



The Hawaii Play Times

THE NEWSLETTER FOR THE HAWAII ASSOCIATION FOR PLAY THERAPY

April 2008

HAPPY SPRING GREETINGS, HAPT MEMBERS!

We recently held our annual February Conference entitled: "Play Therapy for Kids from 4-84" with Terry Kottman, Ph.D, RPT-S. The evaluations for both days (21st and 22nd), returned with overwhelmingly positive responses. Some of the comments included:



- Made my day; I love to leave a conference with so many ideas I can use (4)
- She rocks! Great experience
- Excellent techniques to apply to my clients (11)
- Great fun and great handouts (8)
- Knowledge of Adlerian Play Therapy (10)
- New concepts/ways of thinking about individuals/kids (15)

The most exciting parts of putting on a "good show" each year include the dozens of wonderful volunteers who step up to the plate and share their talents. To name a few: Barbara Lee, Rachelle Hansen, Scott O'Neal, Susan (Susha) Cohen, Christina Sprague, Anita Trubitt, Mary Milnor, Darlene Wade, Jeannie Teleia, MaryLou Lomaka, Wendy Devault, Sue Bergman, Inga Park-Okuna, Lyn Lee, and Liz Kong. Our illustrious board pitched in and did double and triple duty: Linda Rivera, Monica Evans, Nami Anne-Dolan, Peggy Brandt, and Michelle Birdsall.

Please do not be shy if you would like to assist us in program or conference committee work. You know where to find us...hawaiiplaytherapy.net or email me directly at president@hawaiiplaytherapy.net. We are inviting Sue Bratton, Ph.D. RPT-S to be our presenter for February 2009. Look for more details regarding this event in the upcoming months.

Two significant HAPT happenings will be occurring soon. One of these is our semi-annual May meeting/workshop in which we are encouraging members to attend in droves. We have an important issue to vote on. Our workshop presenter is none other than the indefatigable Inga Park-Okuna, MA who will lead us in our first all day workshop entitled: "Play Therapy and the Magic of Puppets". Keep scrolling and you will discover more details regarding our May workshop in this issue.

The other significant news: APT recently informed me that our local branch met 99% of the criteria for Gold Branch Status; they will be in touch with us in April to let us know if we met the goal. I was surprised and happy to share this news with our board, with our webmaster Scott O'Neal, and now with you.

What does Gold Branch mean and how can it benefit us, you may be asking yourselves, and one of the first questions I asked APT. We basically get "good press" on the APT website. HAPT can be enterprising and use this status to our benefit on the local front, perhaps advertising this fact in the business sections of our newspapers, and/or using our new Gold Branch entitlement to rally more associates out there that would like to see our organization grow and develop, in turn assisting more families and children!

We will update the membership upon receiving the final news next month. In the meantime, feel free to visit www.a4pt.org and link to Gold Branch if you would like to check the criteria for yourselves!

Take care everyone and have a wonderful spring,
Teresa Shigemasa, President

P.S. I would like to end with a Yahoo Discussion Group teaser for our YDG participants:

I have heard it paraphrased that Sigmund Freud not only stated that in order to be emotionally healthy, the two most important aspects of being human is "to love and to work", but a nationally well renowned play therapist who will go unmentioned specified that Freud included, "To love, to work, and to play".

Or, I may have misunderstood, which I am certainly prone to do at times. Feel free to jump into the groups and clarify for those astute academicians out there. For those who would like to join the groups and participate in such fun and informative opportunities, please email Scott O'Neal at webhead@playtherapy.net and he will get you started. :)

To Charge or Not Charge Members for Workshops

Traditionally, HAPT members have attended the spring and fall HAPT sponsored workshops free of charge, obtaining 3.0 CEs/workshop. The question: shall we continue this practice? Note that if applicable, both members and non-members will pay for their own lunches.

Reasons for continuing to offer workshops free for members:

- Members obtain 6 free CEs each year.
- Offering free workshops is a primary membership benefit that helps HAPT retain members. In addition, offering free workshops is one way to attract new members to the organization.

Reasons for charging members a fee to attend workshops:

- Expenses for each workshop run \$1,000-\$1,500. Member fees could help offset these costs, with a *suggested* nominal fee of \$10. Current workshop fees for non members: \$40 for 3 CEs and \$60 for 5 CEs.
- Registrants are more likely to attend if they pay a fee. HAPT must absorb room rental fees, printing & refreshment costs for those who register but do not attend.

Your input is most important. A vote will be taken at the May 3, 2008 Membership Meeting.

FUNdraising: HAPT's 1st Annual Silent Auction Results

At the February 2008 HAPT Conference, attendees were able to experience something new and exciting. Our FUNdraising Committee pulled together HAPT's first annual Silent Auction with proceeds going towards promoting play therapy. Different items were auctioned off including coveted miniatures, exotic masks, books, and advanced training opportunities in Play Therapy from our very own Carla Sharp, RPT-S. Through our fundraising efforts, we were able to raise \$902.86. The organizing and planning that went into this event was successfully pulled off by member and Fundraising Chair, Wendy DeVault. If you are interested in being part of our Fundraising Committee in the future, please feel free to contact our Linda Rivera at president-elect@hawaiiplaytherapy.net.

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Play Therapy from 4 - 84

Summary by Michelle Birdsall

Overall reviews from Dr. Terry Kottman's presentation on, "Play Therapy from 4-84" were positive and strongly received. Participants left both days with ideas, techniques, and interventions they could start using immediately with their clients. Dr. Kottman was an animated speaker who kept the audience engaged and eager to learn more. Her handouts were amazingly helpful and clear.

One of the first interventions that Dr. Kottman introduced us to was the, "What Kind of Animal Are You?" With over 120 therapists and counselors, Terry had participants identify out of four animals (i.e., turtle, lion, chameleon, and eagle) which one they felt their personality was most similar to. The participants were then separated into four areas of the room. There was an overwhelming number of Chameleons in the audience.

While in the different groups, they were asked to develop a list of strengths regarding their particular animal. They were later asked to identify both strengths and weaknesses of the other animal groups in the room. These lists were shared in a playful manner. Attendees at the conference were told the importance of understanding other people's personality traits (through the use of metaphors with animals) when they are working with them and ways to work best with them. This could be clients, parents, teachers, and even co-workers. Participants were overheard saying, "My boss is definitely a lion!" or "This kindergarten teacher I work with is a turtle which I can see why she's struggling with my student that's a lion," and "This makes sense. My husband is chameleon and I'm definitely an eagle." This activity was truly insightful and useful.

Something else that was interesting to hear related to the book, "The Five Love Languages," by Gary Chapman and applying it to your practice with your clients, particularly children. There are five love languages: Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service, and Physical Touch. Dr. Kottman discussed ways to decipher a child's love language through their actions and behaviors. For example, a child who makes you things, asks you for something when they leave your play room, is probably a child that feels most cared for (or loved) through gifts. She suggested for those kids, something as simple as having river rocks with significant/meaningful words painted on them can be given at the end of the session. Understanding a child's love language can enhance the therapeutic relationship between the child and therapist.

I have been working with one child in particular that I was struggling to build a solid relationship. He often shuts down and will not engage or respond. In recognizing the five languages, I have since started to realize that his love language is physical touch (i.e., he will often lean against me as he's drawing a picture, etc). When working with this particular child, I have seen that when I gently touch his forearm as I'm talking with him, he will make more eye contact and become much more responsive.



Dr. Kottman's creative and hands-on interventions were refreshing and provoked new energy into many play therapists' bag of tricks. With the use of art, sand, and play techniques, participants left with a copious amount of ideas to start using immediately with the clients they work with.

"Play Therapy and the Magic of Puppets"

May 3, 2008 (Saturday)
Tokai University, 9th Floor
9:30 a.m. - 3:45 p.m. (5 CEUs)
Presenter: Inga Park Okuna, M.A.

Puppets are commonly found in the play rooms and offices of play therapists. There are puppets that may signify aggression, passivity, a helper, mystical creatures, etc. In the workshop on May 3rd, participants will discover different uses of puppets with children and their families. Attendees will first learn how to create their own puppets. This is where our individual creativity comes out. Supplies will be provided including socks. Some play therapists who have participated in Inga's workshop in the past will gain another opportunity to make a new puppet to add to their collection.

In the afternoon, participants will learn how to manipulate their puppets properly. This will help therapists gain some comfort with using puppets in their sessions. Participants will be provided with the opportunity to practice some play therapy interventions involving puppets with individuals and with families.

Registration forms were sent out and are also available on our website. This is HAPT's first full-day workshop! This is in response to many members requesting for an all day workshop, particularly our neighbor island members flying in. Active HAPT members will be able to attend this workshop for FREE!! There is a \$5 supply fee, which will be used by participants to make their puppets. Non-members of HAPT are welcome to attend for a \$65 fee (which includes their supply fee). Lunch will be provided on site for \$9, but payment must be mailed in with your registration form to ensure a lunch. We look forward to seeing you there! Any questions, please feel free to contact the Program Chair, Michelle Birdsall at (ewabgirl@yahoo.com).

UPCOMING TRAINING OPPORTUNITIES

Save the Dates!

"PLAY THERAPY AND THE MAGIC OF PUPPETS"

with Inga Park-Okuna, MA

May 3, 2008 (Saturday)

Earn 5.0 CE credits of play therapy training

\$5 Supply fee for HAPT Members

\$65 for non-members (includes supply fees)

"FAMILY PLAY THERAPY"

with Carla Sharp, APRN, RPT-S

Begins June 28 to August 16 on Saturdays from 1:00 to 4:00.

Counts as 22 hours of instruction in play therapy. APT approved provider 04-153.

Email her at carla@carlasharp.com for more information.

"WHAT CHILDREN'S PLAY CAN TELL US ABOUT THE IMPACT OF PARENTAL DIVORCE: HOW WE CAN RESPONSIBLY USE PLAY IN ASSESSMENT AND TREATMENT OF A CHILD CAUGHT IN THE CROSSFIRE"

with Anita Trubitt, LCSW, RPT-S

September 6, 2008 (Saturday)

Open to members and nonmembers

More information to come.



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, please visit our website for the list of our RPT-Ss providing these services. Our website is: www.hawaiiplaytherapy.net



Great Opportunity Here...

PLAY THERAPY CENTER OF HAWAII was recently formed by Carla Sharp, APRN, RPT-S. She is looking for part time employees (7 to 16 hours/week) who are able to accept third party payment. Must be on HMSA and Tricare panels. Supervision is optional. Prefer RPT or RPT-S or willingness to gain this credential. If you are interested, contact her at 261-0066.

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It's Nomination Time...

If you are interested in being on the HAPT Board of Directors, please contact Sue Bergman, Nomination Co-Chair, at uhanesmb@yahoo.com. This is a great opportunity to build leadership skills and support play therapy on a larger scale. We are currently looking for hardworking, enthusiastic, and fun people for the following positions: President-Elect (3 year term), Treasurer (1 year term), Secretary (1 year term), and Member-at-Large (1 year term).

NEWSLETTER CONTRIBUTIONS WELCOMED:

As always, we welcome contributions to the newsletter: review of play therapy literature; tips or techniques you have found helpful; resources; upcoming trainings related to play therapy; letters to the editor, etc. Please contact the Member-at-Large at Ewabgirl@yahoo.com.

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.

As a reminder, past editions of our newsletters are available for viewing at our website: www.hawaiiplaytherapy.net.

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 2007-2008 BOARD OF DIRECTORS



(Left to Right: Michelle, Nami, Teresa, Linda, Peggy, and Monica)

Teresa Shigemasa, President, (president@hawaiiplaytherapy.net)
Linda Rivera, President-Elect, (president-elect@hawaiiplaytherapy.net)
Peggy Brandt, Secretary, (secretary@hawaiiplaytherapy.net)
Nami Ann Dolan, Treasurer, (treasurer@hawaiiplaytherapy.net)
Michelle Birdsall, Member-at-Large, (ewabgirl@yahoo.com)
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