



INDIANA ASSOCIATION FOR PLAY THERAPY

FEBRUARY 2009

*****NEWSLETTER COMMITTEE-DIANE SMITH LMHC, RPT-S, and JESSICA CLARK*****

Letter from InAPT President, Megan Pritchard

Hello InAPT Members,

All of us on the Board of Indiana Association for Play Therapy hope your 2008 was fantastic! The New Year greets you with new and exciting opportunities in Indiana for play therapists! We have some great workshops planned as well as an amazing conference scheduled for this summer!! Please keep your ears and eyes open for more information about these fabulous training opportunities! Make sure to check our website often for the latest information from Indiana Association for Play Therapy. (www.indianaapt.org)

Playfully Yours,

Megan Pritchard InAPT President

SAVE THE DATE

InAPT Annual Conference June 25th and 26th 2009

With

Rise VanFleet

Watch for brochures with details in your mailbox soon!

WELCOME NEW MEMBERS

We would like to welcome the following new members to InAPT: Cheryl Mansell (Bloomington), Megan Garrison (Louisville, KY), Suellyn Mahan (Terre Haute) and Denise VanHorssen (Highland).

CONGRATULATIONS

Congratulations to Beverly Benner (Goshen) and Sara McCool (Terre Haute) new RPT-S

REMINDER

If you won a certificate to receive supervision at the 2008 InAPT conference remember to contact the person with whom you have won supervision. We still have several unused certificates and supervisors who are eagerly waiting to hear from you.

Please, please remember to update your address and/or e-mail address if it changes. We want to make sure that every member receives every communication from InAPT. If you have had a change or know you will be having a change please send your new information to indianaapt.org or Laura Recio at laura@counselingsolutions.net

WHO and WHERE are your Indiana REGISTERED PLAY THERAPIST SUPERVISORS?

InAPT is fortunate to have a talented group of RPT-S. We would like you to get to know who they are and become familiar with RPT-S offering supervision. (RPT-S currently offering supervision are identified with **) To make it easier to know who is providing supervision in your area the list is divided into the northern, central and southern areas of Indiana.

Northern Indiana

Beverly Benner- new supervisor from Goshen

Gayle Bevill-DaDa- located in Fort Wayne

**Lucy Eberly- Employed at Bowen Center in Warsaw, IN. 1-800-342-5653 Ext: 2953 or lucy.eberly@bowncenter.org
Provides play therapy supervision for individuals and groups in northeastern Indiana

Rose Harrell located in Argos

**Laura Recio-located in Plymouth. Provides both individual and group supervision. Contact laura@counselingsolutions.net

Donna Skorupski- I provide individual and group supervision only within our agency, located in Mishawaka IN. I believe I was born to be a play therapist and absolutely love what I do. My long term goal is to work toward my agency becoming a play therapy provider and facilitate workshops in our geographical area.

. Central Indiana

** E. Rebecca Carr -Indianapolis. I am an eclectic play therapist - I use whatever play method works for that particular child. I am not real directive in the play therapy room. I will do supervision with one or two people and will give them a price break. Contact Rebecca at rcarr1114@aol.com

Paula Chavkin- Indianapolis

Dawn Crossman-Fishers

** Nancy Davis -I have had a private practice in Crawfordsville, Indiana since 1992. I specialize in play therapy with children and adolescents, but I do see all ages and stages as well.

I provide individual supervision, but would be interested in providing group supervision if several practitioners would like to get together!

The more RPT/S clinicians we have providing services and advertising their designations, the more we can get the word out that play is the way!! Child and Family Counseling, LLC P.O. Box 631 Crawfordsville, Indiana 47933 Ph- 765-362-4800

** Amy Jo Farmer- I practice in Fishers, Indiana. I have a play therapy practice and an outdoor wellness activity for children. I am available for play therapy supervision at my Fishers location

Jennifer Henk-located in Fishers

Sara McCool- I am not currently providing supervision/consultation; it's more of a long-term professional goal. I got the RPT-S because I believe quality training and supervision are vital to providing quality play therapy services. Getting your RPT or RPT-S is definitely worth it and it is such a fun journey! I paid for most of my own training, but I found it to be well worth the time and money I spent. One tip I have is by applying to be a volunteer for the national conference in October, you can earn several CEs and learn more about the play therapy community and APT covers your conference registration fee. There are several great workshops in Indiana -- I was Patty Scanlon's "groupie" while working toward my RPT -- following her around and attending every workshop I could. Of course, the annual IN conference is a great way to become more connected to other play therapists while earning 8% of the hours needed toward the RPT credential.

Lisa Patton-located in Zionsville

** Patty Scanlon I'm a Licensed Clinical Social Worker, graduating with my MSW from Indiana University in 1995. I earned my RPT in 1999 and my RPT-S in 2001. I opened my solo private practice, PlayJourneys, in March of 2003, in Indianapolis. I use play therapy, filial therapy, sandplay, and art therapy with children and families. In January 2009, I began Canine-Assisted Play Therapy, and two of my dogs, Shiva (a very smart but serious Spaniel-Border Collie mix) and Erin (a very playful, goofy Golden Retriever-Yellow Lab mix) are now my co-therapists! It has been fun and exciting to see children and families interact with my dogs and heal through this new model of cross-species play therapy. I offer individual, group and distance supervision. I encourage everyone who works with children to become a Registered Play Therapist to demonstrate to clients your passion for helping children and your dedication to doing so at the highest standards. Referral sources now seek out practitioners who are RPT/S! *Be grounded in theory* and technique will grow out of your theory. Attend workshops by many different play therapists in order to acquire your own preferred style. Do E-learning through the APT website. Go to the APT annual conference in October (volunteer to save money). Be playful! You may contact me at 317-254-5640 or pscanlon@playjourneys.com.

Diane Smith-new supervisor from Terre Haute

Southern Indiana

** Diane Ferree- I have been a RPT-S since 1997, received my LCSW in 1994 from a MSW degree in 1991. I also have a bachelor's degree and teaching license as a special education teacher.

I taught Emotionally Handicapped students 5th grade through 8th grade for 6 years and then after receiving my MSW I was a family counselor at Catholic Social Services for 4 years and then began and opened up a Children's Acute Program in Kokomo for 5 - 12 year olds, using mainly play therapy and many other expressive therapies. This program won the Yvone Williams award for Play Therapy.

While at Howard Regional in Kokomo I worked in that program for 8 years and also trained and supervised other MSW students interested in play therapy and also getting their RPT. I later became Youth Team Leader for all of youth services here at Howard where we developed and use two play therapy rooms and one sand tray room for our clients here at Howard. I have presented at several areas on play therapy and was past president of InApt organization and served on other committees for 5 years.

Currently I do individual supervision for future RPT's in New Albany/Jeffersonville area in southern Indiana and also do supervision Monday through Wednesdays here in Kokomo where I commute from southern Indiana from Monday through Thursday.

I love to teach and educate others using play therapy and many other expressive therapies. I work mainly with 3-10 year olds and frequently use Filial Therapy with the families I work with. I believe all of us should continue to read and educate ourselves as play therapist to keep up on the latest research and material that is available. I see and mainly work with children who have experienced various forms of trauma. I am reminded each and every time I work with this issue how play therapy along with other expressive therapies is a must in the treatment of these children.

My favorite age group to work with is the 3-6 year olds and is the age group for the majority of my clients. I developed and conduct a Young Child Parent Group for 3-5 year olds.

** Heather Maritano Located in Bloomington (South Central Indiana) provide individual & group supervision and will do phone sessions and video reviews. I have 10+ years clinical supervision experience and training including: 18 hour MFT Supervisor Training & extensive supervision, 10+ hours supervisory training specific to play therapy and 6 years as clinical supervisor for a MFT training program. I am also contracted for on-going clinical supervision with 2 social service agencies and I am a Practicum instructor & supervisor for both social work and counseling students In supervision, Heather seeks to help emerging and seasoned therapists enhance their ability to practice with intentionality. While techniques are important, Heather is more interested in shaping the way therapists think about the therapeutic process regardless of their approach, clinical setting or stage of professional development.

**Mary Lou Petrisko- At this time I do not offer any individual play therapy supervision. I am still interested in providing group supervision with Davi Stein Supervision would be for Southwestern Indiana. I am located in Evansville. I really appreciated and grew from my supervision with Dr. Mary Ellen Griffin. I appreciated her challenge to think about our theoretical orientation. I also believe my knowledge base was enhanced by the other clinicians who participated in therapy.

** Lisa Provost-I am a Licensed Mental Health Counselor in Evansville, working in private practice at Integrity Psychological and Counseling. At least half of my practice is normally children and teens. The training and supervision for the RPT and RPT-S greatly developed and expanded my knowledge and experience base for working with children and teens. It provided me with excellent professional resources to utilize in situations that stretched the limits of my training. It also created a network of colleagues with whom I can consult and collaborate. I am trained in Filial Play Therapy, under Rise Van Fleet, Ph.D. and as a Filial Play Therapy Instructor. I have completed four of the six levels in Sandtray-Worldplay Method with Gisela DeDomenico, Ph.D. I have training in client-centered as well as other play therapy modalities. A primary area of interest for me over the past 6 years has been working with children and their families who are dealing with severe food allergies, and the high levels of anxiety and stress that accompany this potentially lethal situation. I have spoken on this topic at several national conferences of the Food Allergy and Anaphylaxis Network, and have written a number of articles for their newsletter. I have not pursued therapists to supervise, but am willing to do so both one-on-one and in a small group. I can be contacted at Integrity Psychological and Counseling in Evansville at 812-491-7739 or ldprovost@insightbb.com.

** Gene Schadler- I work in Evansville, Indiana and provide individual/group supervision.
Contact information: Gene Schadler, LCSW, RPT-S, 6221 East Physicians Court, Evansville, IN 47715
812-491-7739

** Davi Stein Supervision opportunities with me are anyone interested in clinical supervision can contact me at 812-421-8336. If there are enough people interested in a supervision Saturday I would like to offer that along with Mary Lou Petrisko. Need 8-10 for that. Individual supervision is also available.

UPCOMING TRAININGS



Friday, February 20, 2009 –Indiana

Play Therapy 101 – The Basics

This training will take place in Bloomington, IN from 8:30 a.m. – 5 p.m. on February 20. For more information contact Heather Maritano at hmaritano@gmail.com.

Friday, February 20, 2009 -Illinois

Assessing and Treating Grief and Abandonment Issues Through the Use of Play Therapy and Sand Tray

Friday, February 27, 2009 - Indiana

Play Therapy Supervision

Heather Maritano, LCSW, RPT-S-Bloomington, IN

Friday, Feb. 27, 2009 and Saturday, Feb. 28, 2009 - Michigan

13th Annual Play Therapy Conference-MIAPT

Paris Goodyear-Brown

March 7, 2009 – Indiana

Sand Tray Training: “Basics and Beyond”

Laura Recio

March 17-20, 2009 - Illinois

Introductory Theraplay & MIM

The Theraplay Institute

Thursday, March 19, 2009 – Indiana

Ethics in Play Therapy

This training will take place in Bloomington, IN from 10 a.m. – 12 p.m. on March 19. For more information contact Heather Maritano at hmaritano@gmail.com.

March 18,19 and 20 2009 - Kentucky

Kentucky APT 16th Annual Conference

Liana Lowenstein

Friday, April 3, 2009 - Indiana

Including Parents in Play Therapy

This training will take place in Bloomington, IN from 1:30 p.m. – 4:30 p.m. on April 3. For more information contact Heather Maritano at hmaritano@gmail.com.

April 3-4 2009 - Ohio

Ohio 9th Annual Conference

Friday, April 17, 2009 - Indiana

FREE Play Therapy Workshop

Title: Play Therapy Techniques

Location: Southlake Mental Health Center, 8555 Taft Street, Merrillville, IN 46410

Laura Recio

Friday, April 17, 2009 - Indiana

Play Therapy for Wounded Hearts: Attachment, Abuse & Trauma

Patty Scanlon, LCSW, BCD, RPT-S

April 23-24, 2009 – Illinois

IL-APT Annual Conference

Complete information (including location, goals and objectives, CE's and registration) can be found on the website at indianaapt.org



BECOME A RPT or RPT-S (*JUST WHAT ARE THE REQUIREMENTS?*)-in a Nutshell

In order to complete the requirements to obtain the RPT or RPT-S credential the following criteria must be met:

- A Master's degree or higher
- Current or active mental health license

- At least 2 years and 2000 hours of supervised clinical experience (not more than 1000 accrued while earning Master's)
- 150 hours of continuing education (up to 50 of these hours can be completed by distance learning-check out E-Learning at www.a4pt.org)
- 500 hours of supervised play therapy experience (RPT-S applicants must complete an additional 500 hours of play therapy experience)
- 50 hours of play therapy supervision-if supervision is provided by a RPT-S each clock hour is equivalent to 1.5 hours. If supervision is provided by another licensed mental health professional each clock hour counts as 1. Not more than 15 hours may be obtained by group supervision
- For each 10 hours of supervision at least 1 play therapy session must be observed by the supervisor. This can be through live supervision, or the use of audio and/or video.
- RPT-S applicants must complete at least 4 hours of supervision training from a university or approved CE provider. Beginning April 1, 2009 this requirement will increase to at least 24 hours of supervisor training in 3 core areas or be state-approved supervisor.
- RPT-S applicants must have completed an additional 3 years and 3000 hours of clinical experience. Beginning April 1, 2009 RPT-S applicants must have practiced at least 3 or more years after the initial date of state licensure or certification

Find complete information regarding requirements at: a4pt.org

BAG OF TRICKS

Submitted by Mary Lou Petrisko InAPT board member

One of my favorite play therapy techniques is Color Your Life by Kevin O'Conner, Ph.D. I have used it in a variety of ways in therapy and have been fortunate to have clients who have enabled me to enhance the way it is utilized. I will share the ways this technique has been used with my clients but first will summarize my understanding of Dr. O'Conner's technique.

Materials necessary are markers, crayons, and or colored pencils and paper. I explain that they are to share what feelings they have experienced and the amount of each feeling in their life. It is emphasized that there is not a right or wrong way to do the activity. The task is to use different colors to represent their feelings. I will name a feeling, such as anger and ask them what feeling they associate with/think about with that feeling. I will wait to see if they respond and if they do not I will offer an example. One example I believe Dr. O'Conner uses is: "Have you ever heard the expression 'seeing red'" or someone is so angry that they are "seeing red?" If I have been angry I would use a red marker to color the paper in an amount that I believe is proportional to the amount of anger in my life. To explain this process I will name another emotional and the color associated with that, such as the color blue associated with sad. I will explain that if those were the only two feelings I experienced in my life

and that I had experienced them each 50% of my life I would color half the page red and half the page blue. The individual is asked to name at least eight feelings and choose a different color for each emotion. I typically have the individual write the feeling with the associated color on a separate piece of paper, however, most individuals do not need to look at their reference sheet and can remember what color they picked for their respective feelings. If the individual cannot think of numerous feelings I will let them use a feeling chart to help them recall emotions they have experienced.

After the individual completes coloring the paper with the colors in the proportional amount of space for amount of their life they experienced those feelings we process what they have done. I will first ask them to tell me about what they have drawn. This typically results in us discussing the times they have experienced the various feelings they have identified. I ask them what feeling(s) they feel they have had the most in their life, the least, which ones they would like to have more/less of in the future. This technique is a nice way to get new clients, or individuals who find it hard to verbalize to share their feelings. We will use what they share to further develop their treatment plan. For example, if they say they would like to be less anxious future sessions could include therapeutic activities addressing this.

Clients have completed this task in a variety of ways. I have had children who are learning about bar graphs complete the task utilizing the graph. An artistic teen created a picture of a scene utilizing the colors she had chosen for the corresponding feelings. At the end of therapy I have had clients complete another color your life. We then compare what they drew the first time with the new drawing. It is surprising to me, to see how many of the feelings picked for the second drawing are the same feelings they had chosen to use in their first drawing. I had one young client who was so pleased to see that they had so much more of traditionally pleasant emotions that they wanted to share both drawings with their parent.

I hope that you will utilize this technique and find it as helpful as I have!

HAPPY VALENTINE'S DAY from your InAPT board

Four lucky InAPT members will find a red heart shaped sticker in this spot on their newsletter. The sticker will entitle each of those members to \$50 off the price of registration at the InAPT conference in June 2009. (Please be sure to keep your sticker and attach it to your registration form)

MEMO BOARD

Terre Haute area play therapists continue to meet monthly on the first Thursday of each month at noon. If you would like to join us contact Sara McCool at sara.e.mccool@gmail.com or Diane Smith at Dianes1213@Yahoo.com

The next meeting of the InAPT board will take place on March 6, 2009 in Indianapolis.

If you have information to submit for the newsletter please submit to Diane Smith at Dianes1213@Yahoo.com