



THE HAWAII PLAY TIMES

THE NEWSLETTER FOR THE HAWAII ASSOCIATION FOR PLAY THERAPY

December 2006



GREETINGS FROM HAPT'S PRESIDENT:

Season's Greetings to HAPT Members,

I am pleased to introduce some of the volunteers who keep HAPT ticking.

Incoming Board: Teresa Shigemasa, MSCP, LMHC, RPT-S, President-Elect; Wendy DeVault, LCSW, Secretary; Nami-Anne Dolan, MEd, NCC, Treasurer; Michelle Kaya, LCSW, Member-At-Large; and Bonnie Coutsourakis, MSW, LCSW, Past-President. Each officer contributes to HAPT in unique ways. Teresa brings an invigorating and contagious enthusiasm. Wendy explores new challenges, sharing a calm presence. Nami's attention to financial details is vital to HAPT's well being. Michelle's fresh ideas compliment a delightful sense of fun. And Bonnie generously shares advice honed from hard-won experience.

Retiring Board: Bonnie Coutsourakis, President; Monica Evans, LMHC, President-Elect; Michelle Kaya, Secretary; Nami-Anne Dolan, Treasurer; Jennifer Takahashi, PsyD, LP, Member-At-Large; and Inga Park Okuna, MA, Past-President. Bonnie combined her determination to see HAPT through significant challenges with a sense of play. Michelle kept accurate records, carefully cared for the archives and snapped pix of all things HAPT. Nami worked tirelessly to keep our finances in order, patiently explaining the "ins and outs" of reports. Over a 2-year time span, Jennifer faithfully put out 3 newsletters that kept us well informed. And Inga provided words of wisdom and a welcome sense of equilibrium.

Conference Committee: Planning and executing our annual Conference is a major undertaking. Peggy Brandt, MEd., NCC and Pam Matsuda, LCSW, headed up Conference 2006. Evaluations included many kudos for a job well done. Gail Silva, PsyD and Simone Maciejewski, PsyD, share Co-Chair responsibilities for our February 9-10, 2007 Conference with Charles E. Schaefer, PhD. Gail and Simone are diligently laying the groundwork for another successful conference.

Continuing Education Director: One of the duties of our CE director is to keep the records of members' CE credits. Over the years, Anita Trubitt, MSW, LCSW, RPT-S has been attentive to this essential task.

Nominating Committee: Michelle Kaya, LCSW and Pat Yuen, LSW will continue to Co-Chair this committee. They have actively pursued qualified candidates for Board positions and Committee Chairs.

Program Committee: Roxanne Fox, PsyD, Roswitha Shanahan, PsyD and Sue Bergman, MEd NCC chaired this committee, 2005-2006. Inga Park-Okuna and Michelle Kaya are 2006-2007 Co-Chairs. Each year HAPT sponsors 2 workshops. Thanks to these industrious individuals, HAPT was able to offer spring and fall workshops. These workshops provide opportunities to network and of course provide CEs.

Website: Scott O'Neal, MSW, LCSW is our Webmaster. In addition to keeping our website up-to-the-minute, he frequently acts as our tech advisor.

Mahalo to all: To each of these dedicated individuals and the dozens of "behind the scene" volunteers, our heartfelt thanks. Because of your fine contributions, HAPT is a vital and growing organization.

HAPT's 2006-2009 Goals: Current goals include: (1) Increasing membership by 60 by 2009. A number of individuals are currently addressing membership issues. (2) Continuing outreach/dialogue with Play Therapy Stakeholders (DOE, DOH, other Mental Health agencies and forums) by September 2009. Several members are planning presentations to DOE by February 1, 2007. (3) Seeking input from Neighbor Islanders 5 times by September 2007. Knowing that our neighbor islanders have specific concerns, we are taking steps to survey these members. (4) Re-instating the Financial Committee upon completion of the 2007 Conference. The Board continues to address financial concerns, working to put HAPT on a firm financial footing.

The Board developed specific objectives and strategic actions for each goal. If you would like a copy of the goals, please feel free to email or call me.

APT's Annual Conference: Mahalo to HAPT for the financial assistance that supported my attendance at this October 2006 event. I was proud to represent Hawai'i at the President's meeting.

The HAPT Board is very aware that our duties include being responsive to HAPT's members. Each officer will be happy to assist you in any way.

In the midst of this busy holiday season, I hope you'll "take time to smell the roses." In our beautiful Hawai'i, I hope you'll "take time to enjoy the soft aromas of pikake, plumeria and ginger."

On behalf of your HAPT Board, happy Happy Holidays!

Aloha,

Monica (Evans), President
Hawai'i Association for Play Therapy
president@hawaiiplaytherapy.net
808-348-4290

PS: We hope to see you at our February 9-10, 2007 Conference. Don't forget that to receive the lowest fees, your registration must be postmarked by January 8, 2007.



REVIEW OF CONFERENCE IN TORONTO:

The Association for Play Therapy (APT) held its annual international conference in Toronto, Canada this October. A few of Hawaii-based Play Therapists were able to attend this conference and have a lot to share from their experience:

Carla Sharp's Brief Summary on:

"A PLAY THERAPIST'S PRIMER FOR TREATING ATTACHMENT PROBLEMS: SCIENCE, THEORY AND INTERVENTION"

by Paris Goodyear Brown, LCSW, RPT-S
at APT, Toronto on October 11, 2006

This year's APT conference was one of the best I have attended and left me invigorated and excited once again about the work I do. My favorite workshop was a pre-conference intensive with Paris Goodyear Brown, LCSW, RPT-S. I have wanted to hear her for several years and was glad to be in her workshop. She is a wonderful presenter with a clear and warm style and knows her stuff! Since I am working on a model of integrating play therapy with dyadic psychotherapy, this material was just what I needed.

She expanded my knowledge of attachment and taught new play techniques to use with the parent/child dyad. I liked her treatment goals for this work: promoting healthy individuation of each person in the dyad, increasing family identity, increasing interactional synchrony, increasing eye contact, building a coherent narrative for the child, increasing nurturing experiences and increasing positive dyadic experiences. She gave examples of techniques to meet each goal. One of my favorite techniques was using pretend role play (with therapist and mother) to re-enact the birth mother searching for and then giving her baby to the new adoptive mother while the child observes, but does not participate, in the role play. The therapist then interviews the child as a witness and can explore with the child how much the mother loved her baby, how sad she felt that she had to give her baby to another mother and how hard she looked for just the right new mother, etc. Another technique that promotes building a coherent narrative is to create the child's life story timeline in a board game format showing the child all the events in his life in a format that is easy for the child to comprehend. This helps the child integrate events, emotions and thoughts about his or her life story.

Paris also recommended a wonderful parenting book co-authored by Dan Siegel who has been doing research on children and trauma. I went right out and bought 2 copies of this truly enlightened book called Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive by Siegel and Hartzell (2003). I highly recommend this book. You can also visit Paris's website at: www.parisandme.com

Anita Trubitt shares what she learned:

"What I Did On My Vacation"

Five very full days were spent in Toronto, where I attended two all-day pre-conference sessions: "Play Therapy in the Courtroom; Ethical and Legal Issues" with Marilyn Snow and "Evidence-Based Play Therapy" with our February presenter Charles Schaefer.

Marilyn Snow had published an article in the APT journal (Vol. 13, No. 2, 2004) on her work with a 3-year-old boy who had been severely physically abused by his mother and her boyfriend. She video-taped a number of the play sessions in which he "played out" his fears of his mother and the prosecutor were able to enter this as evidence at the trial. After viewing the video, a number of us volunteered to role play an actual trial based on this case with at least two people taking on the roles of judge, prosecutor, defense attorney, attorney for the mother, guardian for the child and the child's therapist. With 2-3 people addressing each role, we could plot strategy together before the mock trial began. The level of experience and competence of the participants made for an incredibly dynamic and useful presentation, quite unique to this organization in that workshops addressing court-related issues continue to be limited.

Charles Schaefer's workshop was equally important to me because play therapy has been so seriously under attack by my other organization (AFCC), with its current demand for "evidence-based" practice. Schaefer reviewed research-supported play-based interventions for many internalizing and externalizing disorders. This is the material he will be presenting to us in February.

An extensive bibliography of 127 items was included in his handout. Of these, only 7 were studies of clinical interventions for children of divorce, clearly a meager representation for the population of my specialty. Dr. S. agrees that there are no studies on the use of play therapy techniques in custody evaluations and I have already asked for consultation with him on this topic when he is in Hawaii.

The two other workshops I attended both addressed supervision. In her session, "Helping Supervisees Conceptualize Clients", Sue Bratton identified various theoretical orientations such as Child-centered (of which Filial was a subset), Jungian, Analytical, Adlerian, Cognitive-Behavioral, Object Relations, Existential, Ecosystemic, Gestalt, Prescriptive, and Family Play Therapy. Each of us chose the theory that most closely represents our working model and got into groups of about eight. We were given a case to read that provided us with background information about a troubled child, and we developed an assessment, treatment goals and specific strategies we would employ in our work with the child and his family, using our particular orientation. A spokesperson from each group shared the group's work with the larger group.

(Sue Bratton is an outstanding presenter who I strongly recommend for consideration at a future HAPT conference. Over the years I have attended a number of her workshops and have never been disappointed).

The second supervision workshop, "Supervision Can Be Playful Too: Play Therapy Techniques That Enhance Supervision", Jodi Mullen described the complex roles of the supervisor (i.e., teacher, counselor, expert, evaluator, coach, mentor, consultant, model, expert and friend), addressed the rationale for the inclusion of play therapy techniques in supervision of play therapy, and expanded on when, what, how and why they might be used. She questioned how we can expect supervisees to do play therapy with a child if they haven't had this opportunity themselves, emphasizing that supervision should not be limited to talking about a case.

My own workshop, "*To Play or Not to Play in Child Custody Evaluations: Challenges to Current Practice*", was personally rewarding in that (1) the 30 who attended were all experienced in doing custody evaluations, (2) a broad range of professionals were represented, (3) at least 6 were members of AFCC, (4) questions and comments were sophisticated and stimulating and (5) I got through all of my material in the 3 hours that were allotted!

The inspiration of these experiences has led me to some new professional goals:

- I am available to provide supervision in divorce and paternity cases
- I will present my conference workshop for 4 hours of play therapy Ceu's on January 15, Martin Luther King Birthday, 12:30 - 5 p.m. Contact me for a flyer trubitt@hawaii.rr.com.
- I want to mount a survey of AFCC members who currently utilize play therapy techniques in their evaluations.

As always, attending such events provides much opportunity for new learning and confirming what we already know.



BIRTHDAY PLAY DATE WAS A SUCCESS!!!

HAPT recently held its first breakfast play date at Windward Flamingo Restaurant Saturday Oct. 21, 2006. Since it was close to the actual 10th year of HAPT's creation on Oct. 12, 1996, we entitled it our Birthday Play Date. For those of us interested in the symbology of numbers, "21" is "12" in reverse which reduces to the number "3". I believe this to be the number of communication, but I stand corrected by those of you who are more knowledgeable.

All who attended commented on the amount of delicious pancakes served, the

hospitality, and of course the company. We were honored and delighted that Sandra Joy Eastlack LMHC, from Hawaii Counseling

Association chose to join us. Program and Conference times do not always lend themselves to the needed networking and camaraderie we enjoy sharing, and the semi-regular breakfast dates gives us a chance to explore ideas, share resources, outreach to sister organizations, as well as talk, talk, talk! This profession does not want for interesting, fun, and sometimes unique topics of conversation.

The Hawaii Play Times
December 2006

We hope to continue the breakfast or lunch outreach to our members and fellow organizations in the future. Please share your ideas with us regarding how we might

facilitate more of these informal gatherings for our members. You can contact Teresa Shigemasa, President-Elect via email: president-elect@hawaiiplaytherapy.net

SPREADING THE WORD OF PLAY THERAPY



Educating the community and stakeholders about the benefits of Play Therapy has been one of the major goals by the past and current Board of Directors. Our members have taken active roles in educating the public on the power of play therapy. Here are some ways the work is being done:

For those of us who attended the September 30th workshop, you may remember **Gail Silva** presenting us with as many as 12 packets all completed (with PowerPoint) for us to use in statewide presentations. Several of us enthusiastically gathered those and are now using them to outreach, educate, and dialogue to colleagues and students regarding Play Therapy. Many Mahalo to Gail Silva for such a generous donation of her time and effort. She is also offering to do in-service on the benefits of play therapy. Please contact her at gds747@aol.com.

Gail Silva, Psy.D., our 2007 Conference Co-Chair, is facilitating play therapy in-services in Nanakuli and Waianae in which she serves as a Clinical Psychologist for the Leeward District Office of the Department of Education.

Behavioral Specialist **Teresa Shigemasa** has been invited to present Play Therapy and its use

Within the Educational Model, January 19th, 2007.

Michelle Kaya, Behavioral Health Specialist, is also planning to present on the benefits of Play Therapy to parents and school staff of a PSAP (Primary School Adjustment Project) program.

Wendy DeVault will be providing an in-service on play therapy to other mental health providers at the Family Advocacy Center.

Bonnie Coutsourakis has actively been involved with the University of Hawaii's School of Social Work to educate MSW students on the use of play therapy with children.

Carla Sharp, APRN, RPT-S, STA/ISST did a play therapy inservice for the Sex Abuse Treatment Center staff and did two more presentations on Maui Nov. 20th and 27th.

Please let us know if you are facilitating any in-services within your disciplines (DOE, DOH, mental health agencies, universities, etc.) and feel free to ask for our assistance if you would like to present. You can contact Teresa Shigemasa, President-Elect at: president-elect@hawaiiplaytherapy.net or Michelle Kaya, Member-at-Large at ewabgirl@yahoo.com

REVIEW OF THE SEPTEMBER 2006 MEMBERSHIP MEETING & WORKSHOP

By Michelle Kaya, Program Co-Chair

At the September 30, 2006 membership meeting/workshop, HAPT celebrated its 10th Birthday! Carla Sharp and Sue Bergman created and shared an elaborate (and historical) PowerPoint on the growth of HAPT over the years. The PowerPoint is available for viewing on our website at www.hawaiiplaytherapy.net

Carla Sharp blowing out the candles
on the cake at HAPT's
10th Birthday celebration.



Following our annual membership meeting, Dr. Caroline Sakai presented on **"Enhancing Family Therapy & Play Therapy with Thought Field Therapy."** This innovative approach to treatment was both intriguing and enlightening to the participants. Thought Field Therapy is a self-treatment that was developed by Roger Callahan, PhD. It uses the energy meridians and bilateral stimulation. There are specific treatments for different symptoms or problems. Dr. Sakai shared published studies on the effectiveness of TFT with trauma recovery and other clinical symptomologies.



Workshop participants were taught the basics of Anxiety/Stress Algorithms, as well as the Anger/Frustration Algorithms. Dr. Sakai utilized an experiential approach with the audience members to demonstrate the effectiveness of the techniques.

Moreover, Dr. Sakai reiterated that TFT could be utilized in play therapy when a child is becoming over-stimulated in play particularly when they may be re-enacting a traumatic event. TFT will help to quickly deescalate their emotional expression. It is helpful in assisting a child to feel calm before the ending of a session. Children who are stuck and perseverating about the same theme in the play session could also be taught the TFT techniques to help shift out of the "stuckness" and assist in seeing a resolution. Overall, this wonderful speaker earned very high marks by the participants in the workshop.

Dr. Sakai has generously offered to provide a special rate to HAPT members who sign up together through our organization (group rate) for her two-day Thought Field Therapy Algorithm Training. If you are interested, please contact Inga Park-Okuna (Program Co-Chair) at ingapark@mac.com

UPCOMING TRAINING OPPORTUNITIES

"TO PLAY OR NOT TO PLAY IN CHILD CUSTODY EVALUATIONS: CHALLENGES TO CURRENT PRACTICE"

with Anita Trubitt, LCSW, RPT-S

January 15 (Martin Luther King's Birthday-Monday) from 12:30 - 5 p.m. Participants will earn 4.0 CE credits in play therapy hours.

Please contact Anita for a flyer at trubitt@hawaii.rr.com.

INTERMEDIATE PLAY THERAPY

with Carla Sharp, APRN, RPT-S

Begins January 13, 2007 and will run for 10 Saturday afternoons from 1:00 pm to 4:00 pm until March 24. This course counts as 27.5 hours of instruction in play therapy.

Please visit www.carlsharp.com and click on Upcoming Workshop Play Therapy.

"EVIDENCE-BASED PLAY THERAPY"

with Charles E. Schaefer, Ph.D.

Presented by the Hawaii Association for Play Therapy (HAPT)

February 9th (Friday) and February 10th 2007 (Saturday)

Ala Moana Hotel

Participants can earn 11.5 CE credits of play therapy training

Please visit our website at www.hawaiiplaytherapy.net for more information and to register!

"PLAY THERAPY AND CHILDHOOD BEREAVEMENT"

with Vikki Catellacci, MA, LMFT

May 5, 2007 (Saturday) from 9:30am-12:45pm at Tokai University

Earn 3.0 CE credits of play therapy training

Please visit our website at www.hawaiiplaytherapy.net for more information and to register!

*Free for HAPT 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 a 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.

- ✚ **Teresa Shigemasa LMHC, RPT-S** - Behavioral Health Specialist at Sunset Beach Elementary School on the North Shore. Contact through email: 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.
- ✚ **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 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.

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Want To Be a Board Member?

The Nomination Committee is actively seeking volunteers who are dedicated, hardworking, and playful to run for office for the 2006-2007 *Board of Directors* for HAPT. The term will start September 2007 and end September 2008 (with the exception of the President's position which is a 3 year commitment). If you are interested or want to recommend someone, please contact Pat Yuen at patriciakayeyuen@aol.com or Michelle Kaya at ewabgirl@yahoo.com

Do you like Fundraising?

HAPT is looking for members to facilitate the Fundraising Committee. If you're interested, please contact Monica Evans at President@hawaiiplaytherapy.net

Supporting Our Neighbor Island Members...

HAPT is searching for Oahu members who are willing and able to pick up our neighbor island HAPT members at the airport on workshop/conference days.

Members looking to share the cost of a hotel room for the February 2007 conference with another member, please contact Michelle Kaya at ewabgirl@yahoo.com

YAHOO DISCUSSION GROUP:

We are excited to announce that HAPT has set up an internet Discussion Group through Yahoo Groups for the benefit of our association. If you belong to other groups, you may already be familiar with the function of the Discussion Group. Some organizations utilize a Listserv, which is similar. New and existing members of HAPT are encouraged to join the Discussion Group by following the link at the end of this letter.

The intent of the Discussion Group is to encourage communication among members of the association. Because we are a 501-C-3 nonprofit organization, members will not be able to send politically oriented messages, however other emails are welcome. Emails are sent out to everyone registered to the group; however, responses may either be made directly to the requester or to the entire group. Rules of professional etiquette apply to all emails. We ask that people writing emails sign their name to their message. When asking questions or making referrals, ethical guidelines must be followed, therefore confidentiality must be honored (please be careful not to disclose identifying information). Any and all discussion related to Play Therapy, working with children, adults, and/or families is ENCOURAGED.

Examples of possible emails to the Discussion Group include:

- 1) Announcements and reminders of upcoming HAPT events, training's, etc.
- 2) Announcements of non-HAPT training's and events that HAPT members may be interested in (e.g., Notice of an upcoming trauma conference sponsored by another organization).
- 3) Welcome of new members (a new member will be invited to introduce themselves to the Discussion Group, e.g., "Aloha HAPT members, I am Ms. Play Therapist, and I recently joined HAPT. I have a private practice in Hilo, and have several clients under the age of 10. I look forward to being a part of your organization."). Members can then welcome the new member through direct email.
- 4) Requests for volunteers for specific events that HAPT supports.
- 5) Client referrals (for instance a member may know of a child who needs a play therapist in Kailua or the Big Island, so they would send an email to the Discussion Group to see if anyone has an opening).
- 6) Job openings for play therapists.
- 7) Office space openings
- 8) Questions related to play therapy, including ethical and administrative issues (e.g. "Could somebody recommend a good billing program?"; "I have an ethical dilemma...describe situation.....please advise if you have experience in this area, or can direct me to an appropriate resource.).

Members are asked to *refrain* from sending:

- 1) Politically oriented or motivated emails. As a 501 C-3, nonprofit organization, HAPT cannot engage in or endorse political activities.
- 2) Forwarded or Re-Forwarded emails (The ones we all receive and send to friends and coworkers). We do not want to inundate members with junk mail, no matter how funny or well-intentioned.
- 3) Advertisements

There are some "gray" areas which members may decide to include or not include. For instance, some associations have made announcements when an active member is seriously ill and a blood drive is taking place to help them. This is normally considered appropriate use of the Discussion Group; however, announcements are usually not of a personal nature.

If you would like to post a message to the Discussion Group, simply send an email addressed to HawaiiAPT@yahoogroups.com. You will be able to recognize an incoming email from the HAPT Discussion Group by [Hawaii APT] at the beginning of the subject line in each email.

The group email addresses are:

Post message: HawaiiAPT@yahoogroups.com

Subscribe: HawaiiAPT-subscribe@yahoogroups.com

Unsubscribe: HawaiiAPT-unsubscribe@yahoogroups.com

We hope that this will be a helpful service to members of HAPT. Please feel free to email Scott, our Webmaster at webhead@hawaiiplaytherapy.net, or any other member of the board, if you have any questions or concerns regarding the Discussion Group. All contact information can be found on our webpage at www.hawaiiplaytherapy.net.

NEWSLETTER CONTRIBUTIONS WELCOMED:

As always, we welcome contributions to the newsletter: review of play therapy literature; tips or techniques you have found helpful; resources; letters to the editor, etc. Please contact the Member-at-Large at Ewabgirl@yahoo.com. I'd also like to THANK Lyn Lee for taking wonderful photos at our most recent workshop and offering to do it for our conference, as well.

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. 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.

CONTACTING HAPT:

Please visit us on our website at 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



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

Monica Evans, President, (president@hawaiiplaytherapy.net)

Teresa Shigemasa, President-Elect, (president-elect@hawaiiplaytherapy.net)

Wendy DeVault, Secretary, (secretary@hawaiiplaytherapy.net)

Nami Ann Dolan, Treasurer, (treasurer@hawaiiplaytherapy.net)

Michelle Kaya, Member-at-Large, (ewabgirl@yahoo.com)

Bonnie Coutsourakis, Past President, (coutsourb001@hawaii.rr.com)