherapy.net](http://www.hawaiiplaytherapy.net). **Michelle Kaya** and **Pat Yuen, LSW** (Nomination Committee) once again searched out qualified candidates for Board positions.

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Their efforts yielded a fine slate of officers.

Thanks to each of these dedicated individuals, HAPT continues to be a "can do" organization.

**Recent Highlights:** \*Board positions are opportunities for **leadership**. Designated funds for leadership courses are included in the budget for the 2006-2007. \*Members are sent friendly **reminder post cards** when their membership is about to expire. \*The Nominating Committee and the Board actively recruit candidates with an eye to forming a winning **team**. \***Evidence-Based Play Therapy** training was presented to the wider community. \***Play Dates** are times to be in touch with and to enjoy the company of other professionals. \***HAPT's 10th Birthday** was celebrated, complete with a Birthday cake and fun Power Point presentation. \***Yahoo Discussion Group**, an open, un-moderated, general discussion group, is now open for business. YDG is a valuable way to network with other members. If you would like to join, please be in touch with Scott O'Neal for the "how to." [webhead@hawaiiplaytherapy.net](mailto:webhead@hawaiiplaytherapy.net) \***Play Therapy In-services** are being offered by a number of enthusiastic members. \*The **Finance Committee** meets periodically to monitor our finances, making recommendations to the Board. \*The Board continues to develop **business acumen**.

As you can see, your HAPT Board actively works on your behalf, "providing a forum for the professional growth and development of play therapy in the State of Hawai'i." It has been my privilege to be part of HAPT's leadership team.

Mahalo and aloha,

*Monica Evans, LMHC*  
HAPT President

## **"Play Therapy and Childhood Bereavement" -- a review**

On May 5, 2007, HAPT presented its semi-annual workshop at Tokai University in Honolulu, Hawaii. Our presenter, Vikki Catellacci, LMFT, resides on the Big Island and is working in private practice. She received rave reviews from an audience of HAPT members and other mental health professionals following the workshop. Here are some of the reviews:



Program Co-Chairs with Vikki Catellacci

*"Excellent! Vikki is warm, wise and wonderful. One of the best workshops ever!"*

*"...Very helpful because we can use it now."*

*"I was not familiar with play therapy, and being over-analytical I was uncertain of the validity. After the presentation, I'm a believer!"*

*"This is a very engaging workshop that changed my cognitions about the concept of play therapy."*

*"Wonderful mix of theories, information, experiential, and wealth of clinical examples."*

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In the training, Vikki discussed the impact of grief on children throughout the developmental spectrum. She presented a copious number of suggested play and creative interventions to use with this special population. Attendees participated in an experiential activity using one of the techniques that she described, "Creating a Village." Participants left the training with a number of new play therapy interventions to utilize for working with children experiencing loss.

To view some of the "Villages" that were created by the training attendees and other pictures from the workshop, please visit our website at [www.hawaiiplaytherapy.net](http://www.hawaiiplaytherapy.net)

## **SOUND, COLOR, EXPERIENCE**

### **Making Connections through Play, Sandplay and Art for Children, Adults & Families**

As your Past-President and as a therapist working with adults, children and families, it has always been of critical importance to me that we, as mental health professionals trained in play therapy, improve the PR concerning it's efficacy, so that more children and families could be helped.

On Friday, June 29, 2007 I was invited to present at the Staff Training for Alaka'i Na Keiki on Play therapy, Sandplay therapy and Family therapy for a group of providers, potential providers, graduate students, DOE and DOH staff, families and other interested persons.

For this daunting task I gathered resources using my own slides and, with permission, 3-4 of the ideas of Gail Silva, who had presented recently for the First Annual SBBH Conference. Putting all of our good ideas together, I created a PowerPoint

with pictures, how-to ideas, and basic information on the efficacy of all three and how they can compliment each other. Many people came up after the presentation and wanted to know more. Many said they were very happy and excited with the information. It was very rewarding to see how much good information about play therapy is now going out and being accepted. This was one of my major goals when I first took on the 3 year journey as HAPT president. I'm donating my PowerPoint to HAPT so that this hard work can continue to do good and spread the word. Happiness and success to you all!

Your Past-President,

*Bonnie Lee Coutsourakis, LCSW, QMHP*

# The Results are In...

Each year the Nomination Committee, along with HAPT's Board of Directors, actively seeks new candidates to run for office on HAPT's Board. In order to be a candidate for any of the positions, the person must have a current status as a Professional member of HAPT (APT has 2 categories of membership: Profession and Affiliate—the latter which comprises of students, etc.). The member must be willing to make a one year commitment (with the exception of the President Elect position which is a three year commitment). Following the results of the elections, the incoming board members are invited to attend the Annual Planning Meeting (two days of intense planning during the summer). Here are the results of the 2007-2008 Elections:

- **President-Elect:** Linda Rivera, PsyD. (She has served as HAPT's Scholarship Co-Chair in the past)
- **Secretary:** Peggy Brandt, LMHC (She has served as HAPT's Conference Co-Chair in 2006 and been a volunteer in other realms for HAPT)
- **Treasurer:** Nami-Anne Dolan, NCC (She has served as both Conference and Program Co-Chair and as HAPT's Treasurer in the past)
- **Member-at-Large:** Michelle Kaya, LCSW (She has served as HAPT's Secretary, Program Co-Chair, Nomination Co-Chair, and Member-at-Large in the past)

Congratulations to our newly elected board members! Remember elections are held annually. A call for nominations for the 2008-2009 year will be sent out in April of 2008.



**WHEN WE LEARN AND  
GROW TOGETHER, WE  
ALL WIN!!**

**JUST A NOTE TO ALL PLAYFUL  
MSW THERAPISTS WHO ASPIRE  
TO QUALIFY AS LCSW**

That was the case with me in 2002. I'd just earned my MSW at Manoa and had worked 14 years doing social work for the children and families known to DHS. Although the work was clinical and my supervisor was tops, she was NOT an LCSW so I couldn't count or document my hours. In 2003, I went to work for DOE as a therapist practicing school based behavioral health. My supervisor was referred to as a "clinical supervisor." Did any of those hours count, No!!

My name is Bonnie. Some of you remember me as your past president. A little over a year ago I was finally able to complete my required supervision and document those vital clinical hours. NASW also realized the lack of qualified supervisors and offered the NASW certification course for Clinical Supervision in social work which I took and passed last year.

For those of you in the same position as I was in, I have an option for you to consider. I have been offering individual and group supervision for about six months. It started out with just a few friends and acquaintances but has blossomed into a very functional group which meets 3-4 times a month, after normal work hours. I will provide supervision, facilitate the group, provide individual sessions, as needed, and will document YOUR clinical hours so that they are legal and will count for you.

Please call me at (808) 295-8568 and we'll discuss possibilities.

*Bonnie Lee Coutsourakis*, HAPT Past-President, LCSW, QMHP

## ***Play Therapy and PCIT***

***September 15, 2007 (Saturday)  
Tokai University, 9<sup>th</sup> Floor  
9:30 a.m.-12:45 p.m.***

The excitements in the air! With our upcoming workshop on "Play Therapy and PCIT," quickly approaching, here's a little teaser about PCIT. Parent-Child Interaction Therapy (PCIT) is an empirically-supported treatment for conduct-disordered young children that place emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns.

In PCIT, parents are taught specific skills to establish a nurturing and secure relationship with their child. Meanwhile, parents are learning ways to increase their child's prosocial behavior and decrease negative behavior. This treatment focuses on two basic interactions: Child Directed Interaction (CDI) which is similar to filial play therapy in that parents engage their child in a play situation with the goal of strengthening the parent-child relationship; the second basic interaction is the Parent Directed Interaction (PDI) which resembles clinical behavior therapy in that parents learn to use specific behavior management techniques as they play with their child.

*We look forward to seeing you at the workshop. Following our workshop will be our "Friends of Play Therapy" luncheon. We will be having it on site following the workshop. This will give play therapists and other mental health professionals a chance to network, share resources, and converse about the value of play therapy. If you have any questions regarding the upcoming workshop, please contact Inga ([ingapark@tmail.com](mailto:ingapark@tmail.com)) or Michelle at ([ewabgirl@yahoo.com](mailto:ewabgirl@yahoo.com)).*

# Newly Forming FUNd Raising Committee

Are you interested in a challenge? Like making money? How about giving Fundraising a try? I am hoping to recruit some members to organize fundraisers for HAPT. One of HAPT's ongoing goals is to recruit new members in order to educate others and spread the knowledge and value of play therapy. We would like to be able to offer scholarships of some kind for students or others who may be financially challenged. If you would like to assist in this exciting adventure please contact Wendy DeVault (Fundraising Chair) at [w.wisewoman@hawaiiantel.net](mailto:w.wisewoman@hawaiiantel.net)

## UPCOMING TRAINING OPPORTUNITIES

*Save the Dates!*

### **"PLAY THERAPY AND PARENT-CHILD INTERACTION THERAPY (PCIT)"**

with Kathryn Chun, PhD & Steven Choy, PhD  
September 15, 2007 (Saturday) from 9:30am-12:45pm at Tokai University  
Earn 3.0 CE credits of play therapy training  
\$40 for non-members

### **"SANDPLAY THERAPY WITH CHILDREN, PART 2"**

with Carla Sharp, APRN, Certified Sandplay Therapist  
Begins September 21, 2007  
For more information, visit [www.carlasharp.com](http://www.carlasharp.com)  
If you have any questions, contact [carla@carlasharp.com](mailto:carla@carlasharp.com)

### **"BEGINNING PLAY THERAPY"**

with Carla Sharp, APRN, RPT-s  
Starts September 22, 2007 (Saturday)  
To register or to view class content, please visit [www.carlasharp.com](http://www.carlasharp.com).  
If you have any questions, feel free to contact [carla@carlasharp.com](mailto:carla@carlasharp.com)

### **"PLAY THERAPY WITH KIDS 4-84"**

with Terry Kottman, PhD, RPT-S  
HAPT's Annual Conference!  
February 21 (Thursday) & 22 (Friday) 2008  
at Ala Moana Hotel

### **"MAKING AND USING PUPPETS IN PLAY THERAPY"**

with Inga Park-Okuna, MA  
May 3, 2008 (Saturday)  
Earn 6.0 CE credits of play therapy training  
\$60 for non-members



## LOOKING FOR PLAY THERAPY SUPERVISION?



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:

- ✚ **Rachelle Hansen LCSW, Psy.D, RPT-S** - Private Practice, Counseling Center in Wahiawa, Oahu. Contact number is 621-1820. Expertise is in foster children and their issues within the family and community system.
  
- ✚ **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@carlasharp.com](mailto:carla@carlasharp.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: 1-(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: 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.

### **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 Member-at-Large at [Ewabgirl@yahoo.com](mailto:Ewabgirl@yahoo.com) . Photos were donated by our very own Lyn Lee. I'd like to THANK Lyn for her continued assistance with HAPT.

## **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 [Ewabgirl@yahoo.com](mailto:Ewabgirl@yahoo.com) . 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 2006-2007 BOARD OF DIRECTORS



(Left to Right: Bonnie, Teresa, Wendy, Nami Ann, Michelle, and Monica)

Monica Evans, President, ([president@hawaiiplaytherapy.net](mailto:president@hawaiiplaytherapy.net))

Teresa Shigemasa, President-Elect, ([president-elect@hawaiiplaytherapy.net](mailto:president-elect@hawaiiplaytherapy.net))

Wendy DeVault, Secretary, ([w.wisewoman@hawaiiantel.net](mailto:w.wisewoman@hawaiiantel.net))

Nami Ann Dolan, Treasurer, ([treasurer@hawaiiplaytherapy.net](mailto:treasurer@hawaiiplaytherapy.net))

Michelle Kaya, Member-at-Large, ([ewabgirl@yahoo.com](mailto:ewabgirl@yahoo.com))

Bonnie Coutsourakis, Past President, ([coutsourb001@hawaii.rr.com](mailto:coutsourb001@hawaii.rr.com))