



Whoever wants to
understand much
must play much
-Gottfried Benn

MIAPT Newsletter

December 2017

Upcoming Trainings:

2018 Annual Conference:

February 16-17 2018 in Lansing, MI
Keynote: **Jeff Ashby, PhD, ABPP, RPT-S**
Play Therapy with Angry and Aggressive
Clients

Plus lots of amazing breakout sessions!
The Brochure will be coming your way
soon. Please share it with anyone who
may be interested when you receive it
We're looking for volunteers now!

Michigan Play Therapy Training Academy

Laura Hutchison, PsyD, LP, RPT-S
Laura, one of our local MiAPT members,
leads this academy and its trainings year-
round in Farmington, MI (Detroit area).

<https://www.playtherapyacademy.com/>

January 20, she is leading 3 workshops:

[The Importance of Play and Foundations
of Play Therapy](#) (3hr)

[Play Therapy Sample Platter: An
Overview of Models](#) (3hr)

[The Play Therapy Experience: Hands-On
Intro to Play Therapy](#) (2hr)

Facebook MiAPT

"Michigan Association for Play Therapy"
on facebook for interventions &
articles updated weekly

Presidential Ponderings:

Holiday music is on full blast. Santa has visited in the post-Thanksgiving parades. Kids are making wish lists so parents can frantically arm-wrestle each other for the most beloved gifts that will get the most screams on Christmas morning. Cookie decorating and ugly sweater competitions are ON. (Target has amazing ugly sweaters, by the way. *Shudder*) Anyone else feeling the stress of the season yet?

As therapists and healers, we have a responsibility to provide a safe, calm space for our clients. A place where they can breathe, reflect, comprehend, and learn. A place to simply be...without pretense, judgment, or fear. Without pressure from any season, any obligation, or anyone. Our relationships with our clients allows this freedom, which allows the healing. It's a beautiful circle.

Our ability to develop this healing relationship with our clients is quite dependent on our true acceptance of the client as a human being. A feeling, experiencing, perceiving person. We have the responsibility to accept their reality as that individual's truth without judgment, and to accept and hold their emotional experiences. Let's face it. All of the spectacular training and credentials in the world will not do an ounce of good for a client if they do not feel connected.

This letter is to encourage you to find, or continue to light, that spark of your personality that draws people in. Your individual way of helping people feel comfortable, accepted, heard, and safe, regardless of their experience, emotions, actions, and *gulp* ugly sweater of the season. I truly wish for all of you 25 days of peace, fun, and therapeutic healing. And side-aching hilarious stories of scoring the very best scream gift.

-Jesliee Bonofiglio, LMSW, RPT



PHOTO: "FLOWER POWER" SENSORY BOX INTERVENTION
BY MEGAN MORRISSEY, LLPC

You Can Make a Difference: Volunteer!

1. Newsletter content
 - Share a creative activity
 - Write a story or article
 - Share playful pictures
 - Member spotlight: Something you or another member is doing
 2. Networking meetings
 - Regional meeting ideas
 - Find a free local venue
 - Start a group in your area
 3. Conferences (regional or annual)
 - Pick up and/or order food
 - Pick up craft supplies
 - Volunteer for clean-up &/or set-up
 - Distribute our flier
 - Find location for events
 - Get potential speaker proposals
 4. Membership updates
 - Confirm member contact info
 - Consolidate/remove duplicates
- **If interested in volunteering, email DCouture77@yahoo.com



Intervention: *Sensory Boxes*

Have various boxes in your office or create a box with your client filled with sensory items to use for engaging senses or self-soothing.

Use inexpensive items of different textures and a medium to fill the box, then consider having things hidden in the medium or items to combine/move/mold/create within their sensory box. Boxes may have a theme if desired. During the activity, help clients consider textures that cause curiosity, comfort, discomfort, anxiety, peace...

The 3 pictures demonstrate sensory box options:

- 1: "Flower Power" with dried peas and fabric flower petals
- 2: "Outer space" with glitter, gemstones, blue stones, astronauts, space ships, etc.
- 3: "Dinosaur/fossil dig" with dried beans of various types, fossil castings, and dinosaur bones. Add a spoon and brush to unearth the fossils and/or gold pieces.

Children enjoy feeling things, unearthing hidden objects, and are especially excited to find the gold pieces in the dinosaur dig box. It's like unearthing treasures in a treasure box. It gives them another way to experience their senses with objects that are unique and different.

This intervention can be adapted to be used with many themes and can be made using inexpensive objects like dried peas/beans/stones...

Intervention courtesy of Megan Morrissey, LLPC

LEFT PHOTOS: "OUTER SPACE" &
RIGHT: "DINOSAUR DIG"
SENSORY BOX INTERVENTION BY
MEGAN MORRISSEY, LLPC



Playing with Gems

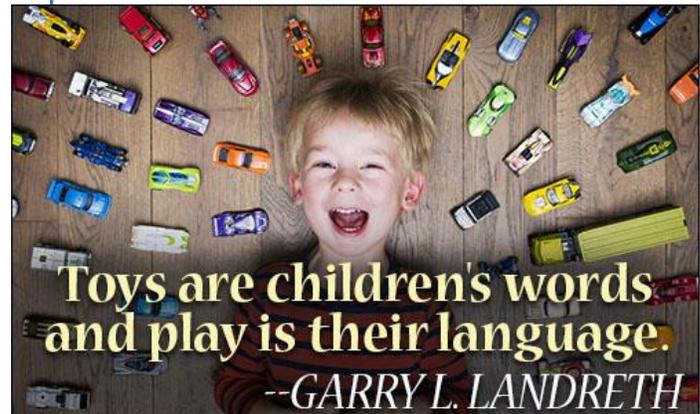
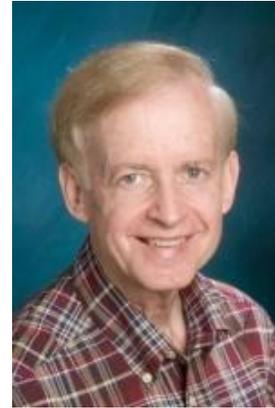
Gary Landreth (pictured to the right) encourages the use of Child-Centered Play Therapy. His gems of inspiration ring in my mind daily when working with kids. Enjoy these gems:

*I sometimes need a refuge.
Therefore, I will provide a refuge for children.*

*I like it when I am fully accepted for the person I am.
Therefore, I will strive to experience and appreciate the person of the child.*

*I make mistakes. They are a declaration of the way I am - human and fallible.
Therefore, I will be tolerant of the humanness of children.*

- *Play Therapy: The Art of the Relationship* by Garry L Landreth, Ed.D., LPC, RPT-S



**ANN BIXLER'S
PROFESSIONAL
HEAD SHOT &
COLORING AT A
BOARD MEETING**



2017 Board Member Bio

Treasurer: Ann Bixler, LLP, ICAADC, RPT
I have been in private practice for over 20 years and an RPT for the past decade. I specialize not only in working with children, but also in Substance Use Disorders and trauma. I am EMDR certified and have a specialty in the LGBTQ community. I love when I am able to combine my specialties such as working with gender nonconforming children or utilizing EMDR with children. I am on the conference committee and board for MIAPT. I am an affiliate with the Comprehensive Gender Services Clinic at the University of Michigan and a member of NALGAP out of Rutgers. I love education and continuing to grow in my profession and am currently working to finish my hours for an additional licensure.

West Regional Workshop Recap!

The West Regional Workshop was held November 10 with 40 people in attendance. Sister Mary Paul Moller, FSE, LMFT, LCPC, RPT-S and Lindsey Perrault, MT-BC started the day with a bang. During setup, they plugged Sister Mary Paul's computer with the presentation into the sound system and the computer crashed! Despite the rough start, the day was relaxing, fun, and filled with information. (Hopefully Sister Mary-Paul has been able to retrieve the files from her computer by now!)

Sister Mary Paul and Lindsey introduced themselves and talked briefly about the Franciscan Life Process Center where both work, to familiarize attendees with the programming available there. Lindsey demonstrated some of her music therapy techniques and described the ways in which music therapy can be used. We were allowed to experience some of the fun of music therapy as we participated in our own percussion play under her direction.

Piccola, a certified therapy dog who partners with Sister Mary Paul, gave us demonstrations of some of her therapy dog skills throughout the day, moving from participant to participant, offering herself for a scratch behind the ears! She showed us some of her tricks and Sister Mary Paul described the ways in which animals can be utilized as assistants in the therapy process, especially with clients who find it difficult to trust and engage with other people.

Much of the afternoon was spent in a very enjoyable and relaxing activity. Sister Mary Paul and Lindsey supplied us with a wide variety of natural items obtained from their 230 acre Franciscan Life Process Center and hot glue guns. We were invited to create a nature-based sculpture. Many beautiful items were constructed using the wood, dried flowers, sticks, shells, and stones provided.

--Diana L. Steketee, MA, LLP, RPT



**DIANNA'S CREATION
AT WEST REGIONAL
WORKSHOP**



**WHAT WORKSHOP
IS COMPLETE
WITHOUT PRIZES!**



PICTURES FROM WEST REGIONAL WORKSHOP



**WHAT A WELL
BEHAVED
THERAPY DOG!**

