

Association for Play Therapy

NEWS
Colorado

October 1, 2009 Volume 14, Number 3



President's Note...

I hope this finds everyone well and excited about the upcoming change in the seasons. By the time this newsletter reaches you we will have finished our fall workshop. I hope those of you who attended found it to be a great learning experience. Barry is a very dynamic speaker. His way of teaching is interactive and experiential which makes it easy to remember the skills and points he taught.

CAPT has sent out a call for nominations to the board of directors. If you or anyone you know is interested send in your/their names. The board is a working board and attendance at the meetings is needed of all board members. The meetings are held the third Friday of each month.

The board of directors will hold their annual planning retreat in November. We will look at the goals we have set as an organization and how to improve things for our membership. At this retreat we welcome new board members and say good-bye to board members who are stepping down. This year we will say good-bye to Heather Helm our past president. I want to take this time to say, Thank You Heather for what you have done for CAPT. I know you will continue to promote Play Therapy and the importance of trained professionals.

Speaking of trained professionals in the field of Play Therapy, we are getting a start on our annual Spring Conference. The location has been reserved and we are looking at several keynote speakers. How many of you have had a parent come into your office stating their child was in play therapy and nothing changed? After more questioning of the parent and the past therapeutic experience you discover the intervention by the previous therapist was nothing close to a therapeutic model of play therapy. This is why it is so important to the board that everyone out there practicing play therapy know different models, use them and are qualified to practice play therapy. For Play Therapy Best Practices manual go to the Association for Play Therapy's website www.a4pt.org look under the about APT tab and you will see best practice. There you can download the manual.

I hope everyone stays healthy and has a chance to enjoy the wonderful change of colors in our mountains.

Sincerely,

Darla Kraft, CAPT President

The **CAPT News** is the official periodical publication of the:

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The newsletter is a forum to further promote the goals of CAPT.; the development, enhancement and improvement of play therapy through educational services to professionals in the field of play therapy. We encourage individual contributors to send news items, articles, letters, and advertisements for products, services, and training pertinent to play therapy.

Please send your submissions to:

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CAPT does not endorse any perspective or methodology but presents articles addressing a variety of issues pertaining to play therapy.



CAPT Board of Directors

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Darla Kraft

Past President:

Heather Helm

Secretary:

Kathryn Clarke

Treasurer:

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Directors:

Evelyn Leslie, Tracy Reagan Kiele,
Penny Thome

Errata:

In the July, 2009, Issue of this Newsletter, the article about CAPT Pioneer John Morse omitted the word "Colorado" prior to the words "President of AAMFT."

Interview - with CAPT Past President, Heather Helm, Ph D, LPC, RPT/S

In just a few weeks, the Board of CAPT will enter a new administrative year, and it will be time for Heather Helm to transition off the Board. Heather served as President for CAPT for 2007 and 2008, and has continued to serve as Past President through 2009. This is a big obligation, and CAPT wishes to acknowledge the big contribution Heather has made to the work of Play Therapy—not only here in Colorado, as it turns out, but also nationally. Beyond her work for CAPT, since 2004 Heather has been a Professor of Applied Psychology and Counselor Education in the College of Education and Behavioral Sciences at the University of Northern Colorado in Greeley, Colorado.

Recently the air has been buzzing with exciting announcements about Heather. Someone would say, “Did you know that Heather has gotten tenure at UNC?” Next it was, “Heather was named Professor of the Year at UNC!” And then, in the September, 2009, issue of *Play Therapy*, (page 26) here is Heather’s picture, because she received the 2009 APT Service Award. Clearly it was time for your Editor to interview Heather while there still was a chance. Great idea! Heather said she’d be honored. Catching up with Heather, however, is another matter. At last, we connected. Maybe the only question we failed to ask is where Heather finds the energy to do all she does.

Ed: *It’s hard to know where to start. Maybe you could tell us about your work at the University.*

HH: Wow! I’m not sure how to do that succinctly. I am faculty in the School of Applied Psychology and Counselor Education. I am in my sixth year instructing at UNC. I teach in our Master’s and Doctoral programs. I teach many courses. Included are: play therapy (foundations and practicum), individual practicum, clinical supervision, group counseling, doctoral seminar, and doctoral practicum. I am the coordinator of our MA programs (school counseling, clinical counseling, and clinical counseling with couples and family emphasis).

This essentially means I take care of all things related to our MA programs, including accreditation needs. I also direct doctoral dissertations, and serve on many doctoral committees. I am involved in research on the post-dissertation experience, vicarious trauma and compassion fatigue in play therapists, and clinical supervision in play therapy. I love the work I do - but it’s never done. I also maintain a small private practice.

Ed: *Please help us understand what is involved for you to get tenure in your job as Professor at UNC.*

HH: This was an incredible honor. Tenure is based on publication, course evaluations, and service to the profession, university, and department. The tenure application process is a rigorous one and goes through many channels before being approved or denied— faculty, chair, dean, provost, president, and board of trustees—all must agree on the recommendation for promotion and tenure. It was a nerve-racking process and a lot of work over the years, but I MADE it, and I’m proud of the work I’ve done and happy to have the security that tenure provides.

Ed: *And, how did you come to be named Professor of the Year at UNC?*

HH: Again, this was an incredible honor. The official title of the award was “The Provost Award for Excellence in Teaching” and is a University-wide award given once a year in the spring. I was nominated by the chair of my department, and supported by student reviews, feedback, dissertation committees I’d served on, etc. Not only was it an honor; it was a surprise. Essentially, what was required of me was excellence in teaching and mentoring with students. It reflects a commitment to teaching and learning.

Ed: *I assume those two are more coincidental and not cause-and-effect?*

HH: They are indeed coincidental.

Ed: *Before posing this next topic, I went to the Association for Play Therapy (APT) web site for information about the APT Service Award. It states “APT acknowledges outstanding organizational service to APT...or its chartered branches that significantly develops, promotes, or advances the value of play, play therapy, and credentialed play therapists. The Service Award is presented to a nominee who...rendered outstanding voluntary service for which she received no financial or in-kind compensation... [and] is nominated by three or more Professional members in good standing. Sooo this is the award you must have received from APT!*

HH: This is SUCH an honor and it was quite a surprise. I can think of the many years I’ve watched as the Key Awards [of which the Service Award is one] were presented. I was always impressed with these folks. It is hard to

LEGAL ROADMAP

Responding to a Subpoena or Request for Treatment Information

1. **Contact client(s):**
 - ◆ Does client consent to testimony or to production of treatment records?
 - ◆ If client consents, get written authorization signed by client for disclosure of privileged treatment information.
 - ◆ If client does *not* consent to any disclosure, obtain consent in writing to confer with client's attorney.
2. **Contact client's attorney:**
 - ◆ Inform attorney that client does NOT consent to disclosure of information; and
 - ◆ Request that attorney protect client's privilege by raising legal arguments and objections with the court.
3. **Await court ruling on privilege issue:**
 - ◆ If court rules in client's favor, no disclosure will be required;
 - ◆ If court orders disclosure, comply with the Order (unless client appeals);
 - ◆ If client's refusal to waive privilege has not been raised by client's counsel, inform the court or party requesting treatment information that the information sought is confidential and privileged and that it cannot be disclosed without a Court Order.
4. **Other steps to take:**
 - ◆ Document the client's chart:
 - Record all action taken to obtain client consent or to protect the privacy of privileged information.
 - Document any information disclosed.
 - ◆ If you are required to testify in court or at a deposition, inform the attorney requesting your testimony of your fees and policy for payment in advance.

CALL FOR NOMINATIONS

Nominations are needed for 2 Directors-at-Large and a Student Representative. The term for Director is 2 years. Directors vote on the various issues that affect the CAPT. Trainings are free for board members. We are a working board that meets on the 3rd Friday of the month. Regular attendance for Directors at meetings is very important.

Nominate yourself or someone else today. Send a biography if you are self-nominating.

Please contact Evelyn Leslie at
Leslieinstitute@cs.com

STEP UP!

(Interview...continued from Page 2)

believe I'm being honored amongst the ranks of those before me. I do not know who nominated me for this honor - the nomination requires a nominee and two individuals (RPT's and RPT/S's) willing to support the nomination. So, I can't tell you who nominated or supported my nomination because it's confidential. The award was granted to me based on my service to APT and CAPT - my involvement with the board, my involvement with the Leadership Academy, Chair of the Registration and Continuing Education Committee, four years on the Conference Program Committee, two years on the Director's Selection Committee, and several years of the e-learning committee. In addition, I serve on the International Journal for Play Therapy editorial board. Again, I'm thrilled and amazed.

Ed: It's always interesting and fun to learn a little more about the path people travel to their present place in life. How about your childhood? Are you a Colorado native?

HH: I am "technically" a Colorado native because I was born in Denver, but was raised in Pullman, Washington. My childhood was full of adventure with my siblings. There were lots of friend in the neighborhood and we spent our time roller-skating, building forts, doing plays, riding bikes, and swimming in the pool. We skied both downhill and cross-country and spent lots of time at our cabin on Coeur d'Alene lake. As a child I danced, was a cheerleader, and read LOTS of books. I have a very musical family and so played lots of instruments - piano, cello, violin, and clarinet. In High School I sang A LOT - in jazz choirs and other choral groups.

Ed: What stimulated your interest in becoming a Play Therapist?

HH: A professor in my doctoral program, Dr. Marilyn Snow, was persistent with me. She told me over and over that I'd love it. At the time I was working at the University Counseling Center and was sure this was the population I wanted most to work with. However, her persistence paid off and I got involved and FELL IN LOVE with it. It made sense to me; I loved the work; and I couldn't get enough of it. It is a wonderful feeling when something "clicks" - this was definitely one of those times... and I've never looked back or regretted the decision; in fact, it's one of the best I've made. Thank you Dr. Snow! I still consider her my mentor and she has definitely become a dear friend.

Ed: What events or people have encouraged you in the pursuit of that interest?

HH: Certainly Dr. Snow, my first play therapy class, and my first APT conference!!! Like I said, I was HOOKED!

Ed: About CAPT, I do know you were President of CAPT just before our current President, Darla Kraft...

HH: I loved my role as President and time on the board and will always cherish the experience.

Ed: What is your assessment of CAPT as you leave the board having served as President?

HH: I think state organizations continually face challenges related to resources, volunteerism, and statewide representation. I think CAPT is in a good position as it has had a long-standing relationship with play therapists in the state. I think CAPT will continue to change as the field changes, the needs of the membership changes, and technology changes the way we do things. It is my hope that CAPT will not become too used to the way things have always been, and stay up with the changing needs while honoring the solid foundation of those who started the organization.

Ed: What is your connection with APT?

HH: I have a strong connection with APT. Most of my connections are listed above. However, I also present on a regular basis and have many friendships through APT.

Ed: What do you see in your immediate future (life after CAPT!)?

HH: I am working on building the play therapy program at UNC. I have started the Center for Play Therapy at UNC and am working on becoming an Approved Center through APT. I also hope to expand the coursework we offer at UNC, but we are proud of what we offer so far, including low-cost services to the community.

Ed: What brings you satisfaction and a sense of accomplishment?

HH: I feel a sense of accomplishment when I witness, and am a part of, community. I feel a sense of accomplishment when I see that something I've been a part of benefits one or many. I feel a sense of accomplishment when I am in relationship with others.

Ed: Heather, we extend our congratulations to you for your many accomplishments, and our gratitude for your years of service to us in CAPT. We are glad you will be "near-by—still in Colorado," and we will watch with interest the progress of the Center for Play Therapy at UNC. This sounds like a valuable resource for all of us. Let's stay in touch.

ON-LINE RESOURCES FOR PTSD



1. PSYCHIATRY MCC – Psychotherapeutic and Adjunctive Pharmacologic Approaches to Treating Posttraumatic Stress Disorder

<http://www.athealth.com/apps/redirect.cfm?linkid=294>

This article focuses on successful therapeutic approaches and adjunctive medication use in PTSD.

2. FOCUS – Childhood Traumas: An Outline and Overview

<http://focus.psychiatryonline.org/cgi/content/full/1/3/322>

Childhood trauma appears to be a crucial etiological factor in the development of a number of serious disorders in childhood/adulthood.

3. PSYCHIATRIC TIMES – Traumatic Stress in Children and Adolescents: Eight Steps to Treatment

<http://www.psychiatrictimes.com/display/article/10168/1388613>

The article outlines an 8-stage approach to treating children who have had traumatic experiences.

4. MEDSCAPE – Posttraumatic Success: Solution-Focused Brief Therapy

http://www.medscape.com/viewarticle/581215_print

Understanding sources of resilience and focusing on hope and optimism can help professionals foster these strengths in their clients.



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C.A.P.T. Newsletter Advertising Policy

All advertising for C.A.P.T. News must comply with the following criteria:

- The publication of any advertisement in the C.A.P.T. News is not an endorsement of the advertiser or of the products or services advertised.
- CAPT reserves the right to reject or cancel advertising for any reason.
- Advertisements that discriminate against any group or individual will not be accepted.
- CAPT is not responsible for any claims made in an advertisement.
- Advertisement must be **prepaid and submitted in camera ready copy** which will be printed in black and white. All ads must be measured to the following specifications:

1/8 page (2 1/4" H X 3 1/2" W) \$25.00 per issue
1/4 page (4 1/2" H X 3 1/2" W) \$50.00 per issue
1/2 page (4 1/2" H X 7 1/2" W) \$100.00 per issue