



April 1, 2010 Volume 15, Number 2

Let the Wild Rumpus Begin

Discovering Wild Things in Play Therapy

Excitement is building for **Discovering Wild Things in Play Therapy**, the theme of Colorado Association for Play Therapy's Annual Conference, **April 23rd and 24th, at the Ramada Plaza Hotel in Northglenn**. Brochures went out by mail in March, and you can access the same brochure at CAPT's web site, www.coloradoapt.org. Those who attend both days receive 12 contact hours toward the 36 hours required every 3 years for renewal of their Registered Play Therapist (RPT) status. Reservations are already coming in. If you have not yet registered to attend, be sure to do it today!

Because it is important for everyone interested in play therapy to come to this conference, your CAPT Board made a special effort to make the price as affordable as possible. Remember, **if you sign up for APT membership prior to**

registering for the conference, you attend the conference for a reduced fee. Register before April 10 and you will save significantly over those who wait until the day of the conference to sign up. Here is a little preview of what we have to look forward to.

Friday Our Keynote Speaker is Daniel Yeager, LCSW, RPT/S, from Louisiana. Mr. Yeager's topic is **Strengthening Executive Function in Children with ADHD**. Those of us who follow brain research understand that Executive Function is a hot topic for many different populations, and not just children with ADHD. This is because executive functions are what enable each of us to carry out intentional, goal-directed behaviors. Some examples of Executive Function include initiating, inhibiting, self-monitoring, shifting from Agenda A to Agenda B, separating emotion from fact, emotional control, internalized speech, sense of time, foresight, working memory, and goal orientation. In the case of children with ADHD, Mr. Yeager will teach us about the relationship between children's play and important executive functions, and playful ways to help children strengthen their functioning. One example of this sort of therapeutic play was illustrated for us in the January, 2010, edition of this Newsletter, in Daniel Yeager's article, "The Cool Down." If you missed this excellent article, you may access it at the CAPT Website, www.ColoradoAPT.org. This is just a sample of the insights and tools you will receive if you attend this year's CAPT Conference, so sign up now.

Saturday we offer eight stimulating and interesting workshops, including a panel of experts (Denis Lane, JD, Catharine Beecher, MD, LPC) who will address Legal and Ethical issues in Play Therapy, and a session of Group Supervision led by Teresa Christensen, Ph.D, PRT/S. Those who attend annually will find some familiar presenters and themes back by popular demand, and also some fresh faces and topics in response to those surveys we are always asking you to fill out about your needs and interests. Be looking for Sandplay Therapy, Jungian Concepts in Play Therapy, Somatic Expressions of Trauma in Experiential Play Therapy, and Providing Culturally Responsive Play Therapy Following War, Natural Disaster, and Crisis, presented by Evelyn Leslie, Reo Leslie, and Joseph Wehrman, all of Colorado; and Mark Ferriegel from New Mexico. Responding to the special need of students who require hours on the History of Play Therapy to obtain their RPT, we asked Jane Johnson to present on that topic, but we realize many others may want to hear about it, too.

The board of CAPT wishes to thank these individuals who give of their time and expertise to educate and inspire us all. Please extend your appreciation to them when you see them.



Comments from past conference attendees:

*"Very respectful of children."
– "Great presenter. Funny and
engaging. Gave relevant
information, clear & specific
examples." – "Very hands-on.
Fun. Lots of great
interventions. Lots of things I
will use." – "Techniques were
useful and helpful. Liked the
presenter's warmth and
caring." – "Informative, fun
presenter, used humor and
had many activities."*



See you there!

CAPT'S ANNUAL SPRING CONFERENCE – April 23 & 24, 2010
at the Ramada Plaza Hotel – 10 East 120th Avenue, Northglenn, Colorado, 80233



President's Note...

As I'm writing to you, we've enjoyed two gorgeous Spring days and tonight we're getting a winter storm. I know I'm ready for Spring weather with warmer,

sunnier, days. It's been a winter that reminds me of the early '80's—more than the usual snowfall and more than the usual snowy days.

Your Board members have been rockin' and jumping over boulders getting ready for the Spring Conference: "Let the Wild Rumpus Begin"—Discovering Wild Things in Play Therapy. You should have the Conference Brochure in your hands now. If you have not received your brochure you can go to our website and copy it or email CAPT and we will get one to you. We look forward to our speakers and seeing CAPT members and other play therapists all together. I am "wildly excited" about Conference every year, and I'm over the top looking forward to this one.

We have worked very hard to bring in APT Gold Branch this year. Gold Branch status is based on trainings, outreaches, membership numbers, and CAPT communications throughout the year. APT puts out the challenge, and so far, everything looks golden to me! I will pass it on to all of you when I hear the final result.

We've been working on the Fall Workshop for several months now. We've got a great program planned and I can't wait to share the info with everyone. Stay tuned for the next CAPT Newsletter.

My Best to You,

Tracy Reagan Kiele

A Message from the CAPT Board of Directors

The following statement, developed by CAPT Board Members at a board retreat, attests to the philosophy they have chosen to honor as your representatives in this professional organization.

"As a board we honor and respect children. We share the philosophy that children have the capacity within themselves to find their own path to healing through play. We believe in empowering children, holding them in high regard, and valuing children as human beings. All children have the right to therapy appropriate to their developmental needs. As a board representative of CAPT we uphold this standard at all times."

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 and 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:

Penny Thome
1510 Glen Ayr Drive, #5
Lakewood, CO 80215
pennythome@peoplepc.com

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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Linda Klein

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Directors:

Teresa Christensen, Kathryn Clarke,
Evelyn Leslie, Penny Thome, Nancy Siever

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Top 10 Reason to be a Board Member for The Colorado Association for Play Therapy

10. Professional Networking!
9. Meetings only once a month!
8. Most work done by email!
7. Provide valuable services to your colleagues!
6. Car pool to meetings with a board member and get peer consultation!
5. Help plan the training that you would like to receive!
4. Impress the court system!
3. Earn credits by attending free training toward RPT or RPT/S!
2. Attend CAPT training, workshops and conferences for free!
1. IT'S FUN!

Call for Nominations!

for

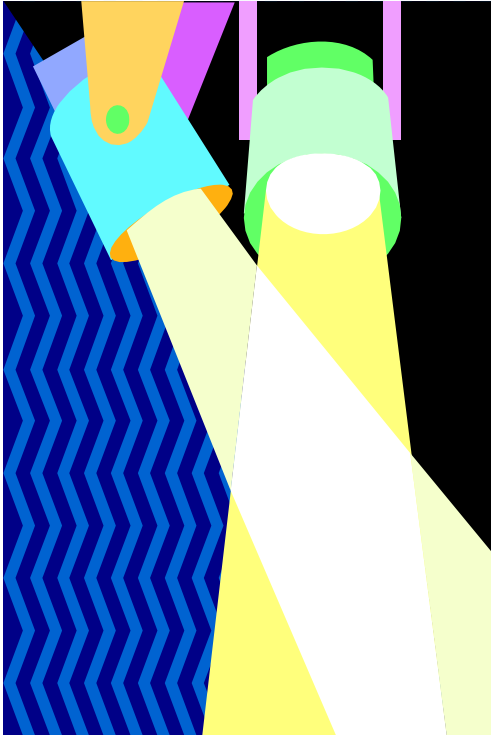
Colorado Association for Play Therapy Board

CAPT is looking for a treasurer, member-at-large and a student representative for a term beginning January 2011. This is a working board but we have lots of fun!

Requirements are:

- ✓ have been a member of APT/CAPT for one year
- ✓ have experience in play therapy
- ✓ have completed a master's degree
- ✓ have an approved plan that has been filed with the appropriate State Board for Licensure
- ✓ Student representatives just need to be a student at a recognized college or university

If you are interested or know someone who you think would make a good team member please email Linda Klein at: linda_klein@hotmail.com by April 10, 2010.



Spotlight on...

CAPT's Newest Director

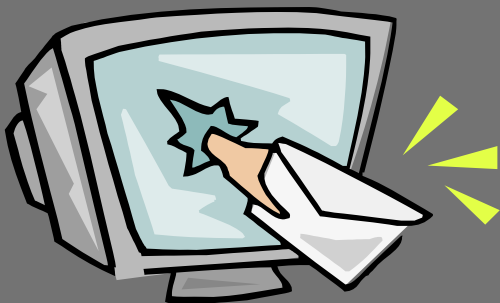
Nancy Siever of Colorado Springs is the newest CAPT Board member, serving as a member at large. She completed her B.S. degree at Colorado State University, Fort Collins, in Human Development and Family Studies. She worked for hospice for about ten years in Southern California, and worked as a social worker for patient care and bereavement services and a Director for a grief center. She found one of the most endearing positions to be her work with a pediatric hospice. Following this she earned an M.A. in counseling from the University of Colorado Springs, Colorado. She is eagerly looking forward to completing the requirements for her RPT.

About APT

MISSION:

APT's mission is to promote the value of play, play therapy, and credentialed play therapists. To satisfy this mission, APT will advance the psychosocial development and mental health of all people by sponsoring and supporting those programs, services, and related activities that promote the:

- Public understanding and appreciation of play and play therapy
- Effective practice of play therapy through research, education and training, and support
- Recognition, incorporation, and preservation of diversity in play and play therapy
- Development and maintenance of a strong professional organization that satisfies this mission



Have you moved recently? Changed your email address?

Be sure that CAPT has your current contact information so you won't miss any important news.

It's easy to do, just email us at:
coloradoapt@gmail.com.

On-Line Resources for Childhood Obesity

1. AMERICAN FAMILY PHYSICIAN

Childhood Obesity: Highlights of AMA Expert Committee Recommendations

<http://www.aafp.org/afp/2008/0701/p56.html>

Despite the seriousness of childhood obesity, effective and safe prevention and treatment programs are not widely available.

2. CHILDHOOD OBESITY ACTION NETWORK

Expert Committee Recommendations on the Assessment, Prevention and Treatment of Child and Adolescent Overweight and Obesity – 2007

<http://www.athealth.com/apps/redirect.cfm?linkid=323>

This implementation guide is designed for healthcare professionals to accelerate improvement in the prevention and treatment of childhood obesity.

3. VIRTUAL MENTOR

Obesity in Kids: When Appeals to Vanity Fail

<http://virtualmentor.ama-assn.org/2006/10/ccas4-0610.html>

The patient and his parents are ultimately responsible for the choices that will guide his life.

4. CHILD WELFARE LEAGUE OF AMERICA

Childhood Obesity: Is it Abuse?

<http://www.cwla.org/voice/0807obesity.htm>

With childhood obesity increasing across the nation at dramatic rates, courts and child welfare systems in many states are facing novel issues.

5. KAISER FAMILY FOUNDATION

The Role of Media in Childhood Obesity

<http://www.athealth.com/apps/redirect.cfm?linkid=324>

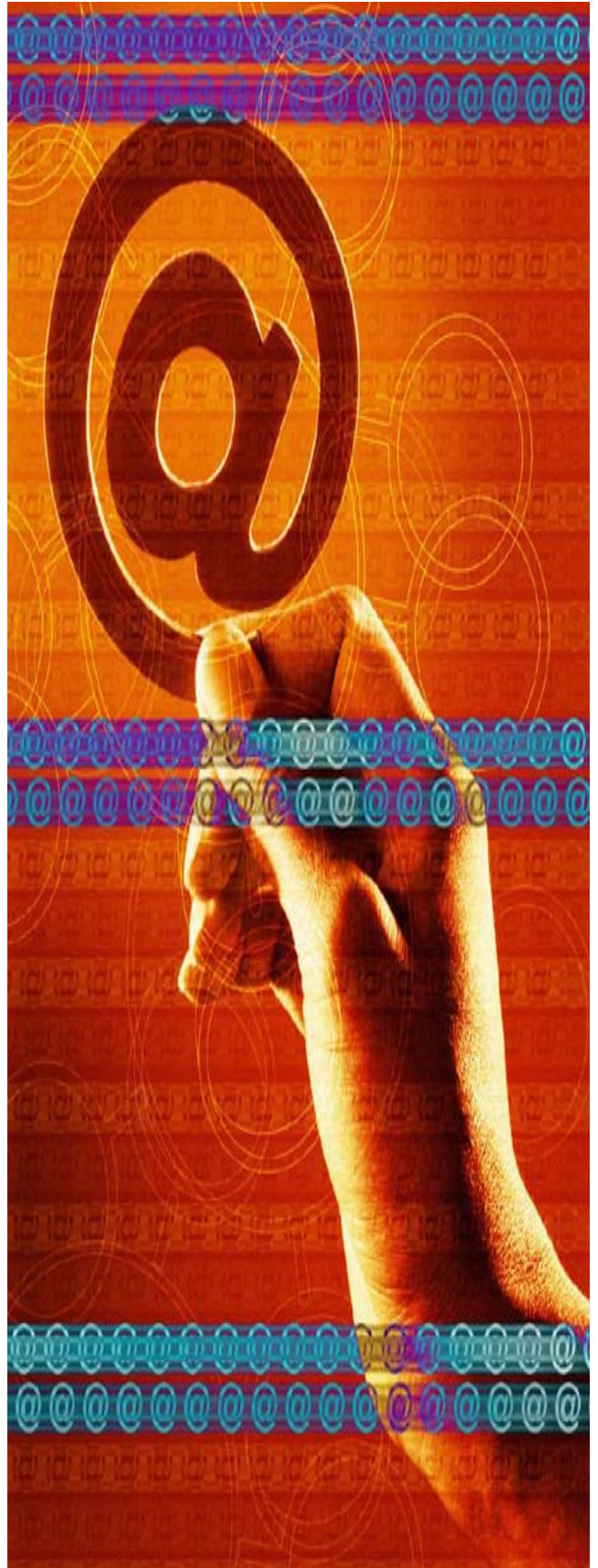
This issue brief explores how children's use of media impacts the rising rates of childhood obesity.

6. PSYCHIATRY MMC

Understanding and Encouraging the Overweight Patient

<http://www.athealth.com/apps/redirect.cfm?linkid=325>

A negative body image can lead to psychological distress.



(Editor's Note: the following is an educational handout to help parents understand how "just play" is a valuable therapy for their child.)

Playing Out is How Kids Talk Things Out

There is a parallel between "a good talk" that helps adults sort things out...

With a good listener who won't

- interrupt
- introduce their own agenda
- try to "fix you"

But rather

- reflects (s)he understands how you feel
- clarifies things you say that (s)he doesn't understand
- lets you think out loud at your own pace...

And a "good play" that helps a child sort things out. For example, look at any kid who's recently gotten home from the hospital when he gets hold of a toy Medical Kit.

A good playmate

knows how to let the child lead the play ("conversation")
doesn't try to change the direction of the play

(even if it becomes unpleasant!)

- doesn't try to change the ending
- doesn't try to use play time to teach a lesson.

But rather

- Follows the child's lead and pacing
- Has a spirit of fun and pretend
- Reflects the pattern of the play
- Allows the child to play out feelings
 - in his/her own style
 - at his/her own pace.

This is the *magic* of play therapy, and why it wins a child's heart. And in the same way adults can solve a lot of their own problems if they can just talk things over, so also children work out many problems by just the right sort of play.

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Nothing is impossible to the person who doesn't have to do it himself.

Idealism increases in direct proportion to one's distance from the problem. (Galsworthy)

No one is completely worthless; they can always serve as a bad example.

Experience is: Recognizing a mistake when you do it again.

The beatings will continue until morale improves.

Lack of planning on your part does not constitute an emergency on my part.

AND...AN INTELLIGENT THOUGHT...

"A true and genuine friend, one of those very few special persons who enter my life, is one with whom I can share my brokenness without feeling cheapened." (anonymous)



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Moved recently?
Let us know where you land!

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