



## INDIANA APT Playgram November 2021



### Happy Thanksgiving

Indiana Association for Play Therapy Board Members would like to wish you, your family, and friends a peaceful, healthy, and fun filled Thanksgiving season. Please take the time for yourself and enjoy the things that

rejuvenate you and fill you with joy.

In this November PlayGram edition, you will find some helpful information, upcoming APT approved trainings, and a message from our INAPT president.

With gratitude,  
Jenny Beisner, INAPT  
Board Member

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## President's Notes

**November, 2021**

Greetings fellow APT members,

I hope you are enjoying this beautiful fall weather we are experiencing. The trees in southern Indiana are just now peeking and the colors are vivid against the blue sky. As I write this however there is a storm brewing which means the leaves will soon be leaving us and a new season will soon begin.



There were several us who attended the National Conference in Arkansas, and I must say it was quite enlightening. There were sessions available for every skill level and plenty of time to shop for all those items that you really didn't know you needed until you found them. Two of my favorite items was some angry putty that gets harder to stretch the longer you play with it and a new deck of feelings cards that resemble Pokémon cards. I have to say many of my clients have tried the putty and at times it allows my clients to calm and express themselves easier. Half the therapeutic process with the Pokémon cards will be found in figuring out the rules or making up our own rules. The cards do have a plethora of different feelings that can be added to one's vocabulary and they just look cool.

With it being Thanksgiving I believe it is important to look at all the things I am thankful for, and I would like to take this opportunity to identify those found within APT.

I am thankful for all those APT members who are researching our treatments and showing that they are evidenced based.

I am thankful for our national board that has the time to make sure APT is truly an association that promotes the therapeutic use of play. I am thankful for our Indiana Branch board who give of their time and talents to help INAPT grow and who provide conferences and gatherings throughout our state.

I am thankful for our members who continue to take the time to re-invigorate themselves by attending trainings.

One thing I am thankful for that is not APT focused is the fact that in less than 40 days daylight will begin to grow.

Hope you all have a great Thanksgiving and a joyous Christmas.

Your INAPTFL,  
Claudia Dominik

## Helpful Intervention

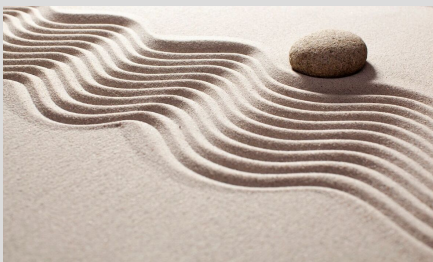


### Hot Cocoa Mindfulness by Counselor Keri

In this guided mindfulness exercise, students practice mindful breathing by smelling their imaginary hot cocoa and blowing on it to cool it off. They

do a guided meditation to focus on the things that bring them joy, or warm their hearts. This activity is always a big hit as the students are easily able to get into a focused breathing pattern.

For more details on this activity and many more, please click [Here](#).



**Our friend, Heather Maritano, LCSW,  
RPT-S at Inner Resources will be  
offering several trainings in January  
2022.**

JANUARY 17, 9:15AM-12:30PM ET:

Using Expressive Methods in Clinical Supervision ZOOM

JANUARY 19, 10AM-12PM ET: Monthly Play Therapy Consultation  
Group ZOOM

JANUARY 21, 10AM-12PM ET: Monthly Play Therapy Consultation  
Group

JANUARY 21, 12:30PM-2:30PM ET: Monthly Sandtray Consultation  
Group ZOOM

For more information, please check out Heather's website by clicking  
Here

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**Welcome our newest INAPT members!**

**Jana Hernandez**

**Brenda Joyce Markert-Green**

*We are so glad you joined us.*



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## **2022 Indiana Association for Play Therapy Annual Conference**

**INAPT would like our members to know that we are busy  
planning and organizing for our annual play therapy conference  
for June 2022.**

**Kara Carnes-Holt, Ph.D, LPC, RPT-S Professor at University of  
Wyoming will be our national speaker**

**Save the dates: June 16th and 17th**

If you would like more information or perhaps would like to help on the  
INAPT board committees, please contact us at  
[info@indianaapt.org](mailto:info@indianaapt.org)

**Indiana Association for Play Therapy**

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