

Nevada Association for Play Therapy



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President's Message Katherine M. Hertlein Ph.D

Dear Members,

Welcome to a new and exciting year with NVAPT! We are looking forward to providing quality trainings throughout the year and helping this organization grow. As the new president, I am excited to find ways to bring members together for learning, collaboration, and growth. One of our primary goals this year is communication: between our membership, between other organizations, and between the psychotherapy system as a whole. It is through this communi-

cation that we will (a) receive news of more training opportunities; (b) become aware of ideas for our cases; (c) identify other perspectives; become more involved (d) and recruit new members! For those of you who have not done so already, I encourage you to join the discussion boards that are associated with APT. Signing up for these boards can be accomplished by visiting the APT website and clicking on About APT and Community Listservs. Another way to connect with other mem-

bers (or potential members) are through trainings. While we are asking board members to identify topics on which they could present, we also open the trainings up to the wider membership. Anyone interested in doing a presentation (either as a group or individually) can contact me at Katherine.hertlein@unlv.edu. Thanks again for your continued membership in our organization. We are excited to see what 2008-2009 brings!

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Networking In Reno By Sherry Sanders, M.Ed, MFT

Perhaps you have noticed that this year the majority of the NVAPT Board members are in Las Vegas. While their interest and committed involvement are a really good happening for our organization, it might be a little more difficult for the non-Board Northern Nevada members to stay connected unless we continue to have some form of regular meetings and/or workshops. I would like to propose a monthly, informal gathering for breakfast at a centrally-located, easily accessible restaurant in order to just network, to hear a presentation and/or to participate in a Master Mind format (Google for more info.). This could POSSIBLY be for CEUs for those of you who want them. I will have to look into

getting them approved after I hear from you.

On the next page you will find a short survey intended to find out if members and colleagues in the greater Reno area might be interested in participating in a regular network get-together to share ideas, viewpoints, information and experiences surrounding the joys and frustrations of play therapy. If you are interested, please let the Northern Nevada Membership Committee Chair Sherry Sanders know by copying this into your email with your responses and sending it to ssandersatwashoe@hotmail.com THANK YOU!!!

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Get ready Las Vegas!!!

In 2009 the NVAPT Annual Conference is coming to play in Vegas.



Call for Submissions:

Article, networking items, book reviews, comments to the editor about previous article/issues are all welcome. For more information on submitting an article, please contact Becky Rudd at be_ducky@yahoo.com

From a Student's Perspective By Kristina Huddleston

As students in the field of marriage and family therapy, we are educated on the idea of attachment theory -- specifically, how the first years of a child's life are critical in the formation of a "secure base" with an adult caregiver, so that the baby may feel safe to explore their world. This is a time in which young children form attachments to parents and caregivers, develop security and a sense of self, and learn what to expect from the world around them.

The Association for Play Therapy's current Zero to Three Alert focused on the upcoming NBC reality series, *Baby Borrowers*, in which babies and toddlers will be separated from their caregivers for three days and given to teenage "parents" to be cared for. NBC is touting this form of child exploitation as a new type of social experiment designed not to be entertainment, but rather as a form of birth control. While three days may seem to be minimally invasive in attachment formation, the National Center for In-

fants, Toddlers and Families assert that even a few days without a trusted caregiver can be very stressful for a child. Furthermore, the NCITF states that separation distress can continue after the child is reunited with



the caregiver, with possible feelings of ambivalence having a negative effect on the child-caregiver bond.

The Association for Play Therapy and the National Center for Infants, Toddlers and Families does not support entertainment, under the guise of a social experiment, that puts at risk our most vulnerable and defenseless citizens. As students and professionals we understand that there are ethical and legal guidelines in place to

protect those who choose to participate in social experiments. While NBC has been able to navigate through the legal issues, the network has not escaped the ethical concerns that *"Baby Borrowers"* poses. Babies and toddlers, who do not have the ability to voice whether or not they are willing participants, are going to be placed in situations with potentially harmful consequences. The Association for Play Therapy has released the following statement to encourage mental health professionals to be the voices these children need:

If you believe that the new NBC television show *"Baby Borrowers"* is a developmentally and clinically unsound venture in pursuit of higher viewer ratings while pretending to conduct a social experiment (see [Zero to Three Alert](#)), contact: Ms. Deborah Thomas, Vice President of Publicity, NBC Studios, 3000 West Alameda Avenue, Suite 350, Burbank, CA 90058. ([a4pt.org July newsletter](#))

Networking In Reno Continued from page 1

Questions for Northern Nevada Members. Please email responses to: ssandersatwashoe@hotmail.com

1. Would participate in a monthly gathering of members in the Reno area?
2. If so, would you be willing to join the group for breakfast from 7:00 – 8:15 AM?
3. What are the best days for you?
4. Would you prefer another time? If so, when?
5. Would you be interested in a

Master Mind-type format? (Google for more info.)

6. Would you be interested in receiving CEUs during a monthly gathering?
7. If so, under which licensing Board?
8. Would you prefer not to attend a regular gathering, but instead only participate in CEU trainings by registering for specific topics only?
9. If so, which topics?
10. Do you have non-member colleagues whom you could invite to

the get-together?

11. If so, are you willing to send their names and email contacts so we can send them information directly?

Becky Rudd and I, your Northern board members, will be participating in the board meetings via conference calling and make every effort to keep you informed beyond what you can read on the website. So please do not hesitate to contact us should you have questions or concerns. We welcome your participation!!!

👉 Getting Your Office Started with a Tote Bag

By: Sherry Sanders, M.Ed, MFT

I learned much from Garry Landreth when he presented Healing the Hurting Child: The Necessary Dimensions of Child-Centered Play Therapy at the NVAPT April 2008 conference here in Reno. What was most valuable in solving a nagging dilemma for my practice was when Dr. Landreth shared with us the concept and content of the Tote Bag Playroom plus the rule of thumb that toys and materials should be selected NOT collected and that one does NOT have to have two different rooms for the playroom and when the therapist meets with the parents.

I have a relatively small office by play therapy standards. I was becoming frustrated feeling that I did not have enough floor and storage space or enough of a broad range of toys. I came away from the conference realizing that a therapist can create a child-centered, therapeutic environment in a variety of venues when employing the Landreth Tenets for Relating to Children and by using the contents of a tote bag. I immediately was able to see that the space and materials I already have are quite doable. I just needed to make sure I have the basic toys listed below. This meant judiciously weeding

out some of what I do have and sticking to the toys in the list. I can add the rest of the toys he mentions as money, space and necessity became available. In my office, I have several shelving units with doors. I store the toys there which ensures privacy for what the child has experienced when I am talking with the parents.

I came away from the conference excited and settled about the size and content of my office. After hearing about carefully selecting materials for the play room and the tote bag, I have a fresh, optimistic look at my office.

- 8 count box of BROKEN crayons
- Small Airplane
- Doll
- Plastic dish pan with sand or rice
- 20 Toy Soldiers
- Nerf Ball
- 2 Plastic or Tin Plates and Cups
- Plastic Spoons
- Newsprint
- Costume Jewelry
- Pipe Cleaners
- Telephone
- Transparent Tape
- Popsicle Sticks
- Handcuffs
- 1 Aggressive Puppet (alligator, wolf, dragon)
- Mask Lone Ranger-type
- Play Dough
- Bendable, non-descript Gumby-type Figure
- Small Airplane
- Rubber Knife
- Cotton Rope long enough for tying up someone
- Transparent Tape
- Blunt Scissors
- Doll House Furniture (at least bedroom, kitchen, bathroom)
- Small Cardboard Box with rooms marked on the bottom. Cut a door in one side and a window in the other. This doubles as a storage container for transporting the toys



The list of tote bag toys below is from the book by Garry Landreth entitled *Play Therapy: The Art of the Relationship* in which he offers a more thorough discussion on the tote bag

Contact Information:

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Membership

It's fast and easy to join the NVAPT. Dual membership in the Association for Play Therapy (national) and the Nevada Association for Play Therapy (state) is required. Individuals can join the organizations either as a professional or as an affiliate. APT members receive a quarterly newsletter that contains clinical articles and a semi-annual journal that presents research and case studies. Professional insurance options, distance learning opportunities, and a free annual membership directory are among the many additional benefits offered to APT members. Nevada branch members also receive NVAPT newsletters or e-newsletters containing information specifically related to play therapy in Nevada, such as meetings and conferences. To join, go to: www.nvapt.org/membership.htm.

NVAPT 2008/2009 Board Members

President: Katherine Hertlein PhD, MFT	Katherine.hertlein@unlv.edu
Vice President: Shannon Smith, PhD	Shannon.smith@unlv.edu
Secretary/Treasurer: Lisa Artigas, MS	lisa_artiga@hotmail.com
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Student Representative: Kristina Huddleston	huddlestonk76@hotmail.com
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Current NVAPT Membership

Professional Members: 32

2008 Conference Pictures

