

Nevada Association for Play Therapy



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★ President's Message

By: Katherine M. Hertlein Ph.D

I am pleased to announce that our annual conference is going to occur on the weekend of March 27-28 here in Las Vegas! This is the first time that Las Vegas has had the chance to host the NVAPT conference and we are pleased to do so. Our keynote speaker this year is Dr. Janine Shelby, who has a wealth of experience and is a respected member of APT. We are also lucky to have significant

assistance in planning this conference, most notably the students in the MFT program at UNLV. This conference would not be possible without their activism, volunteerism, and passion for the subject area. One of the most exciting things about an upcoming conference is the energy that is produced by connecting with others in your field and learning about new and interesting approaches to treatment. We hope

to infuse that same kind of energy and passion into our conference this year. We hope you will attend and take away with you a sense of inspiration, creativity, and intrigue as you implement new interventions or shift the way you think about treatment. The annual conference is a time for seeking out alternatives, advancing your practice, and making professional connections. We hope to see you there!

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The Nevada Association for Play Therapy with the
Nevada Association for Marriage and Family Therapy
Presents

NVAPT's 7th Annual Conference With

Keynote Speaker
Janine Shelby Ph.D., RPT-S

Featuring
Toni Zimmerman Ph.D.

March 27 & 28th 2009
University of Nevada, Las Vegas

12 CEU's for RPT, MFT, SV

Please visit www.nvapt.org/conference
Or www.namft.net for upcoming information



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

An NVAPT Play Therapist Scenario By Sheryl L. Sanders, M.Ed., MFT

Derek Hagey is NVAPT's secretary/Treasurer and a PhD intern AT UNLV who teaches Best Practices in MFT and supervises students in the MFT program. Through his e-interview, I understood how "play" truly is a dramatic piece enacted throughout his life story. As I draw the curtain for you to see his many performances, you will see entertained to see that his life experiences are reflective of many elements of play and play therapy.

DRAMA! was first on the play bill. The world of make-believe in play can help a client to explore other roles and rehearse real life experiences. Derek was cast to that attraction as he studied the theatre arts and family sciences as an undergrad. "At the end of my junior year I realized acting was fun and my way of playing." Derek explains, and adds, "I wanted a career as a professor in a field I could enjoy." "While in my Master's program (University of Wisconsin-Stout (Menomonie, WI), my wife and I directed theatre at the local high school. We were invited to run a three week children's theatre workshop at the historic theater in town where children ages 6-13 work for the three weeks for six hours a day on preparing a musical for performance. We have gone back every summer to direct this workshop.

Then **FAMILY!** made a grade entrance into his heart! He is married with three boys each born in a separate state. Before they arrived, he had decided to pursue an MFT. "I

tend to use filial play therapy when working with children, as I often see problem children evolving from less involved or misguided parents. My play therapy practice often involves single mothers and younger children. It is my belief that children often desire positive contact with parents and there is little contact more positive than enjoying play together. " To punctuate his passions, Derek announces, "My hobbies really center around my favorite role in life, being a husband and father. I enjoy nothing more than playing with my family."

EDUCATION! has become another dominate character role as he moved from Theatre Arts major to an MFT to a PhD candidate (Manhattan, KS). "My plan is to continue in academia as a professor." The root word of education is a Latin word "educare." It means to draw out that which is within. Some traditional educators believe that it is necessary for a teacher "to put in" to a pupil before that person can express and produce. Contrarily, play therapists seek to draw out the innate.

EATING! We all, as children, have experienced playing with food (as adults too, after all, what is cooking?!) In addition, a healthy relationship to others partially comes through eating and communing with loved ones around the table or picnic blanket. "Also while at Kansas State University I was hired on at the local hospital as an inpatient/outpatient therapist with an outpa-

tient focus on working with patients in the doctor-run weight loss clinic. My experience with the inpatient unit gave me opportunities to work with severe and persistent mental illness including the full range of diagnoses."

And, yes, healthy **SEXUAL ACTIVITY** can be a form of play. Derek's dissertation is focused around Medical Family Therapy with couples struggling with Erectile Dysfunction. His specialization in his doctoral program is in aging and sexuality. Helping people with sexual dysfunction and/or aging issues can be enhanced through the enjoyment of play either in therapy or infusing it into one's life.

Working with NVAPT has enhanced Derek's desire to further develop his play therapy practice and include play more in his general practice. "I joined APT and NVAPT because I believe people in general (not just children) can become more open and free through play. This belief is at the heart of my own life as I enjoy playing with children in and out of therapy, especially my own sons."

Derek has experienced **PLAY AS A WAY OF BEING, THERAPEUTICALLY** and **JUST PLAIN FUN!!! Please, DEREK, do not exit the NVAPT stage any time soon.**

Sheryl Sanders, M.Ed, MFT is school counselor in Washoe County School District and owner of Educare Global Counseling.

★ The Stampede is on! By Sheryl Sanders, M.Ed., MFT

Equine Facilitated Mental Health & Educational Services (EFMH/ES) is a new therapeutic modality in the United States. Since 1990, its growth has exploded in the numbers of therapists, centers providing services, associations and programs that monitor quality control of all aspects of the services through evaluation, certification and continuing education of practitioners, horse handlers and the barn facilities. There are 3 international professional organizations (each having thousands of members), over 700 centers, 80 therapeutic boarding schools that utilize EFMH/ES and a national board that tests and accredits therapists. (This is similar to the NBCC with the added component of use of the horse as co-facilitator.)

Besides the above information, the following facts will help to illustrate how this emerging modality is becoming more accepted in the MH field and among hundreds of clients:

- 1) States licensing boards (California, Nevada, Arizona among them) allow the use of this modality to be practiced as long as the professional has the proper training and follows all of the ethical and licensing guidelines. (*Each state varies in qualifications, so please check these out yourself.*)
- 2) Other mental health national organizations are recognizing the field. An example is the fact that the National Association of Therapeutic Schools and Pro-

grams (NATSAP) welcomes and recognizes the therapeutic benefits and results of using horses in therapy and does so within the context of many of their centers. 3) In many situations, both Medicaid and private insurance accept and pay billing of sessions involving equine-facilitated treatment. 4)

These types of organizations: non-profit and for profit centers, residential treatment centers, therapeutic riding schools and multimillion dollar corporations using equine-facilitated services for coaching and team building are hiring trained professionals in the US and internationally. 5) MH practitioners also often pair with educators to use horses for both clients-on-the ground work and in therapeutic and educational riding and horse handling.

If the above information does not convince you that equine-assisted mental health practices have arrived at a valid place in the mental health field, it might help you to contact one of our local practitioners to find out more or even visit a sight. I know at least 5 centers in the Gardnerville-Washoe County-Tahoe area AND 2 in Vegas area and many more in Northern California. Over the years, Washoe County School District has had at least three varying therapeutic riding programs. If you would like to know more about these you can look in the phone book, on the internet or call this author: 775-741-6405.

This article is intended as an intro-

duction and enticement. Future articles will follow for those unfamiliar with using horses in therapy or questioning the modality as play therapy. The intention of this series is to share information, to open discussion and to alert those in the MH field that equine-assisted therapies have arrived! Whoa, there!

Sheryl Sanders, M.Ed, MFT is school counselor in Washoe County School District and owner of Educare Global Counseling

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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.

Current NVAPT Membership

Professional Members: 31

1. Network, Network, Network!
2. It's a perfect excuse to find a way to play at work!
3. Where else can you find the opportunity to win your conference registration back at a pai gow poker table?
 1. CEUs!
 2. Great weather
 3. Take pictures of different hotel/casinos and go home and tell friend and family about your great adventure touring around the world: New York (NewYork/New York), Venice (The Venetian), Rome (Caesar's Palace), Paris (Paris), Egypt (Luxor).
 4. After a long day of being at a conference you may need your own little "play therapy" (gambling, bars, shows and tons of shopping).
 5. A combined conference with MFTs will give you even greater networking opportunities.
 6. You will learn new and exciting methods of treating issues through play.
 7. Hey, It's Vegas baby, why not?

