



Happy Spring Play Therapists!

Thank you for being a member of the Washington State Association for Play Therapy or for showing interest in learning more about Play Therapy! This newsletter issue will provide you with information about local trainings, opportunities to meet other play therapists and play therapy news and resources. Please feel free to give us feedback on content you would like to see in future newsletters at [info@wa4pt.com](mailto:info@wa4pt.com)!

## Announcing: 2015 Annual Washington Association Play Therapy Conference!

By Jenny Meline, M.Ed, LMHC



2015 is going to be a great year for play therapy as we have an abundance of great workshops planned for the first day of our conference, followed by the renowned play therapist, presenter, and author Lianna Lowenstein on Saturday! The first day will hold workshops for therapists who are just beginning their journey as play therapists and for therapists who have been practicing for a while and want more intermediate training. Lianna Lowenstein will be presenting a day long presentation on interventions to use with children and their family. Hmm... I am beginning to see a

new theme arising in play therapy in regards to incorporating both the client and family in play. It's not too late to register or join WAAPT. If you join there is a nice discount. The conference is this Friday and Saturday (March 27 & 28<sup>th</sup> 2015)! We hope to see you there!



## Community Resources

By: Rosie Newman, LMHC, CMHS, RPT

### Seattle Children's PlayGarden

1745 24<sup>th</sup> Avenue South  
Seattle WA 98144



<http://www.childrensplaygarden.org/>

**WHAT:** The PlayGarden is a well-designed, safe, supportive environment where children of all abilities can interact with nature, learn, explore and create. At the PlayGarden we:

\*Play outside

\*Make friends

\*Grow our own food

## In This Issue!

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## Mark Your Calendars

### March 27th & 28th 2015

Please Join us for our first Washington Two-Day Play Therapy Conference with workshops & Liana Lowenstein!  
Renton, WA

### April 17th-18th, 2015

Jungian Play Therapy with Youth: Where Unicorns Run Free  
Eric Green, Ph.D, LPC-S, RPT-S  
Portland, OR

### April 23rd-25th, 2015

Pre-Conference Ethics Workshop & Humanistic Sandtray Therapy  
Susan Falck & April Shottelkorb  
Boise, ID

### May 29th-30th, 2015

Child Parent Relationship Therapy  
Drs Garry L. Landreth & Sue C. Bratton

\*Include everyone \*Celebrate the seasons \*Have lots of fun!

Vancouver, CA

**WHO:** Children of all abilities. The PlayGarden's moto is "Everyone is welcome. No two of us are exactly alike. At the PlayGarden we celebrate diversity." The PlayGarden is designed to be ADA accessible, even the treehouse!

**June 1st-5th, 2015**  
[George Fox University](#)  
[Annual Play Therapy](#)  
[Summer Institute](#)  
Newberg, OR

**ACTIVITIES:** The PlayGarden has an outdoor preschool, summer camps, play groups, art and cooking classes and much, much more!

**Aug 7th-8th, 2015**  
[Molly & Me Training Center](#)  
[1st Annual Training](#)  
Pocatello, ID

**WHY WE LIKE IT?** The PlayGarden believes that children learn and grow from exploring and creating in play. At the PlayGarden the teachers are trained to help facilitate sensory exploration and community through play. In addition, several of the staff members have multidisciplinary backgrounds such as in Speech Pathology and Occupational Therapy!

**Sept 18th-19th, 2015**  
[3rd Annual Molly & Me](#)  
[Counseling & Training](#)  
[Center Conference](#)  
Boise, ID

**Oct 6th-11th, 2015**  
[APT Annual Conference!](#)  
Atlanta, GA

## Recap: Theraplay: An Attachment Approach to Play Therapy

By Jenny Meline, M.Ed, LMHC



At the end of January we were delighted to host Dianne Nicholason a presenter from [Theraplay](#). She presented a whole new approach to play therapy, bridging the gap between child and parent and repairing those broken relationships. The conference was interactive, informative, and refreshing. We had about 34 in attendance, with many of those in attendance showing interest in further training in Theraplay. If you had an opportunity to attend this training, it was awesome! Keep your eyes peeled for more Theraplay opportunities around

the PNW!

## Organization Updates

Keep an eye out for information regarding your new 2015-2016 board members! The new term starts in April!



## Flubber/Gleupr/Glurch/Gak Recipe!

By Cary M Hamilton LMHC, CMHS, RPT-S

This is a very cool recipe for making Borax free Gak that I use in my office with kids to help with self soothing, focusing, and general sensory exploration. I find that kids return to it frequently when they are in need of centering and grounding.

A fun and easy craft project to do with kids! Gak, Flubber, or whatever you'd like to call it is a unique slime that can stretch and ooze. Here is a borax [free recipe](#) for you to enjoy, courtesy of [Fun At Home With Kids!](#) To see the recipe, pictures, and get more insider information, check out the [blog](#) or [the book!](#)

What you'll need:

- 2 and ¼ cup cornstarch - ½ cup shampoo (any type should work)
- 6 tablespoons water
- Liquid watercolors (can substitute food coloring, but slight stains may occur on hands)



Courtesy of Fun at Home w/Kids.

Instructions:

1. Mix the shampoo and the food coloring/liquid watercolor together
2. Once the color is evenly distributed throughout, add the cornstarch
3. Mix well
4. Add water one tablespoon at a time (the amount of water needed will depend on the amount of dye used)
5. At this point you should be able to roll the mixture into a ball, if it's too goeey-add more cornstarch. It should also have a nice shine and "melt" in your hands, if not-add a bit more water.

## Website Update

We revamped our website! Be sure to check out the newly organized website with our new "[Find a Play Therapist](#)" feature for our members!

Email [info@wa4pt.com](mailto:info@wa4pt.com) if you have changes/additions you would like to make to your profile!

## Networking

The networking events are proving to be a big success! We are working on offering more and more networking and movie night events!

Please keep an eye out on



As you play with your Gak it may get dry-just add some water or wet your hands and all will be good. Gak can be stored in a sealable container or Ziploc bag. When storing put a bit of water in with it (around 1/4 teaspoon) to keep it hydrated. Check it out after about two weeks, at which point it may begin to smell.



Fun at Home With Kids

Please keep an eye out on our [Facebook](#) page as well as our [event section](#) on the website!

Events are held every 6-8 weeks in both in Spokane and Seattle areas!

If you'd like to see a networking event in your area, [drop us a line](#) and tell us where and if you (or someone you know) would be willing to host the event!

## President's Outgoing Message

By Dr. Becky Rudd PhD, LMFT, LMHC, RPT-S



As the end of my presidential term with WAAPT comes to an end, I can't help but reflect on the tremendous generosity and dedication of this year's Board of Directors. With their help, we have been able to accomplish and surpass my presidential vision for the 2014-2015 year. Since its incorporation in 2008, WAAPT has continued to grow exponentially in membership, continuing education opportunities and outreach. In October I accepted a Gold Branch award, bestowed to branches that exhibit superior performance, on behalf of the 2013-2014 Board of Directors. I am honored to say

WAAPT has continued this forward momentum surpassing my goals outlined in my letter of intention.

At the inauguration of my term in office, I set out to lead WAAPT in providing more continuing education workshops across the state. I am proud to say that WAAPT has **offered over 45 continuing education units**, more than any other state. WAAPT is leading the way, through access to Association for Play Therapy CEUS and training opportunities, to make Washington an optimal state to not only promote and educate residents on play therapy, but to help our residents earn the coveted Registered Play Therapist credential - soon to be a mainstay in child mental health treatment as APT prepares to move Play Therapy onto the list of efficacy-based treatments.

We surveyed members and potential members this winter to identify desired membership benefits. We were pleased to see many of the benefits -- such as local trainings, more CEU events, and affordable trainings - were already set into motion and your support only motivated our efforts. This year we expanded our networking meetings to three locations in Washington: Seattle area, South Sound and Eastern Washington. We continue to network in Central Washington in hopes of expanding our networking meetings even further. The meetings have occurred quarterly and attendance is steadily growing. We have introduced topics for each meeting, facilitated by experts in the field. In addition, we are now able to offer **free APT CEUS** to members who attend the networking events.

In addition to continuing education opportunities and the expansion of our networking meetings, we have seen marvelous interest from graduate students across the state. As a Counselor Educator, I firmly believe that professional identity is essential in assuring a clinician's knowledge in a particular area, affirming a clinician's adherence to ethical and competent practice in a manner that instills trust and confidence in those we serve. To invest in and mentor our state-wide graduate students interested in play therapy, we have secured future trust and competence of the therapeutic power of play. I am pleased to say we have increased graduate student representatives throughout the state, now representing four universities. We will not stop until all universities, that offer graduate degrees in the helping profession, are represented on the board.

What better way to end such a fantastic term as President by directing our first-ever two day annual conference at the end of March. This vision has been passed to me by former presidents of WAAPT and I am delighted that this year we could see this vision come to fruition. We not only had the necessary support of the Board of Directors, but the support and interest from state-wide members and conference attendees. After five years of serving as a board member and subsequent term as the 6<sup>th</sup> President of WAAPT, I am honored to have had such a rewarding and meaningful experience.

Sincerely,

Becky Rudd

## We Want You!

Want to see something in the WAAPT newsletters that we haven't addressed yet? Or better yet, want to contribute to the newsletter(s) yourself?!

Please feel free to contact us at

[info@wa4pt.com](mailto:info@wa4pt.com)

with any requests you have regarding content that you would like to see in future editions of our newsletter or in what capacity you would like to contribute to the newsletters yourself. All ideas are welcome!

WA APT

Join Our Mailing List!



Washington State Association For Play Therapy / P.O. Box 20053 / Seattle, Washington 98102

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