



Happy Tuesday 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)

## President's Outgoing 2016 Message



It is hard to believe my term as President for the 2015-2016 Washington Association for Play Therapy has come to an end; what an amazing and fruitful year it has been! Our branch has thrived over the past year, and I am confident it will continue to excel in the upcoming year with our new President, Elizabeth Peixoto. When I was inaugurated, my vision for the term was to build on the excellent work of my predecessor and to continue to provide all the exceptional benefits to our members, including our Gold Branch status. This year, we provided approximately 10-12 networking meetings and outreach events, 7 CEU/clock-hour APT Approved Provider trainings (including our Fall Conference with Dr. Julie Lerwick and our Annual Conference with Keynote Speaker Sueann Kenney-Noziska), and over a dozen email correspondences including newsletters, a benefits survey, and other communications. In total, we offered over 30 continuing education units.

Additionally, we have increased our social media presence on Facebook, Pinterest, and Twitter, among other social media mediums. Finally, we were recognized by the National Board of Certified Counselors as an Approved Continuing Education Provider!

We have maintained our Gold Branch status, which is an award reserved for distinguished state branches. Throughout my term, we have offered many opportunities as an organization that originally earned us this designation: newsletters, networking meetings, conferences, workshops, and CEU events. We have also corresponded with other PNW branches, and have been active in promoting our work as play therapists! Many graduate students, including students from University of Washington, Seattle Pacific University, Seattle University, Antioch University, among other institutions, have been involved and interested in our branch. I am very proud to be a part of this organization and its continued efforts to inform and educate our communities about the powers of play. As Dr. Landreth (2002) asserts, "birds fly, fish swim, and children play!"

I would like to thank my wonderful and dedicated Board of Directors, as well as fellow WA-APT members, for their support and assistance; this organization would not be possible without you all.

Thank you for a wonderful year of development and learning. Happy playing!

Sincerely,  
Cary M. Hamilton, MA.MFT, LMHC, CMHS, RPT-S



## 2016-2017 President Letter of Intention

I am very excited for the upcoming year as the President of the Washington Association for Play Therapy (WAAPT). Our branch is thriving! We have maintained our Gold Branch status, an award that is reserved for distinguished state branches. We have provided members with valuable membership benefits such as newsletters, networking meetings, conferences and workshops with CEU opportunities, outreach and advocacy. Thanks to the amazing work of my predecessor Cary, our social media presence has increased significantly as well.



My vision for the 2016/2017 term as president is to continue the excellent member benefits as well as continue to inform and educate the community on the powers of play. I also plan to:

- \* Provide a one day conference in October 2016
- \* Provide a two day conference in March 2017
- \* Address cultural diversity more in our workshops and events
- \* Increase membership and student involvement

## In This Issue

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## Mark Your Calendars

**August 10th, 2016**  
Networking Event  
TBA!

**August 21st, 2016**  
WAAPT's Annual Picnic!  
1-3pm  
Woodland Park  
1000 N 50th St  
Seattle, WA 98103

**Oct 4th-9th, 2016**  
Annual APT Conference  
Louisville, Kentucky  
Click [here](#) for info

**October 21st, 2016**  
WAAPT Fall Conference  
Title:

Serious Play: Using Play Therapy to Address Depression, Anxiety, Self-harm and Suicidal Ideation  
Location:  
Seattle, WA  
Presenter:  
Holly Willard LCSW, RPT-S  
Click [here](#) for more info!

### Save The Date(s):

Spring 2017  
WAAPT Spring Conference

Fall 2017  
WAAPT Fall Conference!

## \* Increase networking opportunities

As our branch grows, your membership and involvement is important for our continued success. If you have yet to become a member or need to renew membership, please consider membership by visiting [www.a4pt.org](http://www.a4pt.org).

I look forward to the coming year!

Sincerely,

Elizabeth Peixoto, MS, LMHC

## Announcing: Your 2016-2017 Board Members!

By Stacy Glover, MA, LMFT

Our board member positions are from April to April each year. Please welcome your new 2016-2017 board members! You'll see some familiar names and faces as well as some new names and faces, which we are so excited about! This is an all volunteer board, so please give these talented and passionate folks a round of applause for being able to find time in their busy lives to come up with such awesome networking meetings, conferences, and more!

**President** - Elizabeth Peixoto, MS, LMHC

**President Elect** - Annie Merriman, M.Ed. MHP LMCHA

**Secretary** - Krissy Perry, M.Ed., LMHC, RPT

**Treasurer** - Julianne Lu, LMHCA

**Director of Social Media** - Linda Chia, MSSW

**Membership Director** - Valerie Juergens, M.Ed., MA, LMHCA

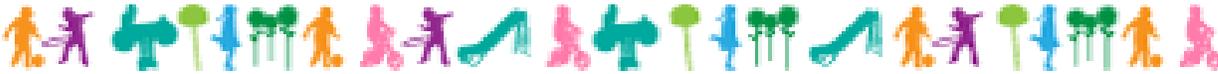
**Eastern Washington Committee Chair** - TBD

**Western Washington Committee Chair** - Jennifer Daffon, LMHC

**Newsletter Committee** - Stacy Glover, MA, LMFT

**Student Representatives** - Jessica Myers; Sarah Harwood; Lara Long

We are always looking for folks to join the board, whether it be in the positions listed above or in new roles. If you have a role/position in mind, please feel free to [contact us](#)! We're constantly striving to find ways to grow and bring play therapy to Washington! Click [here](#) if you'd like to read more about your new board members!



## WAAPT 2016 Spring Conference Review

By Valerie Juergens, M.Ed., LMHCA

WA-APT's 2016 Annual Conference: A Rich Learning and Networking Experience The Washington Association for Play Therapy's 2016 Annual Conference took place March 18-19 at Seattle Pacific University. A rich variety of breakout sessions Friday included When the War Rages On: Expressive Interventions with Veterans presented by Carry Hamilton, Working with Parents in Play Therapy by Krissy Perry, Navigating Ethical Issues in Child, Play, and Family Therapy by Becky Rudd, and Play Therapy with Juvenile Detention Population by Elizabeth Grasher. Saturday featured Keynote Sueann Kenney-Nozika presenting a full day workshop on integrative play therapy for treatment of abuse & trauma. The keynote workshop emphasized an integrative approach to using play therapy with victims of abuse & trauma. Attendees learned strategies for addressing the complex treatment needs using both posttraumatic play metaphors & directive play therapy interventions. The conference offered up to 12 CEU's and provided a rich opportunity to network with others. During the onsite lunch and annual business meeting, fun and practical raffle prizes were awarded. By chance, an attendee who traveled from Virginia won a complementary 2017 conference ticket. She is all too excited to return.

A few thoughts from participants (used with permission):

"I walked away from the conference with practical new tools and interventions to help my practice. I am excited to be able to serve my clients well!"

"What a great time to get energized again! I was so grateful for the full day with SueAnn on trauma based work. I left encouraged about making this my specialization!"

"The Saturday trauma workshop was the biggest hit for me. The delivery, pace and of course the content was terrific. I learned so many helpful and simple techniques. My favorite was the magnet and play doh emphasizing how difficult is to get help when you have been traumatized because of the feelings of guilt, shame and fear. This visual technique was extremely helpful, and I'm sure that it will be helpful visually for many traumatized clients."

See you at our next conference this October 2016 on Serious Play: Using Play Therapy to Address Depression, Anxiety, Self-harm and Suicidal Ideation. Click [here](#) for more info!

## Networking Recap(s)

Back by popular demand, the 2016-2017 WAAPT board is excited to announce the return of our summer picnic! Come join us at our annual Play Therapy picnic on August 21st, 2016 from 1-3pm at Woodland Park! We will have fun games, activities, and awesome folks to mix, mingle, play, and network with.



We ask that those attending bring your favorite summertime dish. This is a family friendly event, so please feel to bring your loved ones.

If you have any questions regarding the event, please email [info@wa4pt.com](mailto:info@wa4pt.com). Stay tuned for the official email coming to your inbox this week!



## Want FREE Admission to WAAPT 2017 Conference?!

Interested in free attendance to our two-day 2017 Annual Conference with Keynote Speaker Franc Hudspeth, PhD? [Sign up](#) today to be a new member of the Association for Play Therapy! Once you are a member with APT, please join the Washington State Association for Play Therapy branch. *New members who sign up between June 1, 2016 and March 1st, 2017 will be entered into a lottery for a free conference attendance certificate.* We look forward to working with you and sharing our passion for the power of play! We hope you can join our branch. Become a member [today!](#)

## Calling all Eastern Washington Play Therapy Enthusiasts!



Do you love play therapy and live in Eastern Washington?! Do you want to be a member on our fabulous board?!

We are currently looking for an enthusiastic Eastern Washington Chair. The position is a volunteer position (as are all positions on the board), but comes with perks and benefits (free admission to WAAPT events = free CEUs.

WAAPT's networking meeting on April 13th was held at Megan Whitlock's office in Seattle. A total number of 6 attended

looks great on your CV, and you get to meet many like minded play therapy folks!

If you're interested in learning more about the position, please contact us at [info@wa4pt.com](mailto:info@wa4pt.com)

and we enjoyed a discussion about the exploration of Self-Care for the Play Therapist. As play therapists we may be more prone to suffer from compassion fatigue, vicarious trauma and burnout likely due to the issues child clients present with and the energy required to provide high quality play therapy services. Megan recommended the book Trauma Stewardship, by Laura van Dernoot Lipsky. This book emphasizes the importance of being centered in oneself and living in the moment. We reviewed the five "directions" - north, east, south, west, and center. Each represents an important aspect of trauma stewardship: creating space for inquiry, choosing our focus, building compassion and community, finding balance, and centering ourselves. Finally we discussed the importance of our play therapy community, and how we could strengthen it. Ideas consisted of self-care parties, salsa, wine and art evening, lunch/coffee lottery, Facebook group, and music therapy session.



–Sarah Harwood

We had a wonderful networking event in Seattle on June 8th, 2016. Katie Maynard, LICSW presented on "Conversations on Culture and Play Therapy". We discussed how to put cultural sensitivity and humility into action in our daily practice with children and their families by using case examples. We talked about culturally-influenced play themes, beliefs about mental health, and stocking the playroom with inclusive materials. Through our discussion, we were able to reflect on how enhanced cultural sensitivity positively impacts how we perceive and respond to our clients as play therapists and what to do when we experience and cultural miscommunication or misunderstanding.

Our Seattle networking events occur every 2nd Wednesday, every *even* month. Please join us at our next one on August 10th! Details will be announced on our [website](#).

–Elizabeth Peixoto, MS, LMHC

### Networking Events

We are working hard towards creating more opportunities for networking events! We want to bring you more networking events (CEU related and otherwise) across Washington!

So far, we have networking events in Seattle, Olympia, and Spokane! We also are increasing the amount of networking events this year. We are aiming for a networking event every other month, on the even numbered months!

If you or anyone you know would like to start a networking group in your area, [please contact us](#) to talk about the possibilities!

Stay tuned to our social media sites and our [website](#) for upcoming networking events!

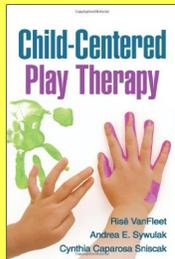
We look forward to spreading the play therapy love!



### Book Review

[Child-Centered Play Therapy by Rise VanFleet, Andrea Sywulak, and Cynthia Sniscak](#)

A Review by Krissy Perry, M.Ed., LMHC, RPT



I'll have to admit, this book was sitting on the shelf for months before I finally picked it up to read. And boy am I ever glad I did! This is a must read for professionals new to the field of play therapy, as well as a must review for those experienced in play. The book is divided into 5 parts, each with a wealth of information and plenty of case examples. Part I provides the background of play therapy, and most importantly, the underlying tenants of CCPT; while Part II provides the reader with all the logistics and techniques needed to conduct a CCPT session. Part III discusses parent involvement and gives a brief overview of Filial Therapy. Part IV covers all practical applications of CCPT, and in my opinion, is the most valuable section of the book. Part V contains research and ethical considerations, and emphasizes the need for training for the effective practice of CCPT. Overall, the authors did an excellent job of writing an easy-to-read guide to CCPT that should be on the reading list of every play therapist!

### We Want You!

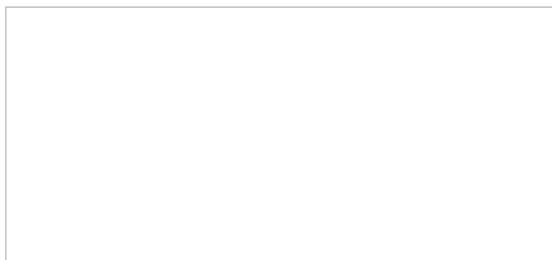
Want to see something in the WAAPT newsletters that we haven't addressed yet? Or better yet, want to contribute to the newsletter(s) yourself?!

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!

### Rosie's Resources

Here are some great resources that were brought to our attention by our former 2013-2014 president Rosie Newman, LMHC, RPT-S! Thanks Rosie!



Seattle Community Program Spotlight: Art Classes for Kids and Teens

### WAAPT

If you haven't already subscribed to our newsletters and other email announcements,

[Join Our Mailing List Now!](#)



Gage Academy of Art Summer Programs for KIDS (ages 6-11) and TEENS (ages 12-18) offer challenging, fun and unique opportunities for creative expression. Each week students explore new artistic territory, inspiring unique and skillful creations, fueled by imagination, research and collaboration. Young artists gain confidence and develop creative skills as they discover traditional and contemporary techniques. Led by professional teaching artists, and featuring structured learning in a safe and supportive environment, Gage offers summer programs in drawing, painting, printmaking, sculpture, music, dance and movement. Scholarships are need based and are available for all youth programs. Scholarship applications are due April 1st for all summer youth programs. Gage Academy of Art is located on Capitol Hill in Seattle. Learn more: [GageAcademy.org/youth](http://GageAcademy.org/youth)



[Contact Us!](#)



**"Toys of the '50s, '60s and '70s" at MOHAI, July 2 - September 25**

Get ready for a heavy dose of nostalgia. This July, Museum of History & Industry presents Toys of the 50s, 60s and 70s. Organized by the Minnesota History Center, the exhibition's only west coast stop is MOHAI. The objects will be presented in interactive playrooms designed to look like three living rooms and a garage, airing classic commercials and a virtual trivia game presented by another nostalgic figure: Maureen McCormick (a.k.a. Marcia Brady).

For more information, check out the rest of this article at [Vanguard's website!](#)

