



Happy Friday 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!

Transforming Our Workshops And Conferences To Fit Your Needs!

By Becky Rudd



Every week my mailbox at home and work are flooded with advertisements for continuing education opportunities. The prices, location and quality often vary widely and after a quick glance of those main points I either toss the ad in the trash, or if the location is convenient, topic interesting and provided at a reasonable cost, the flyer may end up in a pile on my desk --in some cases I will not see it again until long after the conference has passed. It isn't until my CEUs are soon to be due, in conjunction with my license renewal, do I actually begin putting more concerted effort into tallying up my CEUS and seeking out obtaining training opportunities to ensure my totals reach 36. For many years I worked for a community mental health center and training opportunities were abundant therefore I rarely had a need to spend upwards of \$200 on external trainings.

With all this being said, my love for learning has never ceased. Truth-be-told I have gotten more particular about the trainings I attend as the years go by. Like others, I have experienced my fair share of supposed "interesting topics" presented by mediocre presenters leaving me thankful that at least came away with CEUs for my time. Now my expectations for trainings are to come away with new tools, renewed vigor for my practice and a memorable experience. For me I have consistently found these elements at state and national conferences. At these conferences I tend to find keynotes presented by leaders in the field, workshops that have been vetted by peers, and enthusiasm that is unmatched at other trainings. I leave with more than just CEUs but with a memorable experience that maintains over time. The [Washington Association for Play Therapy \(WAAPT\)](#) was formed in 2008 and continues to grow with each passing year. We view our devoted members as our support and encouragement to build a state association that offers what members want. In the Fall of 2014 WAAPT we surveyed members and potential members on such topics as: membership, membership benefits, and conference needs and desires. We had overwhelming support and your voices were heard. WAAPT is dedicated to building an association you can count on for meeting your professional needs. While many of the requests have already been set into motion, over the next few years you can count on more of what you want.

Here are some highlights from the survey:

Membership Benefits

Local Workshops (64%)

In This Issue

WA Conferences Are Changing
Theraplay Corner
New PT Program!
EBP's & PT
National PT Week!

Mark Your Calendars

March 11th, 7-8:45pm
Seattle Networking Group
Discussion.
Topic: Aggression in Play
Therapy
1.5 CEs for APT Members
8401 5th Ave NE
Seattle WA 98115

Eastern WA:
TBA

South Sound:
TBA

March 27th & 28th 2015
Please Join us for our first
Two-Day
Play Therapy Conference
in Seattle Washington
with
Liana Lowenstein!
[Register here.](#)

- CEU or Clock hour opportunities (45%)
- APT CEU opportunities (31%)
- Quality Speakers (32%)
- Opportunities to work towards your RPT/RPT-S (32%)
- Discounted CEU/Clock hours (27%)
- Annual conference (27%)
- Professional Identity (27%)



The WAAPT board is comprised of play therapists around the state that are passionate about promoting and expanding play therapy and educational opportunities for play therapists in our state!

We invite you to join our board!

The board is comprised of the following positions:

- President
- President Elect* (3-year position, that moves into President and President Adviser)
- Treasurer (2 year term)
- Secretary (2 year term)

Open officer position in this election:

In addition to the following committee positions which coincide with term of the president (1 year):

- Conference Chair
- Media/Marketing Chair
- Networking Chair
- Membership Chair

Requirements to join the board include:

- Interested and passionate about Play Therapy!
- A WAAPT member
- Able to attend 2/3 of the monthly meetings (time commitment average 10-20 hours per year)
- Fulfill duties described by your elected or appointed position for the term allocated (2-3 years)

To nominate yourself or another play therapist please send:

- A short description of the candidates background/training
- Candidate's interest in play therapy
- The ways the candidate may contribute to the organization

Please send nominations and self-nominations to Rosie Newman at rosie.newman@wa4pt.com by March 1st, 2015

Conference

We rely on you to spread the word about our conferences, workshops and networking events. Of those who responded to the survey 45% heard about our workshops through word-of-mouth or from co-workers. Thank you for your dedication! Furthermore, the majority of respondents believe our conference price was reasonable (71%) or on par with other CEU events in our area (14%). Of the survey respondents who have attended a WAAPT conference, they were asked to rank the main reasons for attending our conferences. The order is as follows:

- Speaker
- Location
- Increase knowledge in subject area
- Obtain APT CEUs
- Price
- Obtain CEUs/Clock Hours
- Price
- Reputation of WAAPT
- Raffle Prizes
- Networking

2015 marks the first year we are moving to a [two-day conference](#). We are excited to offer a well-known speaker on Saturday ([Liana Lowenstein](#)) and breakout sessions on Friday. The respondents of this survey reinforced our vision with over 70% wanting a well-known speaker and 43% requesting breakout sessions. Overall the majority of respondents want a 2 day conference (50%) with less people requesting the 1 day conference (34%).

We are dedicated to offering workshops/conferences in more locations throughout Washington. The survey results indicated the need for continuous improvement in this area. Respondents identified the locations they would prefer to travel to for conferences:

- Outer Seattle (52%)
- Downtown Seattle (49%)
- Spokane (36%)
- Tacoma (27%)
- Redmond/Everett (27%)
- Renton/Issaquah (22%)
- Olympia (20%)
- Ellensburg (10%)



Photo Courtesy <http://ocw.mit.edu/>

You can count on the continuous improvement of membership benefits, local workshops and conferences throughout Washington State. We are proud to be a part of this exciting time in WAAPT history!



Theraplay Corner

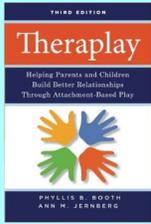
By Jenny Meline

Theraplay: Innovative Family Interactive Therapy Recap

Last month in Spokane we held a one day event on the overview of Theraplay. Theraplay is a fun and innovative way to family therapy. According to [The Theraplay Institute](#), "Theraplay is an interactive therapy between child and family intended for building and enhancing attachment, self-esteem, trust in others and joyful engagement." The sessions build trust, connection and grow an emotional connection between the child and primary caregiver (parent or guardian). Theraplay is conducted in over approximately 30 sessions with an initial assessment. Theraplay is not a new concept and has been working for families since 1975 in 36 countries. If you're interested in becoming a Theraplay therapist, check out The Theraplay Institute's [website](#) and read the book review below!



Theraplay: Helping Parents and Children Build Better Relationships through Attachment Based Phyllis B. Booth & Ann M. Jernberg



This book is well written and well organized. It is an opportunity for those who are contemplating having Theraplay as a modality for treatment with their clients. The book describes the history of Theraplay and it's good to have an understanding from where a modality stems and the experience others have had. There is discussion of the core concepts of Theraplay as well as the advantages to its design and use. It literally is a step by step guide to the practice of Theraplay and a good precursor to anyone wanting to delve further into Theraplay as the trainings are quite the investment.

As a therapist this book introduces me to one more tool for my tool box to work with kids and their families especially as a positive connection and attachment tool. The read is smooth and it holds your attention which some therapy books can be so dry that the book collects dust on a shelf.

Announcement! New Play Therapy Program!

By Cary Hamilton

We are happy to announce the launch of a graduate level play therapy program at [Antioch University Seattle](#) for the Spring Quarter of 2015. The program was developed and will be taught by Washington Association for Play Therapy's President

Elect, [Cary McAdams Hamilton](#). The program is designed to meet the academic requirements to achieve Registered Play Therapist designation through the Association for Play Therapy while remaining a practical option for the already demanding schedules of students and professionals already working in the field. This program will go a long way in encouraging the growth of Play Therapists and the awareness of play therapy in our community. For more information [click here!](#)



Evidence Based Practice and Play Therapy

By Rosie Newman, LMHC, RPT

Website Update

In order to provide smoother navigating on our website, we've changed web domains and are now hosted by WildApricot. You can still type in www.wa4pt.com, but you will notice you will be directed to <https://wa4pt.wildapricot.org/>

Be sure to check out the newly organized website with our new "Find a Play Therapist" feature for our members!

Email info@wa4pt.com if you have changes/additions you would like to make to your profile or any input you may have about the new website!

Become a WAAPT Member!

Here are some of the awesome national and statewide benefits to becoming a WAAPT/APT member:

* [Member publications](#) to several different journals, newsletters, magazines

* Your name in "Find A Play Therapist" on the WAAPT & APT website

* Reduced prices APT & WAAPT conferences

* FREE professional liability & business office insurance quote

* Distance Learning APT-Approved CEs

* [Professional Credentialing](#): RPT & RPT-S

* Networking events

For a more detailed list of member benefits click [here](#) or join [TODAY!](#)

With healthcare reform changing the structure of managed care from the top down, many mental health agencies are seeing a push towards Evidence Based Practice (EBP) to meet the standards of federal and state funders. Discussions about EBP with children often exclude play therapy, focusing more on the widely known evidence based treatments such as Trauma Focused Cognitive Behavioral Therapy (TFCBT) or Dialectical Behavioral Therapy (DBT) and other cognitive behavioral therapies.

Admittedly there is a lack of randomized trial evidence for play therapy, primarily because play therapy does not follow a specific model or handbook that prescribes an intervention that each therapist utilizes. Instead, play therapy is an individualized and a developmentally sensitive model that uses the relationship as the means from which the play-based interventions occur. Because there is not any one specific play therapy model, developing a method for providing controlled and statistically significant results proves difficult. Instead, the most compelling studies supporting play therapy intervention with children across a variety of diagnoses seem to be found in descriptive case studies and qualitative analyses. Currently, it appears that the most comprehensive quantitative study supporting for play therapy for children is [Bratton et al \(2005\) metaanalysis](#) showing significant effect of play therapy across multiple studies from 1970-2005.

More recently, The Association for Play Therapy, has noted the increasing need to provide evidence for play therapy and has made their strategic plan to boost credibility of Play Therapy in the community available on their website. Check it out [here](#).



Further, APT, and has created a research fellowship headed to provide further information with regards to play therapy as evidence based practice. If you would like to make a 2014 tax-deductible contribution to the Research Initiative Foundation please [click here!](#)

For more information and links to direct sources, email rosie.newman@wa4pt.com!

Networking

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



Western WA

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!

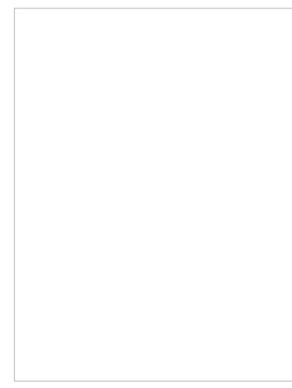
If you'd like to see a networking event in your area, [drop us a line](#) and tell us where and if you (or someone you know) would be willing to host the event!



Eastern WA

National Play Therapy Week!

By Stacy Glover, LMFT



Superbowl Sunday kicked off the Association for Play Therapy's annual National Play Therapy Week (February 1-7th)! As part of the exposure, the APT wants to hear about your play therapy week celebrations. The APT asks that if you have an event planned, published interview, or promotion to boost play therapy public awareness, that you send it to [APT!](#) Use #PlayTherapyWeek on Facebook and Twitter for extra exposure. You may have the chance to have your photo selected in the Community Photos page of the APT website, in an upcoming Member Flash, or in the June edition of the Play Therapy magazine (remember to send images to scarter@a4pt.org for this opportunity)!

Here are some great ideas from APT on how to increase awareness in regards to the importance of play therapy in your community:

* Offer to present a workshop on play therapy at your place of employment.

* [Contact other play therapy colleagues](#) in your area about offering a workshop or seminar open to the public.

www.facebook.com/A4PlayTherapy

* Order and distribute FREE "Why Play Therapy" brochures ([English](#) or [Spanish](#)) from the [APT Store](#).

* Share APT's [Parents Corner](#) with your clients. This page serves as a great resource for introducing play therapy and child mental health to parents and caregivers.

* [Contribute](#) to the Foundation for Play Therapy by making a tax-exempt charitable contribution toward funding research initiatives.

* Show your support and purchase a car magnet "[Play Therapy Works](#)" or "[My Work is Child's Play](#)" - proceeds go directly to the Foundation.

Suggestions for Media Coverage:



* Arrange for you or a colleague to be interviewed by a local paper or station, highlighting your work as a play

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

WA APT

Join Our Mailing List!



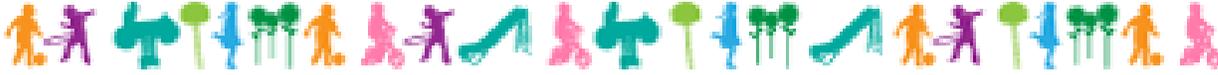
Contact Us!

Arrange for you or a colleague to be interviewed by a local paper or station, highlighting your work as a play therapist.



A4PT.Org Store

* Share these YouTube videos: "[Play Therapy Works](#)", "[Introducing Andrew](#)", or "[Meet Andres](#)" (Spanish) with family, friends, and colleagues via Facebook, Twitter, and other social media including your local media.



National Play Therapy Week Deals

There's still time left! In addition to helping to create more awareness about play therapy, check out these special deals for National Play Therapy Week:

[ChildTherapyToys.com](#) - 20% off EVERYTHING! (Use coupon code: Play Therapy Week)

[PlayTherapySupply.com](#) - Spend \$100 and get a FREE \$20 Play Therapy Supply Gift Card (Use coupon code: 20GIFTCARD. One coupon per order).

[Read More](#)

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