



AAPT NEWSLETTER



Step Back in Time:

AAPT History Lesson

It may seem hard to imagine, but Alabama was one of the first two branches to organize in the USA. In the March 1993 *Association for Play Therapy Newsletter, Volume 12, Number 1*, page 8, they announced the first two Branches established which were Alabama and Oregon received our charter in October 1993 in Atlanta, Georgia at the APT Conference. We continue to grow as we celebrate our fifteenth birthday!

On May 5, 2000 Liana Lowenstein presented the workshop based on her book *Paper Dolls and Pa-*

per Airplanes: Assessing and Treating Sexually Traumatized Children in Play Therapy AND The Toy Box: Transforming Toys and Games into Therapeutic Interventions in Play Therapy was AAPT's first national presenter. The room was overflowing with standing room only. Until this time, workshops were attended by just members, but anyone interested was invited this time. The attendance proved Alabama was and still is eager to learn about play therapy! We are excited that Liana is coming back for our 2008 Spring Conference! Her

presence hallmarks AAPT's anniversary of our very first big conference in 2000. We welcome her back to bring us updated and innovative techniques for working with Bereaved Children. We hope to see you there! For more information go the history and conference section of our NEW website.



Check out what's new at AlabamaPlayTherapy.org

Alabama Association For Play Therapy (AAPT)

Spring 2008

Special Points of Interest

- ☺ Check out AAPT's NEW website. www.AlabamaPlayTherapy.org
- ☺ Mark your calendars for Liana Lowenstein June 6th in Birmingham.

Inside this issue:

| | |
|---------------------------------------|---|
| Spring Conference | 2 |
| Treatment Technique for Termination | 2 |
| New AAPT Website | 2 |
| Check out this Website for Children | 3 |
| Tearsoup | 3 |
| Inside Story | 4 |
| Continued Stories and upcoming Issues | 5 |

Message from the President

Kim Brindley, LPC-S, RPT-S

Spring is here and we hope you are outside playing, digging in the dirt, literally or figuratively, planting new seeds, nurturing growth and eager to see all the goodness that develops this year. As clinicians we are reminded daily of the challenges to

growth and our hope is that we are a source of support during times of struggle. *Gardeners know the best dirt.* AAPT is growing and new changes are popping up everywhere. Check out our new website. Take a look inside this issue for a great

To plant a garden is to believe in the future.

termination technique from board member Lisa Edwards, a cool website for kids called Fishful thinking and a reminder to be grateful. Stay in touch with AAPT and get "Play Date" reminders by becoming a part of our email

(Continued on page 4)

Spring Conference 2008

Come join us for the Spring 2008 workshop entitled Creative Play Therapy Interventions for Bereaved Children and Children of Divorce featuring Liana Lowenstein, MSW, RSW, CPT-S. This workshop will familiarize participants with a brief theoretical overview of the topic and a step-by-step demonstration of a play-based assessment model. The second half of the workshop will focus on creative interventions for use in individual, group and family play therapy to address issues related to bereavement and divorce. A variety of therapeutic games, stories, and art techniques will be described and demonstrated. Workshop participants will come away with a better understanding of grief theory,

and many new and innovative play therapy techniques. *Although the focus of this workshop will be on grief, separation, and divorce, the assessment and treatment interventions can be adapted for use with a wide variety of other treatment populations.* Our presenter is an author, sought-after speaker, and practitioner with 20 years of specialized work with children, adolescents and their families. She has a reputation as a dynamic workshop leader and has presented trainings across North America and abroad. She is founder of Champion Press publishing company. She has authored numerous publications including her newest books released in 2006 are Creative Interventions for Children

of Divorce, and Creative Interventions for Bereaved Children. The workshop will be at the Cahaba Grand Conference Center (located off 280 approximately 1.5 miles from The Summit shopping experience).

Register now at
www.alabamaplaytherapy.org

Play is the highest expression of human development in childhood for it alone is the free expression of what is in a child's soul. Friedrich Froebel

Intervention Idea For Termination by Lisa Edwards, M.A.

Terminating with a client can be difficult when they have become dependent on their counseling. Clients need to be reminded that they have learned a great deal of information and it is time to put that into practice in their life. Hopefully when it comes time for termination they have already translated what they have learned into their life. This intervention, reminds them of that.

A lot of my child and adolescent clients love this intervention. Who does not like making cookies? Since we have a

working kitchen on site this activity works well.

I have all the supplies ready when they arrive. We make cookies (whatever kind I have the ingredients for) from scratch. As we are putting in each ingredient we talk about the different things that we have learned. Each ingredient represents a new learned item (i.e. coping strategies, truths, how not to let things get that bad again, etc.). We talk about how you need all of those things mixed together in your life to make your life 'sweet' (a little play on

words!). As the cookies are baking we make a list of the things to remember from counseling. At the end we eat our cookies and the client takes home the rest. If the client is comfortable with this, she can share why we made the cookies in counseling so that others can remind her of what she has learned when she hits rough times.

"Help clients learn that they need many good things mixed together in lift to make life sweeter."

Check out AAPT's NEW Website

Hopefully you have noticed that AAPT has a brand new website. We are very excited about the features that have been added to make the site a useful, user friendly resource. For the first few months all areas of the site will be available to all our members and friends. After that certain areas will be accessible only by mem-



AAPT is moving forward with new and exciting ventures. Climb aboard and join us on the journey.

bers. To find out how to join AAPT check out our membership area of the website. Also notice there are areas where you can sign up for our mailing list and our email list. We recommend you sign up for both. Our brochures will continue to be mailed snail mail and in a few months AAPT will exclusively use our mailing list for all mailouts.

That means you need to sign up. We also will begin a new email blog called News From the Playground. Our goal is to use this feature to keep you informed of news and updates to the site while not overwhelming you with emails as some list serves can do. However, you have to sign up to participate. So check out all the new features of our site and sign up now!

Fishful Thinking brought to you by Goldfish ®

Who does not love Goldfish Crackers by Pepperidge Farm? How can you not smile when you eat those yummy fish crackers? Did you know Goldfish have a website dedicated to helping children, with the help of parents, learn positive thinking? This website came to the attention of AAPT through the EQ Kids Newsletter by Lawrence Shapiro, Ph.D. Dr. Shapiro spoke at an AAPT workshop several years ago. Look for the internet address to sign up for his free newsletter in the insert.

The Fishfulthinking.com Website Teaches Optimism to Parents and children. Though it does have a good bit of advertising the site overall is a great resource. Here is a summary of the article by Dr. Shapiro's February 6,

2008 Newsletter healthy snack food.

"...here is what I like about the site. This is one of the few sites on the Internet that is specifically dedicated to teaching emotional intelligence, and the professionals behind the site have great credentials. The program was developed by Dr. Karen Reivich, the co-director of the Penn Resiliency Project and a research associate in the Positive Psychology Center at the University of Pennsylvania. This is the place where the original research on teaching children optimism was done.



Go to counselingstore.com and sign up for EQ Kids Newsletter

The site also has clearly defined goals, focusing on parent involvement: "The *Fishful Thinking* program provides the tools parents need to teach their kids how to think optimistically about themselves and how to use their optimism to overcome life's obstacles, persist in the face of adversity, and transform setbacks into manageable challenges. By teaching kids optimism today, we are equipping them with the skills and strategies they can rely on to shine in the face of adversity for the rest of their lives."

(Continued on page 4)

TearSoup by Pat Schwiebert and Chuck DeKlyen

Our workshop in June will focus on various types of bereavement issues. In conjunction with this workshop we thought we would introduce you to a wonderful resource for your library. Tearsoup is a poignant book written in the form of a child's book. However, do not limit your use of this book to children. It has powerful healing qualities for children and adults alike dealing with any life situation that involves loss. The book addresses various types of loss from the death of a pet, divorce, or

the death of a loved one. The specific situation for which the main character is grieving is never revealed thus making its message universal to any loss.

One of the most precious parts of the book is the beautiful illustrations which includes a loving Bassett hound full of personality in every scene. It is a book that is beautiful in message and artistry.

Bibliotherapy is a wonderful resource to use with clients of all ages. Tearsoup is

a book that you will find many uses for as its versatile message speaks to those suffering a loss. It is also a book that seems to keep on giving in that those who learn of the book often pass the book along to others and/or recommend its purchase.

In addition the book has a wonderful resource section provided in the back of the text and a useful website at www.griefwatch.com.

What Would Buddha Say? By Curt Holmes, Ph.D.

Recently modern psychological theories are discovering that several Buddhist practices are extremely useful and helpful with a variety of issues. One of those areas is Gratitude. Gratitude can increase our sense of connectedness to other people and all things. It can deepen our feelings of compassion. It is a focus of what we have, rather than what we lack. What then can we learn from Buddhist practices?

Gratitude for All Things: Remember that the practice of gratitude has enormous benefits. Expand your awareness

of gratitude and broaden what you include:

I am grateful for the occasional exceptional joys in life. I am grateful for the ordinary things that are pleasant. I am grateful for connections to other people.

I am grateful for the universe and my places in it. I am grateful for what I can learn in all my experiences. I am grateful for what I can learn even during suffering. I chose to focus on what



I have, not what I lack.

I am grateful that I can grow and change. Gratitude helps me internalize goodness. Gratitude makes me feel connected to others. Gratitude deepens compassion. I will be

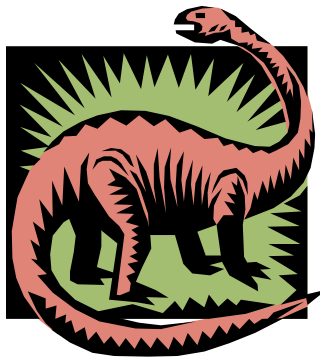
still and patient when I suffer until eventually I can find the part I am grateful for. Each day is an opportunity to be grateful for the gift of life and the gifts within our life.

Continued Articles from page 1 and 3

(Continued from President's message page 1)

and snail mail lists on the website. Help us plant the seeds of new growth in play therapy all over Alabama. One of our upcoming Play Dates is our Spring 2008 Conference. We are all familiar, personally or professionally, with the struggles of grief. Grief is commonly associated with the death of a loved one and/or divorce. Grief over less visible events happen every day all around us. A child's best friend moves. Parents lose jobs or do not get the needed raise and children are not able to play ball or take dance. Siblings go without support of friends from their neighborhood and church to go live with relatives while their sibling is being treated at the hospital. A pet runs

away from home. Life's changes can bring grief in all realms of life. We are excited that Liana Lowenstein is coming June 6th to help us spring forward in learning more innovative play therapy techniques to help us better address and cope with grief issues. *All of the flowers of tomorrow are in the seeds of today.* We hope to grow with you on June 6th! Playfully, Kim



(Continued from Fishful Thinking page 3)

The site features:

Articles on helping kids become more resilient, how to praise kids (and how not to), and how to be a happier parent.

Fun activities for kids to teach them positive frustration, emotional awareness, hope, and more. A quiz to help parents evaluate whether their children are optimistic thinkers. I think this site has some very valuable resources, and hope that you do too. "

NEXT ISSUE:

Watch for our regular newsletter available in our members area. One feature we are excited about is the return of Spotlight on a Member where we will begin to feature a member in each newsletter.

For questions or more information about anything in this newsletter

contact Sharon McGee at
s.mcgee@alabamaplaytherapy.org

**Alabama Association For
Play Therapy (AAPT)**

www.AlabamaPlayTherapy.org



Our Mission:

To advance the psychosocial development and mental health of the citizens of Alabama through play and play therapy. We achieve this through the following objectives:

Promoting the understanding and value of play and play therapy.

Encouraging the effective practice of play therapy through training, research, and support.

Recognizing, incorporating and preserving diversity in play therapy.

Developing and maintaining a strong professional organization to accomplish these objectives.