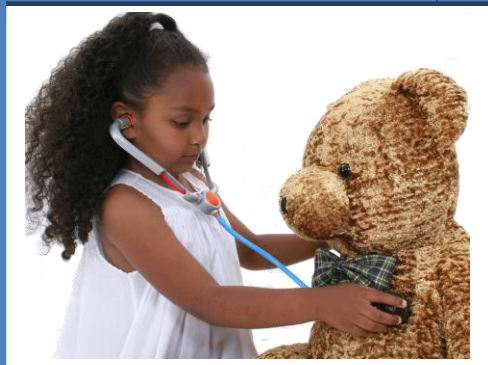




CALAPT TODAY

A Newsletter of the
California Association for Play Therapy

Volume 26, Number 1, January 2015



In This Issue:

President's Message	2
Upcoming Events	3
Book Review ~ Tear Soup	4
Ask the Expert Ask the Expert	5-6
Chapter Leadership And Updates	6-9
CalAPT Board of Directors	10
Advertisements	11

How to stay connected with CalAPT!



CalAPT email

calapt@calplaytherapy.org



CalAPT website

www.calplaytherapy.org



CalAPT Facebook Page

www.facebook.com/CALAPT



CalAPT Twitter Page

[@calapt](https://twitter.com/calapt)



Now on Pinterest!

<http://www.pinterest.com/CalPlayTherapy/>

President's Message

Happy New Year!

I am excited and honored to serve as President for CALAPT in 2015. I have been involved in various capacities with CALAPT for more than a decade and have witnessed it evolve and blossom. I look forward to continuing to be a part of the process that ensures the continued success of this wonderful organization. We have great things planned for the year to come. In addition to welcoming a new chapter to San Diego, we already have both of our Regional Play Therapy Conferences planned, and will be offering 6 additional full-day conferences throughout the year.



Jodi Smith, LCSW, RPT-S
CALAPT 2014 President

As 2015 begins, I want to start by thanking the 2014 Chapter Leaders. All chapters hosted an array of successful events and continue to be the heart and soul of CALAPT. Our 2014 Executive Board did an amazing job as well, we are lucky that 2015 starts strong, with minimal leadership changes at the state level. Aseye Allah, LCSW, RPT will move into her new role as Immediate Past-President and we welcome two new members to the board: Yvonne Quesada, LCSW, RPT as President-Elect and Bridgette Mitchell, LCSW, RPT-S as Member-at-Large for Outreach and Development. Thank you to all of you who continue to serve!

An extra special thank you to Mary Ruth Cross, our Immediate Past-President for her 10 years of dedication and service to CALAPT. Mary Ruth has served in many capacities and gave selflessly of her time and energy. We are grateful for all she contributed and look forward to her continued involvement with CALAPT.

Lastly, to our members, thank you to each and every one of you for your ongoing support. I look forward to meeting many of you at our events throughout the year and am interested in hearing your thoughts and ideas on how we can make CALAPT even better!

Cheers to a playful year!

Jodi Smith LCSW, RPT-S

APT Membership

The Association for Play Therapy (APT) is the parent organization of CalAPT.

The Association for Play Therapy observes a dual membership policy. Dual membership requires:

- Persons joining CalAPT join APT
- Persons living in California who join APT also become members of CalAPT.

The purpose of dual membership is to increase collaboration and interaction between APT and its state branches – a partnership CalAPT supports!

Being an APT member provides you with discounted rates for full day trainings, Quarterly Journals, and the Play Therapy Magazine. Membership also allows for discounted rates for the Annual National Play Therapy Conference. To renew your membership please talk with your nearby chapter or visit the APT Website at <http://www.a4pt.org/memberapp.cfm>

2015 Upcoming Events

1/24/15 Orange County Chapter ~ 6 CE Workshop

Presents: Unbreakable Bond: Using Play Therapy to increase positive attachment with children and youth

Presented by Aseye Allah, MSW, LCSW, RPT

Date: Saturday, January 24, 2015

Time: 8:30 am to 4:30 pm

Location: Argosy University – Orange Campus, 601 S. Lewis Street, Orange, CA 92868

[Register Here](#)

1/30/15 San Francisco Bay Area Chapter Meeting (1.5 CE)

Presents: Using Kimochis® to teach Emotion and Temperament in Play Therapy

Presented by: Maryellen P. Mullin, LMFT

Date: Friday, January 30, 2015

Time: 12:00 to 2:00 pm

Location: Sports Basement Community Room, 2727 Milvia Street, Berkeley, CA 94703

Please RSVP to John McGinnis by Wednesday, January 28th by calling 925-997-6901 or by replying by email at sfbayareacalapt@gmail.com

2/7/15 Sacramento Chapter Meeting (1.5 CE)

Presents: Soul Collage for Self Care in Play Therapy

Presented by: Hannah Hunter, MFA

Date: Saturday, February 7, 2015

Time: 10:00 am to 12:00 pm

Location: Alliant International University, 2030 W. El Camino Ave (Upstairs in the KVIE Building), Sacramento, CA 95833

RSVP to Katherine Barrett at sacalapt@gmail.com

3/26/15 Los Angeles Chapter Meeting (1.5 CE)

Presenter: Valerie Wilson, LCSW, RPT-S

Date: February 26, 2015

Time: 6:00pm to 7:30pm

Location: The Guidance Center in Long Beach

3/21/15 Northern California Regional Play Therapy Conference

Date: Saturday, March 21, 2015

Location: University of Phoenix - Livermore

3/21/15 Central Coast Chapter Meeting (1.5 CE)

Presents: Topic to be announced

Date: Saturday, March 21, 2015

Time: 10:00 am to 12:00 pm

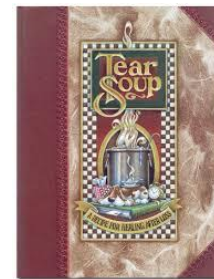
Location: Cal-Poly University in San Luis Obispo.

Come and Play with CalAPT in 2015!

Book Review:

Tear Soup **Valente Orozco, LCSW, RPT-S, PPS**

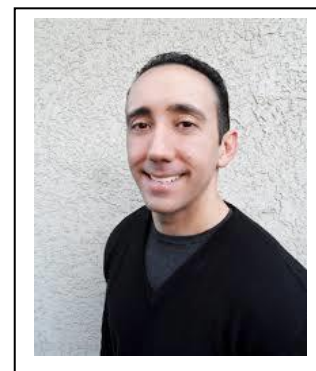
Tear Soup written by Pat Schwiebert and Chuck DeKlyen, tells the story of Grandy, an “old and somewhat wise woman” who has experienced loss. The authors refrain from detailing the specific loss, allowing readers to identify with the grieving process in their own way. Making soup is used as a beautiful metaphor for the experience and process of grieving. The authors gently detail Grandy’s recipe and process for making her own “Tear Soup.” Grandy’s soup is unique and purposefully made from scratch; the story explains, “as peoples’ lives became more rushed they found it much easier to pull ‘soup in a can’ from the shelf and heat it on the stove.” Grandy takes the time she needs to make her own Tear Soup and lists her ingredients for readers to follow, “a pot of tears, a dash of friends, a lot of patience, season with memories” to list a few. The authors conclude the book with several lists of “cooking tips” that readers can use for specific dynamics of grieving.



The authors’ sensitivity to the individual and unique experience of grief is clearly communicated throughout the book. This framework allows space and validation for the readers’ own experience and does not attempt to simplify the grieving process in to something you just “get over.” The story ends with Grandy putting some of the soup in the freezer so that she can “pull it out from time to time to have a little taste.” The illustrations by Taylor Bills, capture the reader and provide further depth to the metaphor. Using this book in work with children, adults and families provides a beautifully nurturing framework to process grief and loss.

Author: Valente Orozco, LCSW, RPT-S, PPS

Valente Orozco is a Licensed Clinical Social Worker and Registered Play Therapist-Supervisor working in private practice in Clovis, CA. He has worked in a variety of settings including school-based counseling, Child Welfare Services, and outpatient children’s mental health. Valente is a Faculty Trainer with the West Coast Institute for Gestalt Play Therapy and is the 2015 President of the Central Valley Chapter of the California Association for Play Therapy.



Contact Valente:

352 Pollasky Ave. #203

Clovis, CA 93612

www.cloviscounseling.com

info@cloviscounseling.com

1-800-550-0617

Ask the Expert:

Carmela Wenger, LMFT

Question:

My client is a 16 y.o. girl and my issue is how to do therapy with her without alienating her very conservative and controlling parents. “Juniper” wants to get a piercing. This is an individuation issue for her. Mom and Dad strongly oppose the idea. I have a lot counter transference about this. I find myself wanting to join her in her rebellion because I experience her parents as too strict.

My clinical goal is to help her to individuate and she is asking for my help to do this. We have a long term relationship, which started when she was in elementary school and experiencing peer problems. Therapy ended when she started seventh grade. I have seen five times since she turned 16. We have a strong clinical alliance, which I want to preserve. I see her as being at risk for acting out if her parents cannot allow her more freedom. I don’t want to form an alliance with her against her parents and I don’t want to lose my connection to her. Any ideas?



Carmela Wenger, LMFT

Answer:

I strongly agree with your goal. Children and adolescents are not helped when we form an alliance with them against their parents. Therapy’s goal is to enhance family relationships. Your counter transference tells you that you identify with your client’s wish for more autonomy. Your dilemma is how to stay respectful of her parents’ values while supporting her emotional development.

If you encourage her getting a piercing family conflict will increase and her parents will not trust you. You will also be emphasizing the vehicle she is driving rather than the destination she wants to reach. Stay focused on individuation rather than the piercing alone. The piercing issue is the vehicle she has chosen, but it is not the only way to get where she is going. You can validate her wish for a piercing and her frustration at being thwarted. What would be damaging to her and the family would be to facilitate any action re: getting a piercing.

You can help by building an empathic bridge between her and her parents . For Juniper frame this as learning how to effectively advocate for herself. Begin by supporting mutual respect. Encourage curiosity. Why does Juniper think her parents object so strongly? Why do her parents think Juniper wants a piercing? If she shows no interest in why her parents think as they do, point out that effective advocacy begins with understanding the other point of view. We cannot debate successfully until we listen. There is no counterpoint until we have a handle on the point.

If Juniper tries to enlist you as an ally (“Don’t you think I should be allowed to get a piercing if I want one? It’s my body”) reply to the effect that “I’m not sure because for me, this is much more complicated. For me the piercing is about your wanting more autonomy in general and how you negotiate for that. Part of autonomy is freedom of expression of your own True Self. You are on a journey towards adulthood. What matters to me is that you arrive with the tools you need to be successful and happy. If you were going to Canada I wouldn’t be concerned about the car you drove. I would just want you to get there safely. I think that is what your parents want as well. The fact is that you can’t get a piercing without your parents’ consent. Your parents are not going to let you do this because I say you should be allowed to do it. We are not in a war in which you need allies. These are your parents and they love you and you love them.”

She will need help tolerating the feelings this evokes so that she can manage them well enough to speak her mind without being offensive. I tell adolescents their attitude can be so loud that no one can hear what they are saying, even when what they are saying is right.

With a very conservative family of origin, she might have chosen a losing battle. I am wondering if she is provoking them because she is generally angry. It might be very helpful to find out more about the quality of their relationship and how it has changed since Juniper reached adolescence.

In brief, an intervention needs to convey compassion and respect for her parent's needs as well as hers. No effective communication occurs without these ingredients. She is two yrs from adulthood, when she can get any number of piercings she might want. It might help her tolerate her frustration just to remember that. For an adolescent two years can feel like a century and that has to be validated as well.

Chapter Updates

Central Coast Chapter Leadership and Update:

(The Central Coast Chapter includes the areas of San Luis Obispo and Santa Barbara)

President ~ Allison Locke Email: allygato1998@yahoo.com

We are very happy to have Michelle Gaulden, LMFT, RPT-S, and Rachel McSpadden-Tarver, LMFT, RPT, return to present information from the International Play Therapy Conference on Interpersonal Trauma: An Integrated Object-Relations/TF-CBT Model and Trauma and the Body: Incorporating Body-oriented principles into Play therapy to our chapter on October 25, 2014. We know that the information they share will be fascinating and will be very useful in therapy work.

In 2015 our first Chapter meeting will be on March 21, 2015, from 10am-12 pm at Cal-Poly University in San Luis Obispo. The topic will be announced soon.

Thank you,
Anne C. Harris, MFT
Immediate Past-President Central Coast Chapter

Central Valley Chapter Leadership and Update:

(The Central Valley Chapter includes the areas of San Joaquin County and Modesto)

President ~ Valente Orozco Email: vorozco@cloviscounseling.com

The first year of the Central Valley Chapter was a great success. In 2014 we had a series of trainings and chapter meetings in the Fresno area. A goal for 2015 is to expand and offer trainings in other areas of the Central Valley. We are looking forward to meeting more of our members as attendance continues to grow at our trainings and chapter meetings. We will be emailing and advertising soon for our 2015 events. If you would like to be included in our Central Valley email list or would like any additional information, please contact us at centralvallycalapt@gmail.com

Thank you,
Valente Orozco, LCSW, RPT-S, PPS
California Association of Play Therapy
President- Central Valley Chapter

Los Angeles Chapter Leadership and Update:

(The Los Angeles Chapter includes the areas of Los Angeles, Ventura, & the San Fernando Valley)

President ~ Gloria Osborne Email: gloriabosborne@gmail.com

To close out the 2014 calendar year, the LA Chapter had presenter Aseye Allah, LCSW, RPT on November 13, 2014. The topic was: The Healing Use of Attachment in Play Therapy. Thank you to the presenter and to all those who made this training a success.

We are happy to receive the 2015 year with our first Chapter meeting with Presenter Valerie Wilson, LCSW, RPT-S, that will be held on February 26, 2015, from 6pm to 730pm at The Guidance Center in Long Beach. The topic will be announced soon. We have a very strong leadership team this year and we hope that you all enjoy the trainings and events in 2015.

Thank you,
Gloria Osborne, MSW
LA Chapter President

Orange County Chapter Leadership and Update:

(The Orange County Chapter includes all geographic regions of Orange County)

President~ Malaika Clelland, LCSW Email: malaikaclelland@gmail.com

As we enter the new year, we invite you to our 6 CEU workshop on January 24, Unbreakable Bond: Using Play Therapy to Increase Positive Attachment with Children and Youth, presented by Aseye Allah, MSW, LCSW, RPT. She is an RPT that specializes with working with the 0-5 population. It will be a treat to have not only a talented speaker, but an individual who is so committed to play therapy that she just finished out her year as the President of CALAPT for our state. Registration is now open.

We also welcome Malaika Clelland, LCSW, RPT who is the OC Chapter President for 2015 and Sahar Naraghi-Arani, MSW, LCSW who will be joining her side as President-Elect. We give a thousand thanks to Cristina Minchala, LMFT who has stayed on as our chapter Secretary. The year 2014 was a wonderful year. Thank you to the members who came out in the rain to our social dinner gathering in November where we did a play therapy toy exchange. It was a great experience getting to know our members and hope we can do this again to get to know more of our members. Our trainings last year consisted of Sandplay, play therapy on the go, working with trauma, as well as grief and loss. Malaika has a great year in the works for you. We hope you had a great holiday season and we welcome you to partner with us in 2015.

Thank you,
Lisa Klipfel, MFT
Immediate President OC Chapter CALAPT

Sacramento Chapter Leadership and Update:

(The Sacramento Chapter includes Sacramento and outlying areas including Elk Grove, Folsom, El Dorado Hills, Roseville and Auburn and Davis, Yolo County.)

President ~ Rita McCampbell Email: ritamccampbell@gmail.com

The Sacramento Chapter was pleased to have Kim Vander Dussen, Psy.D., RPT-S present at our 6 CE training event on September 13, 2014. Dr. Vander Dussen presented "Playing with Power - Superman, Batman, and Wonder Woman: Understanding the Mythology behind the Superheroes for use in Play Therapy." The workshop was both fun and intriguing while delivering ways to work with child victims of trauma in utilizing the metaphors in superhero mythology for both storytelling and sandtray work.

We also hosted a meet and greet workshop on November 8, 2014 in which the chapter officers led the chapter in an intervention exchange. There was a potluck and demonstrations of various useful interventions to use in play therapy practice. This was a great meeting for networking with fellow colleagues in the area and for those new to the field of Play Therapy.

We are looking forward to kicking off another exciting year in 2015! Our incoming officer slate includes: President - Rita McCampbell, MFTI; President-Elect - Jennifer Tutt, LCSW; and, Secretary - Katherine Barrett, LCSW. Our first Chapter meeting will be held on February 7, 2015, from 10 am-12 pm at Alliant International University in Sacramento, CA. Hannah Hunter, MFA will be presenting on the use of "SoulCollage® for Self-care in Play Therapy."

Thank you,
Rita McCampbell, MA, MFTI
President, Sacramento Chapter

San Bernardino Chapter Leadership and Update:

(The San Bernardino Chapter includes all geographic areas of San Bernardino County)

President ~ Brianna Belcher Email: tenacious_breezy@yahoo.com

Hello all and Happy New Year! The San Bernardino Chapter was honored to have Jessica DeBrun, OTR and Gladys Dorantes-Corado, LMFT share a wonderful presentation about "Using play therapy interventions to engage survivors of domestic violence" at our chapter meeting on December 6th. These ladies shared a great deal of knowledge with our members and the presentation was very interactive! We are excited to be hosting Sharolyn Wallace at our April 11th Chapter meeting! She will be sharing with us a full day presentation about using play therapy interventions to empower girls! We are so excited to start the New Year and look forward to hosting some wonderful, knowledgeable play therapy enthusiasts!

Brianna Belcher
CALAPT San Bernardino chapter
2015 President

2015 New Chapter!

San Diego Chapter Leadership and Update:

(The San Diego Chapter includes all geographic areas of San Diego County)

President ~ Kate Robin Stuart Email: sdcalapt@gmail.com

The San Diego Chapter is still planning on beginning in 2015. There have been some last minute changes and we had to push some events back but are excited for our chapter and trainings to begin. Please look forward to our emails for information on upcoming trainings and events. The chapter will be led by Kate-Robin Shuart, IMF, Audrey Teshima, IMF and Aspasia Birmingham, IMF. If you are interested on being on our email list or for any questions please contact us at sdcalapt@gmail.com.

-2015 San Diego Chapter

San Francisco Bay Area Chapter Leadership and Update:

(The San Francisco Chapter includes all geographic areas of San Francisco Bay)

President ~ Karen Wolfe Email: Karen@sfbayplaytherapy.com

San Francisco Chapter presented its final workshop for the year on November 14, 2014. The workshop, entitled, "Using the Play Therapy Embodiment Drawing" was presented by John McGinnis.

Chapter officers held their transition meeting on December 12, 2014. Outgoing President Jeannette Harroun thanked the group for their work in 2014. We are looking forward to a great year under the leadership of:

President Karen Wolfe
President-Elect Janet Logan
Immediate Past President Jeannette Harroun
Secretary John McGinnis
Member at Large Susan Brumm

Because the San Francisco Bay Area is so large, the chapter plans to hold events at different locations during the year including Sports Basement in Berkeley, First Five in Concord, University of Phoenix-Livermore and CSU East Bay – Hayward. The San Francisco Chapter's first workshop of 2015 is planned for January 30, 2015 from 12-2 PM in the Sports Basement Community Room in Berkeley. The workshop will feature Maryellen Mullin, LMFT presenting on "Using Kimochis to reach Emotion and Temperament in Play Therapy."

We are looking forward to a fabulous play-filled year!

- 2015 San Francisco Chapter



Do you see a need for increased representation and training events in your area?

**To start a chapter in your area or to find out about chapters in the process of forming please contact:
Jodi Smith, LCSW, RPT-S at jodismithlcsw@me.com**

2015 California Association for Play Therapy Board of Directors

Executive Board

President

Jodi Smith, LCSW, RPT-S
Email: jodismithlcsw@me.com

President-Elect

Yvonne Quesada, LCSW, RPT-S
Email: srta.q21@gmail.com

Immediate Past-President

Aseye Allah, LCSW, RPT
Email: arkaa3@yahoo.com

Treasurer

Patricia Temple, MFT
Email: Ptemple99@gmail.com

Secretary

Miranda Gabriel, Psy.D.
Email: dr.mgabriel@gmail.com

Members-at-Large

Member-at-Large A / Web Administrator

Robin Christopherson, MFT
Email: robinmft@yahoo.com

Member-at-Large B / Southern California BBS Oversight

Christy Livingston, LMFT
Email: Christy.livingston@yahoo.com

Member-at-Large C / Conference Chair South

Reena Patel, MA; PsyD. Student
Email: calapsocalrptccordinator@gmail.com

Member-at-Large D / Northern California BBS Oversight

Clee Langley, Psy.D.
Email: cleelangley@gmail.com

Member-at-Large E / Conference Chair North

Debbie Lignell, LMFT
Email: dliqnell@aol.com

Member-At-Large F / Outreach and Development

Bridgette Mitchell
Email: writetobridgetter@yahoo.com

MAL G/ APA Oversight

Elizabeth Schreiber, Psy. D
Email: easand@earthlink.net

Credentialing Corner

We encourage all play therapists and CALAPT members to seek formal credentialing with the Association for Play Therapy.

For more information, go to

<http://www.a4pt.org/ps.credentials.cfm?ID=1637>

OR

Contact Stephanie Carter (559) 252-2278 x 2



Take advantage of all your dual membership power!

Check out the websites:

www.calplaytherapy.org

and

www.a4pt.org

The Association for Play Therapy (APT) is the parent organization of CalAPT. The Association for Play Therapy observes a dual membership policy. Dual membership requires:

- Persons joining CalAPT to join APT
- Persons living in California who join APT also become members of CalAPT

The purpose of dual memberships is to increase collaboration and interaction between APT and its state branches – a partnership CalAPT supports!

Interested in ADVERTISING in CALAPT Today?

The newsletter is published 5 times yearly in January, April, June, August and October. Deadlines are 60 days prior to these dates.

For information Email Jodi Smith, LCSW, RPT-S at jodismithlcsw@me.com

or

download the newsletter ad form at <http://www.calplaytherapy.org/NEWSLETTER.html>

DISCLAIMER: The aim of the CALAPT Newsletter is to provide a forum for discussion of a wide range of articles representing various theoretical models, treatment approaches, concerns and activities in play therapy. Inclusion of a specific article does not reflect CALAPT official position or endorsement unless otherwise stated. The data and statements herein are the sole responsibility of the authors concerned.