



# THE HAWAII PLAY TIMES

THE NEWSLETTER FOR THE HAWAII ASSOCIATION FOR PLAY THERAPY  
MARCH 2004

## President's Message

Dear Members,

Aloha and Happy Spring! It was so nice to see so many of you at our recent conference in February. A number of you expressed your appreciation of Dr. Heidi Kaduson's presentation. I personally enjoyed how interactive and informative it was.

I want to extend my sincere gratitude to all of you who made this conference a success. Did you catch Heidi and me promoting play therapy on Channel 3 the night before the conference?

Please check out all the conference pictures on our website: [www.hawaiiplaytherapy.net](http://www.hawaiiplaytherapy.net)  
I am looking forward to seeing you at our next meeting and workshop on May 8<sup>th</sup>.

See you then!  
~Rebecca

## Spring HAPT Membership Meeting and Training

The semi-annual HAPT Membership Meeting and Continuing Education Training will be held on Saturday, May 8<sup>th</sup>, 2004 at the Makiki Christian Church, Upper Social Hall, 829 Pensacola Street. Registration is 12:00 to 12:30; the membership meeting starts at 12:30; and the training begins at 1:30.

This year's presenter is respected local psychotherapist Dr. Barbara Rutter, who will discuss "Assessing and Treating Attachment Issues in Play Therapy". The workshop will focus on assessing attachment issues using the Nest Drawing Technique; history taking and behavioral observation using three different methods; and treating attachment issues in play therapy

with baby dolls, the therapeutic relationship, and working with the parent. The workshop will include group discussion and a question/answer period.

This workshop is free to HAPT members. Three CE credits will be awarded to participants who attend at least 80% of the workshop. Registration deadline is April 20<sup>th</sup>. If you would like to join HAPT or renew your membership, application forms will be available on-site, or can be downloaded from the HAPT website, [www.hawaiiplaytherapy.net](http://www.hawaiiplaytherapy.net).

For more information, contact us at 440-4624, or e-mail Nami-Anne Dolan at [DOLANL001@hawaii.rr.com](mailto:DOLANL001@hawaii.rr.com).

### DID YOU KNOW THAT . . . . .

The Hawaii Association for Play Therapy has almost 150 members? That we have one of the highest memberships in the entire country? And we manage an annual budget of several thousands of dollars? We provide 2 free high-quality workshops each year which earns attendees 6 hours of continuing education credit (free !). In addition, we put on one humdinger of a 2-day annual conference. The conference is such a deal that this year we had over 175 attendees, with folks from as far away as the East Coast.

As you can imagine, managing an organization of this size and with such an active program requires a lot of help from a lot of members. Each year, a group of brave souls must step up and volunteer to make a year's commitment to help guide this organization for the rest of us. And, truth be told, each year it is a struggle to find a few people (out of almost 200! !) who are willing to commit to this challenging, yet immensely rewarding task.

Well, it's that time again. In the last newsletter this editor was introducing the new Board of Directors. Now I'm asking members to begin thinking about taking a leadership role in HAPT for next year. Election of new officers is held in September, with the new Board taking position in October. This summer, we will be looking for people to fill the positions of vice president (3 year commitment), treasurer (1 year commitment), secretary (1 year commitment), and member-at-large (1 year commitment). No special skills are required; there will always be someone to help train you in the position you choose.

So, start thinking about how YOU can contribute to help keep HAPT the dynamic, successful organization that we all so often take for granted.

### PROGRAM CO-CHAIRS NEEDED . . . . .

HAPT is looking for two ambitious souls who are willing to rise to the occasion of co-chairing our Seventh Annual Conference in 2005. The Hawaii Association for Play Therapy's Seventh Annual Conference will be on Friday and Saturday, February 25 & 26, 2005, with Eliana Gill. The speaker and hotel are in place, Sue Bergman & Monica Evans are willing to be consultants to help the co-chairs. Organized notes, recommendations, and samples of everything used are neatly organized in a binder and many conference committee chairs are in place. The co-chairs just need to follow the user friendly conference task checklist for us to have another successful conference. We're ready and waiting to hear from interested individuals. For more information, please contact Monica Evans -[monicaevans@hawaii.rr.com](mailto:monicaevans@hawaii.rr.com), or Sue Bergman -



materials to enable the child to work through the problem they are dealing with. The specific games and activities of CBPT allow us to guide the child to accomplish this goal.

On the second day, Dr. Kaduson provided a wealth of material that answered the question of “how” we do what we do. It was entitled, “Play Therapy Techniques for Home, School, & Office”. During that day everyone I talked with spoke with enthusiasm about using a particular new idea they had gleaned with one of their hard-to-reach young clients.

If you missed the conference this year, make a decision right now to put this event on your calendar for next year. Don’t miss out again!

### WHAT WE LEARNED FROM HEIDI:

“I really appreciated that she was willing to admit when she made mistakes (in the videos). When the “expert” can admit to mistakes it makes doing this work realistic for me. She was a great speaker....listening to someone else for two days would have been boring. But she made it interesting.”

*Lyn Lee, MSW*

“I liked the hands-on activities. I especially liked the bubble-blowing activity, where you teach the child to take a slow breath in and then blow out slowly in order to make a BIG bubble. That’s a great way to teach deep breathing.”

*Andrea Mills, QCSW*

“Basically, what stood out for me was how powerful it is when you can teach the child that s/he can carry more one feeling (and have conflicting feelings) at the same time. Also, instead of waiting for “the teachable moment”, you can do something to bring about the actual experience for the child, rather than just talking about it.”

*Jennifer Takahashi, Psy.D.*

“I’ve had great success playing “newscaster” with a 10-year old girl dealing with bereavement issues. I brought 2 old phones to the office to use in the play. I explained that she could help me learn how to help other kids in the same situation as she was, Then I had her identify issues that she had been successful in resolving, and issues she still needed to work on. (I used a set of “Power Thoughts for Teens” cards by Louise Hay to help her with this.) Using the situations which she had successfully dealt with, she role-played the “expert” newscaster and I played the callers asking for ideas from the expert on what to do. For situations that she still needed to work on, I played the “expert” and she played the callers asking the questions. She’s wanted to play this several times, and really gets into the role”

*Kate Hammatt, Psy. D.*

“I work with foster kids who often have to go to the doctor when they are removed from home, so they play out doctor’s visits. I learned to get real medical equipment whenever possible, such as (needleless) syringes, stethoscope, gauze, tape, unbreakable thermometers, etc.”

*Rachelle Hansen, Psy. D.*

“I like the technique where the therapist and child each have a puppet, and the child’s puppet is the expert. The therapist asks advice, such as ‘I’ve been having problems making friends.

What can I do?' This draws on the child's own inner wisdom and strength. The therapist then validates the advice given."

*Bonnie Coutsourakis, MSW*

"She identified the main information that she includes when gathering a family history. 1). She wants to know the family 'discipline' history. How were the parents disciplined? How do the parents discipline now? What works? 2). Is there a family history of drug or alcohol abuse? The therapist must define 'abuse'. Otherwise the parents may not recognize that there is an abuse problem. 3). Is there a history of physical or sexual abuse? If this kind of abuse is denied, do not question it at this time. 4). Does anyone in the family have or been diagnosed with emotional disturbances? Give suggestions of what an "emotional disturbance" is—is any one often cranky, worried, no energy, etc. 5). Does anyone have a chronic illness or conditions, or any learning disabilities? Then, very important, get a good picture from the parents of how the child plays. She uses 50 minutes of the hour for the interview, and then gives the parents 10 minutes to talk about 'The Problem', why they are here. Letting them talk longer than that about 'The Problem' does not help anyone."

*Nami Anne Dolan, M.Ed.*

"I liked the 'Beckely Puppet Interview' technique for non-verbal, shy, younger, or selectively mute children. The therapist has two puppets who express opposite thoughts. (Ex.: I like to read. I hate to read. My teacher likes me. My teacher doesn't like me.) Then the therapist says "What about you?" The child wears one puppet and chooses the answer that is most like her/him.

Another idea: have a balloon fight, for fun and stress/frustration reduction. Heidi says this should be used with adults only. If kids use it, it could exacerbate or create aggression. "

*Pat Yuen, ACSW*

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CONGRATULATIONS . . . . .

To Mary Lou Lomaka, Hawaii's newest Registered Play Therapist. Mary Lou gained her experience in play therapy while working with the Parents' United program at Child and Family Service. She began her journey towards her RPT in 1999. She often had to testify in Family Court cases and realized that having her RPT would give her greater credibility. She did her required training and supervision with Carla Sharp, RPT-S. Mary Lou is currently in private practice. She would like to thank Carla for all her support and encouragement.

AND TO:

Anna Maria Beck on the birth of her new son on 3/25/04. Mother and baby are doing fine

**GAMES CHILDREN PLAY**  
By Sue Parry

*Sue Parry, OTR/L, is the owner of ADD Watch, a business dedicated to information, consultation and referral about mental health issues and medication use in young children. For more information about ADD Watch, call Sue at 394-0720.*

*(Viewpoints expressed here do not necessarily reflect those of HAPT or its Board of Directors.)*

There is, in America, an epidemic of children being diagnosed with mental illness. The 1999 Surgeon General's Report states that "Approximately one in five children is diagnosed with a DSM-IV psychiatric disorder during the course of the year." Children, and now toddlers and preschoolers, are being diagnosed with ODD, conduct disorder (CD), anxiety, bi-polar disorder, depression, obsessive-compulsive disorder (OCD), and ADHD at an alarming rate.

At the same time, anecdotal evidence suggests that there is a disturbing "worldliness" in the games that children play. This author has read of a group of young children in New Jersey who pretended to be drug dealers and operated a make-believe drug ring, complete with mock drug sales and a ledger detailing each transaction. Two nine-year old girls in San Diego simulated oral sex with their Barbie and Ken dolls. At a preschool in Dallas, a 4 year old proudly announced in class that he had learned to French kiss from the movie "Top Gun", and then proceeded to demonstrate (Akron, Ohio Beacon Journal).

Is there a connection between the precipitous rise in children's emotional/behavioral disorders, and the increasing worldliness of their play? To many people it may seem that childhood itself has become a disorder. Childhood seems to be dying. Children themselves are surviving, but not all are thriving. Unfortunately, many experts say, in our rapid fire culture too many children aren't able to experience that golden period of childhood freedom before having to deal with the tensions of the adult world. Children today are growing up with a degree of stress that was unheard of two decades ago. Games children play too often reflect society's ills and concerns.

In her book, The Golden Ghetto: The Psychology of Affluence, Jessie O'Neill offers some startling facts. She reports that children of affluence and children of poverty often grow up to display the same personality traits, such as the inability to delay gratification and tolerate frustration, loss of future motivation, low self-confidence, low self-esteem, and a false sense of entitlement. Parents are frequently physically or emotionally unavailable, albeit for entirely different reasons. American society is creating a generation of children who are materially satiated yet emotionally deprived.

But if childhood really is dying, who is to blame? A society that didn't protect and cherish its youngest members? A media elite that hastened the end of the age of innocence? A culture that refused to celebrate the joyous rituals of childhood? Is it any wonder that children often turn to pretend games that allow them to deal with situations they're exposed to but don't quite understand? There are certainly many culprits to blame. But who is ultimately being screened, evaluated, diagnosed, labeled and often medicated with potent and possibly addictive drugs? Teachers, parents or society at large? No, innocent children, some of whom are still in diapers.

Until America realizes that children are the recipients of our dysfunctional society, we can't expect children's lives to be innocent, wholesome or carefree. In the long run our society will pay the price for not devoting more time and resources to its youngest members.

### [Update on Counselor Licensure](#)

By Monica Evans

A brief update re: the counselor licensure bill before the state legislature.

SB (Senate Bill) 2595 is the bill that will likely go through the legislature this year.

Here's how you can help:

(1) Prepare your written testimony. A good article to guide you in this is "Talking Points". If you would like to have a copy, please request it from the e-mail address listed in #5.

(2) Legislators like to see support from the public when they pass a bill on. If you can testify in person (i.e., read your testimony), that is a great help.

(3) Hawaii law only requires 48 hours notice prior to a hearing. We will do our best to email you the hearing info as soon as we know.

(4) An important web site: <http://www.capitol.hawaii.gov>. Go to 'bill stats and docs', then put in SB2595 to find the current status as well as bill versions that have passed and committee reports.

(5) If you would like to be placed on our email list to help with this valiant effort, please notify Monica Evans at [monicaevans@hawaii.rr.com](mailto:monicaevans@hawaii.rr.com).

THANK YOU!

## PROFESSIONAL OPPORTUNITIES:

Advanced Play Therapy, Course Three: "The Use of Play Therapy with Special Populations". Meets for 9 Saturday mornings, 9:00 to 12:00, beginning April 10<sup>th</sup>, 2004. This course counts as 24.75 hours of play therapy instruction. Contact Carla Sharp, RPT-S, at 261-0066.

Group Supervision/Consultation in Sandplay: Meets one Thursday a month until June. Starting in June, will meet the last Wednesday of the month. Cost is \$25 per session. For more information, contact Carla Sharp at 261-0066, or by e-mail at [carlsharp@hawaii.rr.com](mailto:carlsharp@hawaii.rr.com)

HARC (The Hawaii Attach Resource Connection) is sponsoring its 2<sup>nd</sup> annual conference on attachment disorders, entitled "Foundations to Attachment". It will be held on April 23-24, 2004 at the Dole Ballrooms. For more information, contact Keith Kuboyama at 521-9531, ext. 232, or visit their web site at <http://home.hawaii.rr.com/hawaiiattach/harc.html>.

Hawaii Counseling Association (HCA): Annual No Na `Oihana Kokua Conference, titled "Providing Innovative Approaches for a Multicultural World". Saturday, April 24, 2004, 7:30 to 4:30 at East-West Center, UH Manoa. Optional evening banquet at The Willows Restaurant. They are offering 3 workshop sessions, with 7 topic options per session. Keynote speakers will be Dr. Patricia Arrendondo, Ed.D., president elect of the American Counseling Ass'n, and Ms. Gwen Fujie, teacher of "Tongue Fu". For more information, contact Candy Hochstein at 455-0246 ( [candyhochstein@aol.com](mailto:candyhochstein@aol.com)); or Laurie Libarios, at 455-0420 ([lauriel@hawaii.edu](mailto:lauriel@hawaii.edu)).

Sandplay Therapists of Hawaii: June 11, 2004. Sally Dexter Dukes will be presenting. For more information contact Carla Sharp, STA/ISST, at 261-0066.



Chaminade University is offering a course on Developmental Psychopathology in the spring. This class is needed to fulfill the requirements for RPT. Call Jan Martin, 735-4751.

Office Space Available:

In Wahiawa. Contact Randy Holland at 741-9783, or Rachelle Hansen, at 372-8481.

Wanted:

Clean or unused medical supplies or equipment (such as syringes). Call Rachelle Hansen, Psy. D., at 372-8481.

Mahalo, Newsletter Contributors

Mahalo to all who helped with this newsletter: Rebecca Rinehart, Sue Parry, Bonnie Coutsourakis, Jennifer Takahashi, Lyn Lee, Andrea Mills, Kate Hammatt, Nami Anne Dolan, Rachelle Hansen, Monica Evans, Mary Lou Lomaka.

Newsletter Contributions Welcomed:

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 Pat Yuen at [patriciakayeyuen@aol.com](mailto:patriciakayeyuen@aol.com), or [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 [patriciakayeyuen@aol.com](mailto:patriciakayeyuen@aol.com). To ensure that you receive all HAPT news in a timely manner, please inform us of any name or address changes. THANKS!!

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Play is natural exhilaration. Don't confuse it with shopping, eating, or artificial excitements.  
*From Play Therapy by Michael Joseph*

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 2003-2004 BOARD OF DIRECTORS

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