

MIAPT Newsletter

P.O. Box 80392
Lansing, MI 48908

REGISTER FOR THE MIAPT 18TH ANNUAL
PLAY THERAPY CONFERENCE AT
miapt.org



A Message from the President – Kay Hannah

Hello Play Therapists!

Have you registered for the 18th Annual Play Therapy Conference to be held at the Lansing Community College West Campus on February 21-22? A conference brochure is included in this newsletter – you won't want to miss David Crenshaw's keynote on Friday. Victoria Fitton, conference chair, and her committee have been hard at work in preparation. Information regarding the date, place and speaker for the East Regional Workshop (likely to be held in April) will be announced at the Conference. You will want to circle the date on your calendar.

One of the criteria for receiving the Gold Branch Award from APT is having members talk about play therapy when we speak at other workshops, university classes, etc. If you have talked to a non-play therapy group please email me (khannah-mi@att.net) the name, date and location of where you talked about play therapy and the benefits of membership in MIAPT/APT. APT has two **new** brochures that are **free** – *Join APT Now* and *Why Play Therapy*. They come in packets of 25 and are available at the APT website (www.a4pt.org) in the APT Store.

Do you have ideas for the MIAPT Newsletter? This could be a book review, a technique/intervention that you use, dates you are presenting a play therapy workshop, an advertisement regarding a room for rent in your office, etc. Contact any Board member and they will know where to send it.

I'm looking forward to seeing you in Lansing on February 21 and 22!

Kay Hannah

Board of Directors

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Page 2: Conference Keynote Speaker

Page 3: Workshops and Presenters

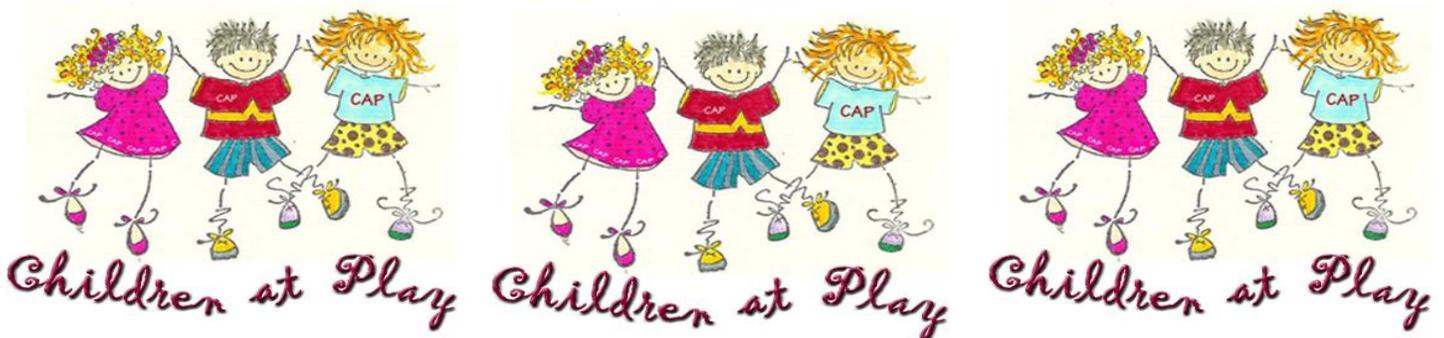
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MIAPT 18TH ANNUAL PLAY THERAPY CONFERENCE

David A. Crenshaw, PhD, ABPP, RPT-S

FAWNS IN GORILLA SUITS:

PLAY THERAPY STRATEGIES WITH CHILDREN OF FURY

Friday, February 21 - Saturday, February 22, 2014

Lansing Community College West Campus - 5708 Cornerstone Drive, Lansing, MI 48917



Play Therapy offers unique advantages in approaching "fawns in gorilla suits" who often are prickly and explosive. This workshop will explore the multiplicity of contributing factors to the rage and fury of children and an Integrative Play Therapy approach to the challenges that arise. Goal-directed play therapy strategies will be described, in some cases demonstrated or experienced by the participants to create safety and modulate affect. Play Therapy interventions to teach language mediation of impulses and accessing the inner world of the child will be a key focus along with developing self-reflective capacity. Addressing the inner wounds and possible trauma with play therapy techniques is another feature of this workshop. Play Therapy techniques that facilitate resilience, honor strengths, and create hope will be shared. The attachment issues that hinder engagement at the beginning of play therapy and complicate termination at the end will complete the day along with play therapy strategies to address these stages of the work. Animal-Assisted Play Therapy will be described as having special value in both the engagement and termination process but most especially in addressing the trauma wounds of these enraged children.

Dr. Crenshaw is the Founder and Director of Rhinebeck Child & Family Center, LLC, Clinical Director of the Children's Home of Poughkeepsie and in private practice. Dr. Crenshaw is currently part of American Psychological Association, New York State Psychological Association, Hudson Valley Psychological Association, Association for Play Therapy, New York Association for Play Therapy, Astor Home for Children Board of Directors, and a member of the Dutchess County Mental Hygiene Board. He has published in *Journal of the American Academy of Child and Adolescent Psychiatry*, *Child Care Quarterly*, *The Forum*, *Grief Work*, *Omega: Journal of Studies of Death and Dying*, *Play Therapy: Magazine of the British Association of Play Therapy*, *Play Therapy Magazine*, *Handbook of Thanatology*, *Child and Adolescent Psychotherapy*, and more!

Dr. Crenshaw is the author of several books: "Bereavement: Counseling the Grieving Throughout the Life Cycle" (now in its third printing); "Engaging Resistant Children in Therapy: Projective Drawing and Storytelling Techniques," and two books (he co-authored with John B. Mordock, Ph.D., ABPP published by Jason Aronson in 2005), "Understanding and Treating Aggressive Children: Fawns in Gorilla Suits" and "Handbook of Play Therapy with Aggressive Children." He is featured on a videotape "Grief: How to Help Children Feel, Deal & Heal" containing practical advice. Dr. Crenshaw's play therapy and projective techniques using drawings and storytelling and puppets are especially designed for defiant, oppositional, and aggressive children.

FRIDAY CONFERENCE SCHEDULE

Friday, February 21, 2014

8:00-8:30 am	Registration and Continental Breakfast
8:30-10:00 am	David Crenshaw
10:00-10:15 am	Break and Exhibits (Snacks Provided)
10:15-11:45 am	David Crenshaw
11:45-1:15 pm	Lunch and MIAPT Annual Business Meeting
1:15-2:45 pm	David Crenshaw
2:45-3:00 pm	Break and Exhibits (Snacks Provided)
3:00-4:30 pm	David Crenshaw

SATURDAY CONFERENCE SCHEDULE

Saturday, February 22, 2014

8:00-8:30 am	Registration and Continental Breakfast
8:30-10:00 am	Morning and All Day Workshops Begin
10:00-10:15 am	Break and Exhibits (Snacks Provided)
10:15-11:45 am	Morning Workshops / All Day Workshops
11:45-1:00 pm	Lunch (Provided) and Exhibits
1:00-2:30 pm	Afternoon Begins / All Day Continue
2:30-2:45 pm	Break and Exhibits (Snacks Provided)
2:45-4:15 pm	Afternoon Workshops / All Day Workshops
4:15 pm	Conference Concludes



SATURDAY WORKSHOP DESCRIPTIONS

B=Beginner; I=Intermediate; A=Advanced Level
Individual group size may be limited by room capacity.
Workshops A and B are ALL DAY.

Each will continue during afternoon session.

8:30-11:45am (Break 10:00-10:15) & 1:00-4:15pm (Break 2:30-2:45)

- A. **Ready to Play: Using Nondirected and Directed Sandtrays in Play therapy with Latency-Aged Children (A)** - Lindsay South, MA, RPT and Michelle Klee, PhD. (*ALL DAY SESSION*) The sand box and sand tools are the most frequently selected items by children in a play therapy room. Learn what is unique about working with latency-aged children. Refine your play therapy skills using Sandtray Worldplay™. Both directive and nondirective experiential interventions will be practiced. Special attention will be given to sand trays with children of divorce. *Completion of an introductory level workshop in sand tray therapy is a prerequisite for this class. Participants should come prepared with 10-15 images they would like to use in the workshop, a camera, and a journal.*
- B. **Using Play Therapy with Adults (I/A)** – Diane Frey, PhD, RPT-S. (*ALL DAY SESSION*) This workshop will focus on the value of play therapy for adults, appropriate adult populations for play therapy, uses of play therapy for adults, and a large variety of play therapy techniques for adults. Numerous case studies will be reviewed.

MORNING WORKSHOPS – SELECT ONE

- C. **Playful Supervision for Play Therapy Supervisors (A)** – Kay Hannah, PhD, RPT-S. (*MORNING SESSION*) Distinguish the differences between administrative supervision and clinical supervision and the qualifications specific to clinical play therapy supervision. Identify your needs as a supervisor and the needs of your supervisee. Identify the four stages of supervision from the perspectives of both a supervisor and supervisee.
- D. **Introduction to Child-Centered Play Therapy (B)** – Elizabeth Thompson, LMSW, RPT-S. (*MORNING SESSION*) Child-centered play therapy is based on the child leading in the play and the therapist following, supporting actions and feelings. The premise is the child intuitively knows how to process problems and inner-experiences through self-exploration and self-discovery moving towards self-actualization resulting in constructive change. The therapist supports the child through relationship and a way of being, creating a safe and accepting environment. The child-centered therapist believes in and trusts the inner person of the child.
- E. **Play Therapy and Drama Therapy Activities that Target Skill Areas Needed by Adolescents: Identity Development and Goal Setting, Problem Solving Skills, Communication Skills, and Social/Relational Skills (B/I)** – Tamiko Rothhorn, MA, RDT, LFFT and Kristi Davis, MS. (*MORNING SESSION*) Play therapy and drama therapy techniques are unique in ability to help adolescents engage in the therapy process. Through the application of creative and fun therapeutic interventions, this experiential workshop will target specific skill areas commonly needed by adolescents as applied in a variety of play therapy settings: individual, group or family therapy.
- F. **Healing with Creativity: When Talking Just Isn't Enough (B/I)** – Christine Davis Zouaoui, LPC. (*MORNING SESSION*) This is an all new experiential workshop of play and art therapy techniques that you can begin to utilize in your practice immediately. This includes both individual and group therapy ideas for ages 10+ with demonstrations for processing the activities. Each technique can be adapted for specific interests and client populations. ****All New Techniques****

AFTERNOON WORKSHOPS – SELECT ONE

- G. **Playful Supervision for Play Therapy Supervisors (A)** – Kay Hannah, PhD, RPT-S. (*AFTERNOON SESSION*)

CANCELLED DUE TO LOW ENROLLMENT

- H. **Using the Many Realms of Play in Created Families (I/A)** – Elizabeth Sawyer Danowski, LMSW, RPT-S. (*AFTERNOON SESSION*) Families can be created through marriage/divorce, adoption, foster-care, death, disaster, relocation, and displacement. In this workshop we explore and “play with” integrative and psychodynamic play based interventions including sand tray play, client centered, directive, and narrative approaches that can assist created families in determining roles, rules and identity while they are “becoming.”

- I. **Play Therapy Themes and Metaphors: Guiding Interventions in Prescriptive or Integrated Approaches (I/A)** – Jennifer Farley, LMSW, RPT-S. (*AFTERNOON SESSION*) This workshop will focus on the process of play therapy and how to utilize play themes and metaphors to guide interventions in particular when using a prescriptive or integrated approach to play therapy treatment.
- J. **Stress-Management and the Play Therapist: Using Play Therapy and Relaxation Techniques to Alleviate Stress (B/I)** – Elizabeth Thompson, LMSW, RPT-S. (*AFTERNOON SESSION*) Stress is a natural part of everyone's life. For the play therapist it can be accentuated by being with the clients we work with, negatively affecting the quality of our work. The more we can relieve our own stress and prevent burnout, the better we can live more peaceful, fulfilling and happier lives. Participants will learn play therapy and stress-relieving techniques that they can use for themselves as well as clients.
- K. **Playing with the Adolescent Brain (I/A)** - Jesilee Bonofiglio, RPT. (*AFTERNOON SESSION*) This presentation will review developmental concepts of the adolescent period and provide handouts for caregivers. These concepts will be linked with recent research on adolescent brain development, and connect these new understandings with appropriate play therapy techniques.

SATURDAY WORKSHOP PRESENTERS

Jesilee Bonofiglio, LMSW, RPT works at Claystone Clinical Associates in GR , where she works with parents (runs a parenting class), children, and families and at the Gerald R. Ford Job Corps where she works with high risk teens and young adults. She hopes one day to enter the field of neuroscience.

Elizabeth Sawyer Danowski, LMSW, ACSW, RPT-S trained and practiced in the U.S. with 2 years in England where she served as the Executive Director at an Infant Mental health Organization. She has nearly 16 years experience with children.

Kristi Davis, MS is a Drama Therapist Candidate, with a master's degree in Transpersonal Drama Therapy Studies, and specialization in Psychoneuroimmunology. Founder of Creative Spirit Healing, LLC – creative arts therapies and holistic health education to inspire healing of mind, body, spirit.

Jennifer Farley, LMSW, RPT-S is a doctoral candidate at Michigan State University in the School of Social Work. She teaches clinical courses, play therapy courses, and is trained in infant mental health.

Diane Frey, PhD, RPT-S is a licensed psychologist and Professor Emeritus at Wright State University, Dayton, Ohio where she instructed graduate students in counseling for 43 years. She served on the APT Board, editorial review board, and authored or co-authored 17 books, as well as numerous chapters and articles.

M. Kay Hannah, PhD, LLP, LPC, RPT-S brings more than 30 years of experience with preschool children through high school youth in a variety of settings. She has been an adjunct faculty at Spring Arbor, Michigan State and Grand Valley.

Michelle Klee, PhD is a licensed psychologist with a 25-year practice. She has a strong interest in the healing power of play and creative self-expression in psychotherapy with children, adolescents and adults. Michelle has been using sand play therapy in her private practice for the past eight years.

Tamiko Rothhorn, MA, RDT, LMFT is a Drama Therapist and a Marriage and Family Therapist, with a master's degree in Counseling Psychology. She currently works with adolescents and their families in the Eaton County Juvenile Court system.

Lindsay South, MA, RPT coordinates MIAPT's Southwest Networking Group, which meets monthly. As an undergraduate major in Art History, Lindsay has always maintained an interest in art. In her private practice she incorporates sand tray and art therapy with clients of all ages.

Elizabeth Thompson, LMSW, RPT-S has worked with children and families for the past seventeen years, in private practice for over thirteen years using Filial Play Therapy to help many of her community clients, and conducts trainings in Northern Michigan.

Christine Davis Zouaoui, LPC has been in private practice for 10 years and worked in school settings with at-risk students. Her training focused on play and art techniques in therapy which she's used to write a book on art and group therapy.

FRIDAY EVENING SUPERVISION

**Friday Evening Supervision for RPT Credential with Diane Frey
Comfort Inn and Suites – 7:00-9:00 pm**

Supervision: Two-hour supervision is available on Friday evening for an additional fee of \$50.00. Group is limited to a maximum of 10 participants with a minimum of 4 participants. These hours may count toward the supervision hours required for obtaining Registered Play Therapist status through the Association of Play Therapy, Inc. (APT) and/or Certified Play Therapist status through the International Board of Examiners of Certified Play Therapists (IBECPT).

MI Association for Play Therapy is a professional organization striving to advance the theory and practice of play therapy through activities such as conferences, seminars, and networking in order to serve the mental health needs of Michigan children, families, schools and communities. For more information on the Conference visit our website at www.miapt.org. **Exhibits:** Books and therapeutic materials will be on display and available for sale on Friday and Saturday. **ADA/Section 504:** If you have special needs, please contact Victoria Fitton at 517-321-9838. **Handouts:** Absolutely no paper copies of speaker presentations will be available during the conference. All participants will be sent electronic copies of materials for their chosen workshops. **An email address is vital.**

HOTEL INFORMATION: Comfort Inn and Suites, 9742 Woodlane Drive, Dimondale, MI. 48821. Room rates are \$64.00 per night single and \$70.00 double. Attendees are responsible to make hotel reservations. The hotel number is 888-721-0006. Website: <http://www.comfortinn.com>. Use promotional code **MI Assoc. for Play Therapy** to receive discounted group rate. Room availability is guaranteed only through February 7th, 2014. Standard rates apply after this time.

CANCELLATION POLICY: All cancellations must be requested in writing and received no later than February 14th, 2014. All cancellations are subject to a \$25 processing fee. Substitutions may be made in writing for no additional cost. **No refunds will be given due to inclement weather.**

CONTINUING EDUCATION... This event is co-sponsored by the Michigan Association for Play Therapy and The Institute for Continuing Education. Continuing education credit is offered in the disciplines listed below. The program offers 6 contact hours, with full attendance required. The continuing education processing fee is \$20.00 per person and may be included in the registration fee by checking the appropriate box. Applications for continuing education credit will be available at check in; attendees are required to sign-in upon arrival and sign-out upon departure on attendance sheets provided at the workshop registration area. If you have questions regarding continuing education credit, the program, presenters, or for a listing of learning objectives, please contact The Institute at: 800-557-1950; FAX: 866-990-1960; e-mail: instconted@aol.com. **Psychology:** The Institute for Continuing Education is approved by the American Psychological Association to sponsor continuing education for psychologists. The Institute maintains responsibility for this program and its content. **Counseling:** The Institute for Continuing Education is an NBCC approved continuing education provider and a co-sponsor of this event. The Institute for Continuing Education may award NBCC clock/contact hours for programs that meet NBCC requirements. The Institute for Continuing Education maintains responsibility for this program and its content. NBCC Provider No. 5643. **Social Work:** The Institute for Continuing Education is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org, 1-800-225-6880, though the Approved Continuing Education (ACE) program. The Institute for Continuing Education maintains responsibility for the program. Licensed social workers should contact their individual state jurisdiction to review current continuing education requirements for licensure renewal. ASWB Provider No. 1007. **Marriage Family Therapy:** The Institute for Continuing Education is an approved provider by the California Board of Behavioral Sciences, Provider PCE 636. **Play Therapy:** The Institute for Continuing Education is an approved provider of continuing education by The Association for Play Therapy. APT Provider No. 98-040. **Nursing:** The Institute for Continuing Education is an approved provider of continuing education in nursing by California Board of Nursing, Provider CEP 12646. Nurses are responsible for checking with state board to determine if credit issued through an approved provider of the CA Board of Nursing, is accepted.

REGISTRATION FORM

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

MIAPT Member? YES NO Day Phone: _____

Email (vital): _____

You must include a valid email address to register!

Only one registration per form. Please copy for additional registrants.

Saturday Workshops (Choose All Day or Morning/Afternoon Combo)

Indicate 1st & 2nd choices! Workshop options listed on following page.

ALL DAY WORKSHOPS _____ A _____ B

SATURDAY AM _____ C _____ D _____ E _____ F

SATURDAY PM _____ G _____ H _____ I _____ J _____ K

I choose _____ regular lunch or _____ vegetarian lunch on Friday.

I choose _____ regular lunch or _____ vegetarian lunch on Saturday.

Payment: Check or money order payable to Michigan Assoc. for Play Therapy must accompany this Registration Form or you may register online at miapt.org and use a credit card through PayPal.

FEES BEFORE FEBRUARY 15, 2014

Registration includes continental breakfast, lunch, and snacks. Pay for CEUs here or at conference.

Both Days

\$ _____

Member \$235
Non-Member \$265
Student* \$100

Friday Only

\$ _____

Member \$145
Non-Member \$165
Student* \$60

Saturday Only

\$ _____

Member \$145
Non-Member \$165
Student* \$60

Continuing Education

\$ _____

\$20

Supervision (\$50)

\$ _____

\$50

Late Registration (\$25)

\$ _____

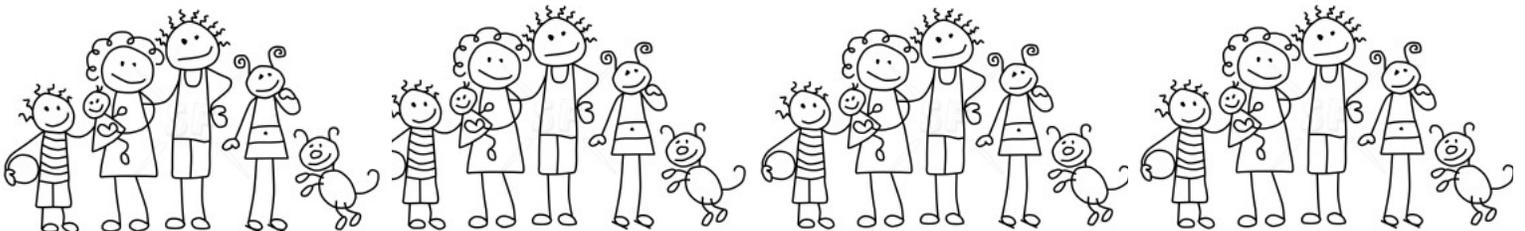
After February 15, 2014 \$25

TOTAL

\$ _____

Send with payment to:
MIAPT Annual Conference
P.O. Box 80392
Lansing, Michigan 48908

*Student Discounts are with a letter on University letterhead from department certifying active student status. No other documentation will be accepted.





MIAPT EAST REGIONAL CONFERENCE SAVE THE DATE

Dr. Victoria Fitton, PhD, LMSW, ACSW, RPT-S
Ruth Koehler Endowed Professorship in Children Services
Michigan State University

Expressive Play Therapy Techniques to Support Clinician Self-Care and Avoid Burnout and Compassion Fatigue

Friday, April 25, 2014

Brighton, Michigan 48116

The expressive arts combine the visual arts, movement, drama, music, writing and other creative processes to foster deep personal growth. An expressive arts process encourages spontaneity, trust in oneself, and to just be in the flow of the moment. There are no mistakes, no rules and no experience is required. There is nothing to accomplish...no place to get to...nothing to fix. From this, we gain access to our inner resources for healing, clarity, illumination and creativity (expressiveart.wordpress.com). We also know a great deal about the usefulness of expressive therapies for projective functions and action-oriented expression. This makes expressive therapies highly useful for self-reflection when participants have the ability for insight.

This presentation provides an overview of the theoretical frame of expressive play therapies as well as current research on the effectiveness and efficacy of expressive therapies as prevention against compassion fatigue. The rationale and ethics for the use of expressive play techniques for establishing and maintaining clinician self-care habits and rituals will be discussed. The workshop is designed to be experiential. Participants will have the opportunity to express themselves through ritual, guided imagery, visual imagery, art, sand, writing, music, drama, movement, and play. This will be a slow-paced, expressive day with plenty of time to interact with colleagues and process independently and in small groups. All that you do here is transferable to the clinical setting; taking care of oneself leads to increased creativity in the playroom.

Taking time
to live life
will only
inspire
your
work



"I have come to believe that caring for myself is not self indulgent. Caring for myself is an act of survival." - Audre Lorde

CURRENT FINANCIAL STATUS - Treasurer, Heidi Weipert

Currently, the MIAPT finances are solid due to member support. Your membership and attendance at workshops and the annual conference make all the difference. MIAPT continues to prosper. We currently have \$21,478.52 in checking and \$4,508.61 in savings (does not include conference expenses).

MEMBERSHIP REPORT - Secretary, Carmen Baldus

We currently have 142 members of MIAPT. We would like to encourage those who have yet to renew to continue to join us in enhancing the lives of children and families through play therapy. Members, we want to encourage you to share the value and benefits of membership with your colleagues and others with whom you network. Our goal is to have 160 members by March 2014 in order to continue our Gold Branch status.

If you have any questions concerning membership please contact Carmen at carmenbaldus@gmail.com.

GENERAL ANNOUNCEMENTS

For information about the Canadian Association for Child and Play Therapy 2014 Conference: Playing on the Island, visit <http://www.cacpt.com/site/conference>

Rocky Mountain Play Therapy Institute has workshops available. Visit their website at <http://www.rmpti.com> for more information.

Dottie Higgins Klein (Mindfulness Play-Family Therapy) also has workshops available. Visit <http://www.fptcenter.com> for details.



INCREASE YOUR PLAY THERAPY TOOLBOX

Do you sometimes find yourself wanting more directive activities to use with your clients? Dawn Huebner, Ph.D. and Liana Lowenstein, MSW, RPT-S each have written a series of paperback books full of creative activities. All of the activities are easy to use, practical and require minimal materials. The cognitive-behavioral techniques presented by both authors use metaphors and have step-by-step instructions.

Some of the titles of Huebner's books include *What to Do When You Grumble Too Much*, *What to Do When Your Brain Gets Stuck*, *What to Do When You Worry Too Much*, and *What to Do When Your Temper Flares*.

The titles of some of Lowenstein's books include *Creative Interventions for Bereaved Children*, *Creative Interventions for Children of Divorce*, *Creative Interventions for Troubled Children and Youth*, and *Paper Dolls & Paper Airplanes: Therapeutic Exercises for Sexually Traumatized Children* (hardback book co-authored with Marilyn Lay and Geri Crisci).

The Self-Esteem Shop carries the books by both authors. Give them a call at 1-800-251-8336 or stop by their display at our Annual MIAPT Play Therapy Conference, February 21-22, 2014, in Lansing at Lansing Community College West Campus.

SUGGESTED BOOKS FOR CHILDREN – ANXIETIES AND WORRIES

Assembled by Victoria Fitton, PhD, LMSW, ACSW, RPT-S

- Baumgart, K. (1998). *Don't Be Afraid, Tommy*. London, Great Britain: Little Tiger Press.
- Buron, K. D. (2006). *When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety*. Shawnee Mission, KS: Autism Asperger Publishing Company.
- Cocca-Leffler, M. (2002). *Bravery Soup*. Morton Grove, IL: Albert Whitman & Company. Ages 4-8
- Crist, J. J. (2004). *What to Do When You're Scared and Worried: A Guide for Kids*. Minneapolis, MN: Free Spirit Publishing, Inc.
- Cuyler, M. (2000). *100th Day Worries*. New York, NY: Simon & Schuster Books for Young Readers. Ages 4-8
- Dewdney, A. (2009). *Llama Llama Misses Mama*. New York, NY: Viking.
- Dewdney, A. (2010). *Nobunny's Perfect*. London, Great Britain: Penguin.
- Goodyear-Brown, P. (2010). *The Worry Wars: An Anxiety Workbook for Kids and Their Helpful Adults!*
- Harris, R. (2004). *Don't Forget to Come Back*. Somerville, MA: Candlewick Press. Ages 4-8
- Harrison, J. (1994). *Dear Bear*. New York, NY: Harper Collins Publishing. Ages 4-8
- Heegaard, M. E. (2001). *Drawing Together to Develop Self-Control*. Minneapolis, MN: Fairview Press.
- Huebner, D. (2005). *What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety*. Washington, DC: Magination Press.
- Huebner, D. (2007). *What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD*. Washington, DC: Magination Press.
- Huebner, D. (2008). *What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep*. Washington, DC: Magination Press.
- Karst, P. (2000). *The Invisible String*. Camarillo, CA: DeVorss & Company.
- Lite, L. (2004). *Indigo Dreams: 4 Children's Stories Designed to Decrease Stress and Anxiety while Increasing Self-Esteem and Self-Awareness* [Audio CD]. Marietta, GA: Stress Free Kids.
- Lite, L. (2005). *Indigo Ocean Dreams: 4 Children's Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness* [Audio CD]. Marietta, GA: Stress Free Kids.
- Lite, L. (2007). *A Boy and a Turtle: A Children's Relaxation Story* (2nd ed.). Marietta, GA: Stress Free Kids.
- Lite, L. (2008). *Bubble Riding: A Relaxation Story* [Audio CD]. Marietta, GA: Stress Free Kids.
- Lite, L. (2008). *Sea Otter Cove: A Relaxation Story*. Marietta, GA: Stress Free Kids.
- MacDonald, A., & Fox-Davies, S. (1998). *Little Beaver and the Echo*. New York, NY: Putnam Juvenile. Ages 4-8
- Shapiro, L. & Sprague, R. (2009). *The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions*. Oakland, CA: Raincoast Books.
- Stallard, P. (2002). *Think Good – Feel Good: A Cognitive Behavior Therapy Workbook for Children*. Hoboken, NJ: Wiley.

The Top Ten Reasons to Become an MIAPT Member

1. Reduced rates (save \$100) at the APT Conference – Houston, Texas 2014
2. Reduced fees (save \$20) for the West Regional Conference November 2014 and East Regional Conference April 25, 2014
3. Reduced fees (save \$30) for the MIAPT Annual Conference, February 21 and 22, 2014 with Dr. David Crenshaw
4. Networking experience with other play therapists both locally and nationally
5. Training experiences and continuing education with knowledgeable colleagues
6. Easy access to play therapy directories through APT for a referral base and networking
7. Access to evidence based research articles and play therapy best practices through APT: Research and Mining Reports
8. Access to recent examples of play therapy cases, playroom materials, clinical and professional articles, critical reviews, other news/information: Play Therapy Magazine
9. Access to original research, theoretical articles, and substantive reviews of topics germane to play therapy: International Journal of Play Therapy
10. Belonging to a group whose sole purpose is enhancing the lives of children and families

MIAPT members receive \$10 in APT bucks for each new member they sponsor.



FREE BROCHURES! Prepare for [National Play Therapy Week, Feb. 2-8.](#) by ordering FREE *Why Play Therapy* brochures via the online [APT Store](#) today!