



Nevada Association for Play Therapy

**NVAPT**  
**Nevada Association for Play Therapy**  
**Fall 2007 Newsletter**  
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## **President's Message**

By: Becky Rudd, MA, MFT-Intern

We have a wonderful year planned for all of our play therapy enthusiasts. We have a number of great branch meetings planned this coming year to include everything from Activity play therapy to play therapy with children who have FASD. One of the things we pride our selves on as an organization is highlighting professional's right here in our communities to share their experience and promote play therapy at our local branch meetings. As always, all branch meetings are free to the public and we welcome people with all knowledge and skill levels. At all of our branch meetings we offer CEU for MFT, LCSW, APT or Psychologist for ten dollars per credit. This year NVAPT will be brining Dr. Garry Landreth to Reno for a two day annual conference in April. We hope to begin early registration in the coming months, so please check your email or our website for information.

I am proud to announce that the Nevada Association for Play therapy has won an award for the second highest increase in professional memberships this year. I want to thank our membership committee and all of our dedicated members and new members for helping NVAPT grow and become a mainstay in our communities. Of course, NVAPT is still in it's infancy and further growth and community involvement is one of our top priorities. This year we will be focusing on adding more benefits of membership. We understand that there are a lot of associations available for membership, but we want our members to not only support our mission to promote play therapy, but have access to local networking, CEUs, discounts and more!

This year I would like to focus on what members have asked for both locally in Nevada and nationally. Members want longer and more frequent workshops, more informal play therapy gatherings, and more communication with members about upcoming events, and expanding NVAPT to different regions of the state. This year I will focus on adding half-day workshops in addition to our branch meetings. We have already focused on setting up informal gatherings for play therapy networking events to include a Holiday

Party that all members are invited to attend this coming December. There will be attention to advertising and communicating all NVAPT events in the form of email, website updates and mailings. To join our mailing list, please email our secretary at [nvapt@yahoo.com](mailto:nvapt@yahoo.com) to get the latest announcements. One of the biggest challenges has been to expand NVAPT to other regions of Nevada with focus on the Las Vegas area. We have already recruited four amazingly enthusiastic members in the Las Vegas area who have jumped on board to ensure branch meetings, networking and other play therapy events will have a solid base in the Southern Region of the state.

I hope this year will prove to be another exciting year for NVAPT and I welcome any comments or suggestions for this coming year.

[Be\\_ducky@yahoo.com](mailto:Be_ducky@yahoo.com)

Sincerely,  
Becky Rudd

## Meet the 2007-2008 NVAPT Board

President	Becky Rudd, MA, MFT-Intern
Vice President	Bill Harvey, MSW, LCSW
Secretary	Annie Perkins, MSW, LCSW
Treasurer	Tom Panian, MA, NCC
Newsletter/Website	Laure'l Santos, MA, NCC, CP
Student Membership	Dan Lemaire
Membership Committee	Elizabeth Dear, MA, MFT Sherry Sanders, MeD, MFT Jerry Conant, MA, MFT-Intern
Rural Outreach Coordinator	Lois Erquaiga, LCSW
Southern Rep. Committee	Diana Keenedy, MSW, LCSW Shannon Smith, PhD, LPC Amamda Hughs
Consultant	Dale-Elizabeth Phrsson, PhD, RPT-S Jill Packman, PhD, NCC, RPT-S, MFT-Intern

## **What is Play Therapy?**

Play therapy provides a therapeutic counseling setting where spontaneous, experiential, creative activity provides a forum during sessions to promote self expression, change and healing. The clients are usually children; however, adolescents and adults can, and do, benefit from play therapy as well. People of all ages express themselves both verbally and non-verbally. In play therapy, the client selects toys (and in some modalities animals) for self reflections and exploration of personal growth issues. Through play, the client represents and processes their own unique inner world and the dissonance with the larger world. Therapeutic play includes, but is not limited to, activities such as drawing, using puppets, and dramatic or fantasy activities. The play therapist facilitates this experience by creating a safe and accepting environment for the client.

### **Who Benefits?**

Play therapy is helpful for children in a wide range of situations. For example, children and adolescents who are coping with parental conflict, divorce, or who have witnessed domestic violence, can benefit from play therapy. Also, children who have experienced loss, such as illness or death of a loved one, or who have been traumatized by abuse, disasters or serious accidents may also find play therapy helpful. In play therapy, a child's anxiety about a traumatic event can be reduced, feelings are expressed, trust in self and others increases, and a sense of competence is enhanced. Adults benefit by using a non-verbal form of expression, adding fun and spontaneity and previous stages of development to their sessions.



### **Who Uses Play Therapy?**

Play therapy can be used by anyone who is professionally trained in this modality to conduct therapeutic counseling. Some are marriage and family therapists, school counselors.

### **NVAPT Mission Statement**

The mission of the Association for Play Therapy (est. 1982) and the Nevada Association for Play Therapy (est. 2002) is to: "Advance the psychosocial development and relational health of all people through play and play therapy by promoting: a) the understanding and valuing of play and play therapy, b)

the effective practice of play therapy through training, research, and support, c) the recognition, incorporation, and preservation of diversity in play and play therapy, and d) the development and maintenance of a strong professional organization to accomplish these tasks."

## Agency Spotlight:

### Family Counseling Service of Northern Nevada (FCSNN)

Family Counseling Service of Northern Nevada's slogan is "Helping Hearts and Homes." This slogan fits the agency and those who work there very well. FCSNN has a professional and dedicated staff. FCSNN has been providing counseling services to Northern Nevada residents since 1959. They offer the following counseling services: family, individual, marriage and couple, sexual abuse, substance abuse/addictions, grief and loss, stress and depression, domestic violence, employee assistance, credit, debt, budget, and bankruptcy counseling. Staff at FCSNN can provide counseling services to people throughout the lifespan.

FCSNN staff include: Psychiatrists, psychologists, social workers, Marriage and Family Therapists, Substance Abuse Counselors, and Credit Counselors whom address multiple issues that can be present in a person's life.

FCSNN offers a comprehensive sexual abuse program. They offer treatments for children, families and adults recovering from sexual abuse. They offer a children's group, teen group, a non-offending parent group, and an adults molested as children group. In addition, each year FCSNN hosts a free summer camp for children and teens called the Summer of Healing Camp. It provides participants with intensive treatment in the mornings and regular camp activities in the afternoons.

Another great program FCSNN offers is Aly's Prom Closet. This program offers the gowns, tuxedos, and accessories for prom to teens experiencing

financial hardship. They then can attend their prom with the dignity and confidence they deserve.

FCSNN is a United Way Agency. FCSNN is accredited by the National Foundation for Credit Counseling (NFCC), are HUD Certified, and COA accredited.

Services are offered on a sliding fee scale, scholarships and grants are available and most insurance is accepted. Free credit counseling services are available also.

FCSNN hours of operation are: Monday through Thursdays 8:30 AM to 7:00 PM, Fridays 8:30 AM -6:00 PM, and Saturdays by appointment only. FCSNN also has offices in Carson City, NV and Elko, NV. The Elko Office currently provides credit-counseling services only.

Family Counseling Service of Northern Nevada has a long and respected history of providing quality, caring services to Nevada residents. FCSNN is one of the most comprehensive counseling agencies in the area and they are able to meet the varying needs of many different kinds of people very well. I would recommend anyone interested in FCSNN services to call the agency to find out more.

## 2007 NVAPT Conference

NVAPT was proud to host Dr. Byron Norton for the 2007 Annual Conference. Dr. Norton presented his seminar entitled *Reaching Children through Play Therapy - An Experiential Approach*. Dr. Norton discussed the Experiential Model of play therapy, which he co-developed with his wife, Dr. Carol Norton. The Norton's have written a book of the same title, which explains the approach. Dr. Norton presented on many of the techniques he uses when working with children whom are recovering from trauma. I found the seminar to be very informative, fascinating, and relevant to the work NVAPT members do with the people they serve. Dr. Norton has a relaxed and humorous presentation style. The anecdotes he discussed gave a clear

picture of how to do the work we do. His observations about the need children have for nurturing and respect were insightful. He addressed his beliefs on how children view the world and people around them, and we as adults view children. He discussed how developing a relationship with children is paramount to the therapeutic process. Being present with the children through playing out their feelings and experiences is respectful and supportive. His seminar was also an excellent introduction to play therapy in general. His descriptions of the stages in play therapy gave me more insight into the process and goals of play therapy. Lastly, Dr. Norton explained the symbolic meaning of many of the common toys we use in play therapy.

The conference was a success, however, we are hoping to have more attendees next year! NVAPT is pleased to announce that Dr. Garry Landreth will be the keynote speaker for the April 2008 Conference. NVAPT will be sharing more about the upcoming conference in the coming months.



## **Membership**

It's fast and easy to join 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](http://www.nvapt.org/membership.htm).



## **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 Laure'l Santos at [l1212s@earthlink.net](mailto:l1212s@earthlink.net)

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**Or visit our website: [www.nvapt.org](http://www.nvapt.org)**