

# Nevada Association for Play Therapy



Volume 7, Issue 4

Winter 2008

## President's Message

Becky Rudd, MA, MFT-I, CADC-I

NVAPT has been working hard this year to bring more workshops and community events to our members. We are excited to report that our Las Vegas committee has been working hard to grow the play therapy popularity in the Southern region. We have already had one workshop and gearing up for our second play therapy workshop in the Las Ve-

gas area. This will also mark our first half-day workshop available from NVAPT. As we continue to spread the word about play therapy, our membership committee put on our first ever holiday party in December as a networking opportunity for play therapists, or therapists in the community. We hope to hold more networking gatherings in both Reno and Las

Vegas in the coming years. We are gearing up for our annual conference with speaker Dr. Garry Landreth in April. Our pre-registration for the conference has begun and we will be mailing out information to our members in the coming weeks.

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## 6th Annual Conference with Dr. Garry Landreth April 25 & 26, 2008, Reno NV

### Healing the Hurting Child: The Necessary Dimensions of Child Centered Play Therapy

This workshop will focus on the perceptual world of the child, the dynamic elements of the relationship that facilitate the play therapy process, structuring the relationship in the playroom, "reading" themes in children's play, the four healing messages needed by a child who is hurting, helping children develop self-control and self-responsibility, the ACT model of therapeutic limit setting, the language of facilitating change in children, guidelines for selecting appropriate toys and materials and a conceptual model of the process of change in play therapy.

Workshop activities will center around spontaneous demonstrations by Dr. Landreth dealing with specific problems in the play therapy experience, critique of video tapes of Dr. Landreth's play therapy sessions and the art expressions of Ryan, a child who was dying. Handouts will be provided.

Garry L. Landreth, LPC, RPT-S, internationally known for his writings and work

in promoting the development of child-centered play therapy, is a Regents Professor in the Department of Counseling and founder of the Center for Play Therapy at the University of North Texas. Dr. Landreth is a frequent speaker at play therapy conferences around the world. His more than 150 journal articles, books and videos include his award-winning book *Play Therapy: The Art of the Relationship*, which has been translated into several languages. His most recent books are *Child Parent Relationship Therapy (CPRT): A 10-Session Filial Therapy Model* and an accompanying *Child Parent Relationship Therapy (CPRT) Treatment Manual*. Dr. Landreth is Director Emeritus of the Association for Play Therapy (APT) and received the APT Lifetime Achievement Award and Research Award.

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

## Parents and Play By Elizabeth Dear, MFT

Many of us working in the field of play therapy were drawn to the work by the opportunities for working with children in creative expression and healing through the metaphors of play. More than one therapist has told me she does not work with children despite wanting to because she dislikes working with parents. Anyone familiar with play therapy has at least heard of filial therapy, which is a specific technique for teaching parents to facilitate and reflect play with their own children. While this method can be tremendously effective, not every parent is willing, and the technique does not match all cases. Some parents bring their children to therapy and have no interest in reflection on how they might contribute to the problem or the solution. It is these parents who sometimes frustrate therapists.

An optimistic colleague of mine sees working with parents as an opportunity to work with people who might never seek therapy on their own. In these

cases, the child acts as leader, showing the way to begin healing. Whether with children in a school setting, an agency, or private practice, parents are often motivated to resolve the problem they see in their children. If a therapist approaches them in a non-blaming way, there is a good opportunity for change.



Often parents come to therapists or counselors at wit's end, not knowing how to help their child. If the therapist can convince parents that by changing something that they do (and therefore have power over), parents can regain a

sense of control. If change is put in terms of how they can help their child or show love for their child, they are often willing to look at some things they might otherwise avoid. It is essential the therapist not take a blaming stance, even internally, and actively cultivate compassion for the parents as well as the child. It is too simplistic to view parents as the wrongdoers or to see oneself as above doing what they are doing. Remembering the maxim of walking a mile in the other person's moccasins can be helpful. In order for play therapy to be successful, therapists and counselors need the support and understanding of parents. Don't underestimate parents' power to undermine the work if they don't see its value or feel threatened or judged by the therapist. By conceptualizing the parents as a part of the team, as the people who know their children best, therapists have a better chance to connect with them and to effect change in the system to everyone's benefit.

## Member Spotlight: Jill Packman, Ph.D, RPT-S By Becky Rudd, MA, MFTI, CACDI



Dr. Packman is an assistant professor at the University of Nevada, Reno. She is the coordinator of the school counseling program and director of the Downing Counseling Clinic. Dr. Packman graduated from the University of North Texas and trained with Dr. Garry Landreth using the Child-Centered approach to play therapy.

Dr. Packman has been working specifically with children and families in a variety of settings. She began working at the Child and Family Resource Clinic as a play therapist in 1999. Her work included individual play therapy sessions with children as well as group and family sessions. She was able to provide filial parenting classes to help parents improve parenting skills. She

traveled to New York City in 2001, to work with children affected by the September 11th, terrorists attacks. Dr. Packman also taught and supervised numerous courses in play therapy at the University of North Texas. She soon began supervising play therapists in community agencies and became the director of the Child and Family Resource Clinic.

Dr. Packman has extensive experience working with children and families in a variety of settings and brings that experience into the classroom as well as her energy and enthusiasm for play therapy. She teaches an intensive play therapy course at UNR. This course focuses on the basic tenants and practice of child-centered play therapy. The course also incorporates activity therapy in the context of group or individual counseling.

In addition to her play therapy and

teaching experience, Dr. Packman has given numerous play therapy presentations across the country. She was invited to present at the annual Association for Play Therapy conference in 2003 and the annual American Counseling Association's conference. She has also published several scholarly articles on play therapy.

She was also the president of the Nevada Association for Play Therapy in 2003/2004 and continues to help NVAPT grow. Dr. Packman brings a wealth of knowledge and enthusiasm to Nevada and NVAPT and we are proud to spotlight her accomplishments in this issue of the NVAPT newsletter.

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## Maximizing Bibliotherapy in Play Therapy

### By: Katherine M. Hertlein, Ph.D

As practicing therapists, many of us are aware of the importance of using bibliotherapy in therapy with children. Well-selected books will help a child identify with a main character or plot and provide support in managing situations or education around feelings, problems, or topics. While books can be really useful in play therapy, many therapists do not use the bibliotherapy to its fullest potential. Below is a quick guide to maximizing the benefits of bibliotherapy in play therapy.

Read the books before using them in treatment. Therapists who plan on reading a book before a session find themselves bombarded with phone calls, case notes, or other things that pull their attention away from treatment planning. As a result, the book selected may contain information that you do not want discussed with the child at that time.

#### Identify the child's developmental age and appropriateness for the book.

As we know, many children who come to treatment might display some disconnect between their chronological age and developmental age. As a result, some books which are marketed to a certain age group may not be appropriate for your clients of that age.

#### Outline how you will implement the book in treatment.

While the traditional method of sitting with the child and reading the book is one route, there are several other ways that the book can be incorporated in treatment. For example, you may elect to conduct a family reading session, whereby each family member takes turns turning and reading a page. The therapist may want to outline who reads what page ahead of time in order to give the identified client pages to read where the moral or message of the

story is reviewed. Another idea is to have the client read the book to a group of puppets, pretend members of a classroom while playing school, or other integrations within the games you are already playing.

#### Be creative in the reading of the book.

In some cases, it may make more sense to change words or skip pages to make it more appropriate for the client. Another idea is to photocopy the pages of the book, white-out the page numbers, and have the client put the pages of the book in order.

#### Develop ways to keep the book's message going through the week.

This might include having the client draw a picture of the epilogue (either in session to be brought home or done for homework). For example, what are some scenes that might happen next? These scenes can be brought in and discussed at the next session.

#### A VERY Short List Of Recommended Books

- ★ *Wemberly Worried* by Kevin Henkes
  - ★ *A Family That Fights* by Sharon Chesler Bernstein
  - ★ *My Many Colored Days* by Dr. Seuss
  - ★ *The Way I Feel* by Janan Cain
  - ★ *I Don't Want To Talk About It: A Story About Divorce For Young Children* by Jeanie Ransom
  - ★ *Was It the Chocolate Pudding? A Story for Little Kids About Divorce* by Sandra Levins
  - ★ *Goodbye Mousie* by Robie H. Harris
  - ★ *A Terrible Thing Happened: A Story for Children Who Have Witnessed Violence or Trauma* by Margaret M. Holmes
  - ★ *A Child's First Book about Play Therapy* by Marc Nemiroff and Jane Annunziata
  - ★ *Ginny Morris and Dad's New Girlfriend* by Mary Collins Gallagher
- Please Tell!: A Child's Story About Sexual Abuse* by Jesse Ottenweller

## Upcoming Workshops in January 2008!

**Play Therapy from a Sequences Metaframework Perspective:**  
**January 12, 2008**  
**8:30-12:30pm**  
**UNLV**

The sequences metaframeworks perspective allows the play therapists to operate from an integrative perspective. It provides a method for the play therapists to identify and remove the constraints which interrupt the cli-

ent's ability to self-heal. In play therapy, these constraints can be identified and removed through directive and non-directive methods.

**The use of Play Therapy in Domestic Violence Shelters**  
**January 25th, 2008**  
**6:30-8:00pm**  
**Children's Behavioral Services**

Participants will learn about play themes commonly seen in children who have been exposed to domestic violence. Participants will learn how to utilize child-centered play therapy in the context of this unique situation. Focus will also be given to the effectiveness of child-centered play therapy as it relates to these situations

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## 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](http://www.nvapt.org/membership.htm).

### Current NVAPT Membership

Professional Members: 25  
RPT/S: 4  
New or renewing members last quarter: 8

## NVAPT 2007/2008 Board Members

<b>President:</b> Becky Rudd, MA, MFT-I, CADC-I	be_ducky@yahoo.com
<b>Vice President:</b> Bill Harvey, MSW, LSCW	goldy7070@yahoo.com
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<b>Southern Branch Committee:</b> Shannon Smith, PhD, LPC Dale-Elizabeth Pehrsson, PhD, RPT-S Katherine Hertlein, Ph.D, MFT Diana Kennedy, MSW	Shannon.smith@unlv.edu dale.pehrsson@unlv.edu Katherine.hertlein@unlv.edu skyview121@cox.net
<b>Newsletter &amp; Website:</b> Laurel Santos, MA, NCC, CP	11212s@earthlink.net

## NVAPT 2007/2008 Calendar

### Reno

Workshops held at:  
Children's Behavioral Services

January 25, 2008

The use of Play Therapy in Domestic  
Violence Shelters  
Presented by  
Tom Panian MA, NCC

March 12, 2008

Legal Issues in Play Therapy

### Las Vegas

Workshops held at:  
UNLV

January 12, 2008

Play Therapy from a Sequences Meta-  
framework Perspective  
Presented by  
Dr. Katherine Hertlein, PhD, MFT

March TBA, 2008

Play Therapy  
Presenter  
Dr. Shannon Smith

### 6th Annual Conference Reno Nevada

April 25 & 26, 2008

Healing the Hurting Child: The  
Necessary Dimensions of Child  
Centered Play Therapy

**Presented by  
Dr. Garry Landreth**

Pre-registration begins  
November 20, 2007

Visit our website at  
[www.nvapt.org](http://www.nvapt.org)  
to register online

All presentations are free to the public. For those interested in continuing education credits the cost is \$10.00 per unit for members and \$15.00 per unit for non-members.