

MIAPT Newsletter

SAVE THE DATE - Friday, November 1, 2013
West Regional Conference – Grand Rapids
Rise Van Fleet



A Message from the President – Victoria Fitton

Greetings Fellow Play Therapists,

We are an active organization with a dedicated Board of Directors. In the past six months we have held 12 hours of play therapy training. Our goal for the next year is to offer at least 18 hours of training. We send out five or six newsletters in the course of a year. And we all work to promote play therapy in our communities. In order to accomplish these tasks, it takes hundreds of volunteer hours. I want to encourage your participation in the work and reward of play therapy service. You might consider: writing something for the newsletter (an interview, a play technique, a book review), collecting a few door prizes from a merchant in your home town, volunteering at a training, offering a training, promoting play therapy in your area through a news article, or serving a term on the Board of Directors. If you have new and innovative ideas, please speak up. Contact a Board member.

We've worked diligently toward achieving Gold Branch status with APT. We are in collaboration with the Canadian Association for Child and Play Therapy (see their conference material on page 5). Our website is being redeveloped. Networking communities strive for both connection and learning opportunities. We have a new Administrative Assistant to help especially with conferences. And new ideas surface simply from the power of evolving leadership on the Board. Please consider engaging in these opportunities and being part of the forward momentum of MIAPT.

Board of Directors

President	Victoria Fitton
Past-President	Karen Renzema
President-Elect	M. Kay Hannah
Secretary	Lindsay South
Treasurer	Heidi Weipert
Director-at-Large	Martha Shuberg
Administrative Assistant	Angela Fitton

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MIAPT 17th Annual Play Therapy Conference

The 17th Annual MIAPT Conference was held February 22 and 23, 2013 at the Lansing Community College West Campus. In spite of a snowstorm and terrible driving conditions, there were over 170 participants who attended. Our excellent Friday speaker was Denise Filley. Denise is the founder and Director of KC Play Therapy Institute. She has provided services using play at community mental health centers, churches and private practices for over 18 years. She has served on the KS APT board as President, Past President and Secretary as well as the national APT Membership Committee Chair and member of the APT Key Awards Committee. She is a 2007 graduate of the APT Leadership Academy and graduate of the Leadership 2000 program in Kansas. She has worked in private practice, schools, community mental health centers, residential treatment, runaway shelters, hospitals and churches. She has spoken to groups across the United States, Canada, and the Caribbean as well on television, radio and in newspaper interviews.



We were thrilled to have Denise join us from Kansas City. She presented a full day of interventions to help therapists work with their clients to deal with the issues of abuse and trauma. Stages of play therapy were reviewed. Themes most often demonstrated in sessions with this population were discussed. Methods and techniques to use in treating an abused child through play therapy were included. Multiple experiential activities were presented to practice and learn play therapy techniques for use with individuals, groups and families in treating this population. Sensory and developmental approaches were addressed in treatment planning. Denise was very articulate in her presentation, providing a variety of ways to show us how to implement these techniques. We made a great mess of our tables and supplies, which is symbolic of lots of good play! Thank you Denise for being so generous and creative with your skills in your presentation! In

addition, on Saturday, two all day and eight half day workshops were offered on a variety of topics. Supervision was also provided on Friday evening. Workshops ranged from introductory level information to advanced workshops. Thanks to all the presenters who did a wonderful job providing treatment ideas to the participants.





There was also wonderful food and drink all times of the day with a hot meal for lunch each day. The Self Esteem Shop and Images of the Mandala were present as vendors with their products to display and sell to attendees. Numerous door prizes were awarded throughout the 2-day conference, including prizes from the two vendors that were on site. Participants offered many positive comments to the Conference Committee and Board members on how wonderful the conference was this year! Thank you for all who attended! Our next event will be November 1 at Wedgewood Christian Services. Stay tuned for details to follow in upcoming newsletters!

Karen Renzema
LMSW RPT, MIAPT Past President, Program Chair

Outstanding Play Therapist of the Year Award – Dikke Hansen and Christina Johnson – Presented by Lindsay South

I cannot think of two more exceptional candidates for Outstanding Play Therapists of the Year award than Tina Johnson and Dikke Hansen. Although each one is a skilled clinician in her own right, their collaboration to play therapy within the state is unparalleled.

In 2003 they hosted an Introduction to Sand Tray workshop with Gisela de Domenico in Lansing. Their presence and enthusiasm for sand tray work was contagious. Their ability to model and demonstrate a range of therapeutic processes in and out of the sand became a beacon of creativity and professionalism for me. As I continued to travel to Lansing for eight more years to participate in sand tray training, my respect for Tina and Dikke's compassionate sense of working with children and adults increased. They are both wonderful, generous mentors, as well as wise therapists.



Each brings a unique set of skills to retreats and ongoing sand tray consultation groups led through their co-founded organization, Growing Edge Adventures. Tina Johnson is an LPC who maintains a private practice in Lansing where she treats children, adolescents and adults. She has a long history of working with children in adoption and foster care at St. Vincent Catholic Charities. Tina has the ability to advocate for children in an intelligent and articulate manner. This is apparent in her role as an expert witness in Ingham and Eaton County Family Court, a supervisor, and sand tray facilitator. She incorporates play, creativity, and warmth in her work as a therapist and retreat leader.

Dikke Hansen is an LMSW and LMFT, who is a tireless advocate for children and the underserved. She grew up in Norway and completed her undergraduate and graduate degrees in social work in the U.S. Perhaps Dikke's Norwegian origins have helped her reach out to other cultures in need of mental health care. In 2008, Dikke completed a year-long program at Harvard University in Global Mental Health Care, Trauma and Recovery. She traveled abroad to work with trauma victims and produced an extremely powerful video on trauma and healing.

She has a long history of working with refugees being resettled in the Lansing area. Like Tina, Dikke has an uncanny ability to connect with children in play; she has a history of extensive work with children in family therapy, foster care, and residential settings. After years of private practice and working at St. Vincent Catholic Charities, Dikke now has the prestigious task of being Clinic Director for the Massachusetts Society for the Prevention of Cruelty to Children in Hyannis, MA. She continues to commute to and from Michigan to offer ongoing workshops in sand tray training and consultation. Her quiet wisdom, honesty, and compassion are evident in work as an agency leader, supervisor, play therapist, private practitioner and sand tray expert.

Above all, Tina and Dikke have served as role models for emerging and seasoned play therapists in Michigan. Together, they have presented at MIAPT's annual conference multiple times. Their sand workshops for MIAPT have received high reviews, and they have been invited to return year after year. Their home in Lansing has served for years as a monthly consultation cite for therapists wanting supervision and experiential training in sand tray therapy. As result, Michigan is home to a growing, thriving group of clinicians who offer children an opportunity to explore their worlds in the sand and link that to play out of the sand tray, throughout the play room and, ultimately, to life.

It is an honor to recommend Tina Johnson and Dikke Hansen for this award.



THANK YOU to Our Conference Committee and Volunteers

From the President,
Victoria Fitton

I'm simply sitting and pondering experiences from the Annual Conference and am grateful for the opportunity to work toward this wonderful event. Planning a conference takes a great deal of time and effort from multiple people. I am particularly indebted to Angela Fitton for her role as our Administrative Assistant. I also wish to thank the following people for their incredible investment of time and energy on behalf of all of us:

Karen Renzema – Program Chair
 Heidi Weipert – MIAPT Treasurer
 Nancy Lonsberry – Conference Co-Chair and Site-Coordinator
 Jesilee Bonofiglio – Volunteer Coordinator
 Abby DuPree – Registration Coordinator
 Martha Shuberg – Survey Coordinator
 Jason Clanton – Media Coordinator
 Ann Bixler – Facilitation Coordinator
 Robin Bell – Raffle/Door Prize Coordinator
 Ruth Lendt – Continuing Ed Coordinator

Volunteers:

Robin Weber	Vicki Novell
Ronnie Stephenson	Brent Glasgow
Carrie Quisenberry	Angela Cook-Hoekwater
Tom Sammon	Karen Massoll



Coming Together as a Community to Develop and Support the Emotional and Mental Health of Our Children

Wellspring Counseling Services,
A community-based Christian counseling center presents:

How We Love Our Kids



Presented by Kay and Milan Yerkovich
Counselors and Authors of *How We Love* and *How We Love Our Kids*

Using an attachment-based perspective of relationships, Kay and Milan will present ideas and strategies for parents, single parents, families, and caregivers.

- Discover the surprising dynamics that shape your parenting
- Get rid of your "buttons" so your kids can't push them
- Create a close connection with your kids that will last a lifetime
- Learn the seven gifts that every child needs

This seminar is relevant for anyone who has contact with children:
Parents, grandparents, aunts and uncles, mentors, day-care providers, teachers, youth workers/leaders, counselors, coaches, scout leaders, pastors, etc.

April 12 & 13, 2013
Friday 7-9pm
Saturday 9-1pm
St. Luke Lutheran
in Haslett, Michigan

\$65 per person
Register online at:
2wellspring.com

Wellspring Counseling Services at **517.336.4335**
HowWeLove.com

Mark Your Calendars...

Canadian Association for Child and Play Therapy Conference
Niagara Falls, Canada

April 26 & 27, 2013

Check the CACPT conference page on our website, www.cacpt.com, for up-to-date information on the sixth annual 2013 CACPT Conference and AGM in Niagara Falls, Ontario, April 26 & 27, 2013. Our speaker lineup is outstanding and the knowledge sharing experience will enhance your journey in child psychotherapy and play therapy. Check it out! Two internationally acclaimed keynote presenters and nine equally experienced and respected workshop instructors will bring you the latest best practices and resources to apply to your professional development. You won't want to miss it! Student rates are also available this year!

Also, if you would like to stay in the conference hotel, the Crowne Plaza in Niagara Falls and enjoy the discounted rates, be sure to book early. There are limited rooms available.



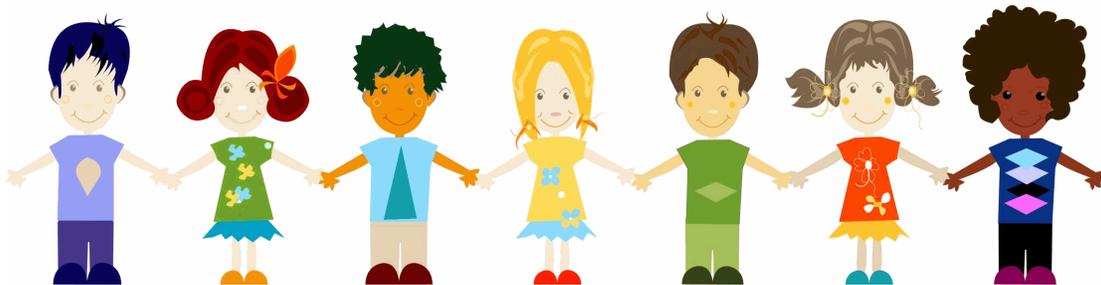
Children have never been very good at listening to their elders, but they have never failed to imitate them. ~ James Baldwin

Networking Using Social Media

We all know how busy and hectic life can get. Although we know the importance of taking care of ourselves as therapist and meeting with others to share our concerns and skills, sometimes it's just too hard to find the time. Dr. Laura Hutchinson, network leader for Southeastern Michigan Network Group gave this suggestion to her group. "Because in these busy days Sometimes Facebook is the easiest way to network! I'd love this to be a place to share referral info, training info, and play therapy ideas!" She then created the Play Therapy Network for Southeast Michigan Facebook group. This is a closed Facebook group page which, once accepted, members can leave or send messages regarding upcoming training, job postings, play therapy question and general support. To be accepted to this group, contact Dr. Laura Hutchinson at playdr@gmail.com or playdrhutch.com.

Earlene Blevins, network leader for the Northern Michigan MIAPT Networking group just started their open Facebook group (search for the Northern Michigan MIAPT Networking Group). She writes "We are going to try to use the page to share ideas and inspirations, as it is hard to get together as much as we'd like. It's just building now, as you'll see when you get there. Also, I can post events and invite all the members. I hope it turns into a great resource for us all."

Michigan Association for Play Therapy also has a Facebook page and members are encouraged to post messages, successes, questions, and information to share with other MIAPT members on it. Learning and sharing is an important part of our work. Sometimes we can feel isolated within our jobs or specialty. Appropriately using Facebook and other social media outlets to connect and share with others in our field can be a great comfort and resource.



The Top Ten Reasons to Become an MIAPT Member

1. Reduced rates (save \$100) at the APT Conference – Palm Springs, California 2013
2. Reduced fees (save \$20) for the West Regional Conference Friday, November 1, 2013 with Rise VanFleet
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

**Suggested Books for Children by Treatment Issue – TOUCHING AND SEXUAL ABUSE
Assembled by Victoria Fitton**

- Bradway, R., Russell, R., Bradway, P. A., & Satullo, J. (1987). *It Happens to Boys, Too*. Pittsfield, MA: Russell Elizabeth Freeman Center.
- Church, P., & Slocumb, C. (1997). *The most important rule of all*. Cartersville, GA: Prevention and Motivation Programs Inc.
- Connor, T. (2010). *Good Touch Bad Touch: Learning About Proper and Improper Touches*.
wwwcreatespace.com: Createspace.
- Cook, J. (2010). *The Kid Trapper*. Chattanooga, TN: National Center for Youth Issues.
- Feldman, J., & Patterson, S. (1993). *NoNo and The Secret Touch: The Gentle Story of a Little Seal Who Learns to Stay Safe, Say "No" and Tell!* (Book and Tape). Greenbrae, CA: National Self-Esteem Resources & Development.
- Foltz, L. L. (2003). *Kids Helping Kids Break the Silence of Sexual Abuse*. Pittsburgh, PA: Lighthouse Point Press.
- Geisen, C. (2006). *My Body is Special: A Family Book about Sexual Abuse*. St. Meinrad, IN: One Caring Place.
- Girard, L. W., & Pate, R. (1984). *My Body is Private*. Morton Grove, IL: Albert Whitman and Company. Ages 4-8
- Hansen, D. (2004). *Those are MY Private Parts*. Empowerment Productions.
- Hindman, J. (2000). *A Very Touching Book... for little people and for big people*. Baker City, OR: AlexAndria Associates. Ages 8-12
- Jessie. (1991). *Please Tell! A Child's Story about Sexual Abuse*. Center City, MN: Hazelden Foundation.
- Kahn, R. (2011). *Bobby and Mande's Good Touch Bad Touch*. Arlington, TX: Future Horizons, Inc.
- Kehoe, P. (1987). *Something Happened and I'm Scared to Tell: A Book for Young Victims of Abuse*. Seattle WA: Parenting Press Inc. Ages 4-8
- King, K. & Rama, S. (2008). *I Said No! A Kid-to-Kid Guide to Keeping Your Private Parts Private*. Weaverville, CA: Boulden Publishing.
- Kleven S. (1998). *The Right Touch: A Read-Aloud Story to Help Prevent Child Sexual Abuse*. Bellevue, WA: Illumination Arts Publishing Company, Inc.
- Marcie, A. (2003). *Uncle Willy's tickles: A child's right to say no* (2nd ed.). Washington, DC: American Psychological Association. Ages 4-8
- Mather, C.L., & Debye, K.E. (1994). *How Long Does it Hurt? A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families*. Hoboken, NJ: Jossey Bass Publishers.
- McGee, S. & Holmes, C. (2008). *Finding Sunshine After the Storm: A Workbook for Children Healing from Sexual Abuse*. Oakland CA: Instant Help Books.
- McKinnon, M. (2008). *Repair for Kids: A Children's Program for Recovery from Incest and Childhood Sexual Abuse*. Ann Arbor, MI: Loving Healing Press.
- Olson, T. (1992). *Andy: A Book Designed To Encourage Children To Explore Feelings About Confusing Touch*. Fargo, ND: Rape and Abuse Crisis Center.
- Olson, T. (1992). *Annie: A Book Designed to Encourage Children to Explore Feelings About Confusing Touch* (rev. ed.). Fargo, ND: Rape and Abuse Crisis Center. Ages 5-10

Continued on the following page:

Newly Elected MIAPT Board Members

We welcome our newly elected Board members and thank them for their willingness to serve MIAPT.

President-Elect **Elizabeth Danowski**, LMSW, ACSW, RPT-S – Liz is in private practice in Lansing, working with children. She spent two years in England as the Executive Director of an infant mental health organization.

Secretary **Carmen Baldus**, Ph.D., LP, RPT-S – Carmen is in private practice in Bailey where she works with children and families. In the past year she has traveled to Thailand and Honduras to provide support to educators and missionaries working with victims of trauma.

Nominations and Elections Committee: **Shawn Archer**, LPC, RPT-S – Shawn currently a stay-at-home mom in Fowlerville, MI. She has previously worked in a non-profit setting with children and adults who have experienced sexual abuse and/or domestic violence.

Maria Baller, LMSW, RPT – Maria works at Hiawatha Behavioral Health in Sault Ste. Marie, MI. She works with seriously emotionally impaired children, families and groups. She primarily works with children and teens from 4-5 years of age through 18 years.

Jesilee Bonofiglio, LMSW, RPT – Jesilee works in private practice at Claystone Clinical Associates in Grand Rapids, MI where she specializes in work with families and parent coaching. She also works as a mental health consultant at the Gerald R. Ford Job Corp.

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- Pearl, D. (2010). *Samuel Learns to Yell & Tell: A Warning for Children Against Sexual Predators*. Pleasantville, TN: No Greater Joy Ministries.
- Poret, J., & Dmitri, L. S. (1993). *When I was little like you*. Washington, DC: Child Welfare League of America. Ages 4-8
- Smith, R.E. (2000). *Spread Your Wings & Fly: Inspired by Actual Events*. Salt Lake City, UT: Agreka Books. Teens
- Spelman, C.M., & Weidner, T. (1997). *Your Body Belongs to You*. Morton Grove, IL: Albert Whitman and Company. Baby and Preschool
- Spinal-Robinson P., & Wickham, R.E. (1992). *Flip Flops: A Workbook for Children Ages 7-9 Who Have Been Sexually Abused*. Notre Dame, IN: Jalice Publishers. Ages 7-9
- Spinal-Robinson P., & Wickham, R.E. (1992). *Cartwheels: a Workbook for Children Who Have Been Sexually Abused*. Notre Dame, IN: Jalice Publishers. Ages 10-13
- Starishevsky, J., & Muller, S. (2008). *My Body Belongs to Me*. New York, NY: Safety Star Media. Ages 3-10
- Steward, K., & Foote, D. (2003). *The Color of Secrets: Encouraging Children to Talk About Abuse*. Park Forest, IL: Doghouse Press.
- Tobin, P. & Kessner, S. L. (2002). *Keeping Kids Safe: A Child Sexual Abuse Prevention Manual*. Berkley, CA: Publishers Group West.
- Wachter, O. (2002). *No more secrets for me: sexual abuse is a secret no child should have to keep* (rev. ed). Boston, MA: Little, Brown and Company.
- White, L. A., & Spencer, S. L. (1987). *Take care with yourself: a young person's guide to understanding, preventing, and healing from the hurts of child abuse* (4th ed.). Mount Dora, FL: Kidsrights.