



# IL-APT • On The Go



## What's New?: The DSM-5 and Kids

Elizabeth A. Gassin, Ph.D., LPC

No doubt, everyone receiving this newsletter is aware of the release of DSM-5 and is somewhere in the process of mastering new criteria for already-familiar disorders. In this issue of *On The Go*, we want to briefly review changes that will affect children's diagnoses in particular and invite you to join a discussion about the new manual. We will highlight alterations to those disorders that are most likely to be used with children, including ADHD, Autism Spectrum Disorder (ASD), Disruptive Mood Dysregulation Disorder (DMDD), two attachment-related disorders that spring from Reactive Attachment Disorder (RAD) as it was described in DSM-IV, and PTSD.

In DSM-5, probably the major change to ADHD's definition is that now symptoms must be present before age 12, rather than age 7. In addition,

the manual addresses potential developmental differences in symptom presentation between children and adults. This should make identifying adult ADHD easier for clinicians.

Changes to diagnoses related to autism have probably received the most press to date. As many of you know, several other developmental disorders are now subsumed under ASD. ASD is defined by deficits in social communication and repetitive/restricted behaviors (which can be linked to sensory problems). Persons with problems with the social aspects of communication who do *not* have repetitive/restricted behavior may now be diagnosed with Social Communication Disorder. Learn more about developmental disorders in the DSM-5 at <http://goo.gl/0Gm3B0>.

The introduction of DMDD springs from

concern over the increase in rate of bipolar diagnoses among young people and from evidence suggesting young people's presentation of "bipolar" symptoms often are different than those of adults (learn more: <http://goo.gl/aVraBC>). This diagnosis is given to young people who, before age 10, have persistent irritability and regular temper outbursts for at least a year in multiple settings. Given that this is a new diagnostic category, there is still some controversy about its reliability and validity.

DSM-IV's RAD has now been split into two different disorders: RAD and Disinhibited Social Engagement Disorder (DSED). A child with RAD has a history of attachment-related trauma and displays restricted attachment patterns as a result. A child with DSED has a similar history but primarily uses the opposite

coping strategy: s/he is indiscriminately social, not observing interpersonal boundaries typically dictated by developmental level, attachment relationships, and/or cultural expectations.

The main change to a PTSD diagnosis is the addition of an entirely new set of criteria for diagnosing the disorder in children 6 and under. Although these criteria parallel those for older children and adults, they emphasize how trauma themes may surface in children's play. The PTSD category for young children also requires fewer symptoms for a diagnosis.

IL-APT plans on sponsoring an informal meeting this Fall to discuss the nature and application of these and other changes. If you are interested in participating, please contact Erin Brumfield Grima (ecbrumfield at yahoo dot com).

- Ojiambo & Bratton (2014): Children in Uganda who had been randomly assigned to a Group Activity Play Therapy (based on Child-Centered Play Therapy) demonstrated greater decreases in both internalizing and externalizing disorders than did those in an active control group (see *J of Couns & Dev*).
- Marcelo & Yates (2014): Higher affect expression in pretend play of preschoolers predicted lower levels of internalizing symptoms one year later. This relationship was explained by coping flexibility, especially for children who had experienced medium to high levels of stress. No relationships with externalizing symptoms were found (see *J. of Applied Dev Psych*).

## More Leader Introductions

In our previous issue (Fall/Winter 2013), you met several members of the IL-APT leadership team. In this issue, we'd like to introduce a few more!

### Cheryl Welsh, Vice President

I previously served the organization by co-chairing the membership committee and I am now honored to be your elected vice-president. The primary responsibility of the vice-president is coordinating the annual conference (with much assistance from the entire board). So please feel free to contact me with any conference questions and or feedback.

I am a Licensed Clinical Professional Counselor

with a Master's Degree in Clinical Psychology from The Chicago School of Professional Psychology. I have devoted my professional career to serving children, adolescents, and families in the Child Welfare System at various non-profit organizations. However, I am currently taking a brief sabbatical from the working world in order to be a stay-at-home mother. I have two wonderful young daughters that keep

me very busy and engaged daily in the world of play. Although, not currently practicing, I remain dedicated to the field of play therapy, maintain my clinical license, engage in professional consultation, and promote child advocacy through alternative means. My professional goal is to obtain my RPT certification and continue working with traumatized children within a private practice setting.

### Jody Ideran, Treasurer

I am the treasurer of the Illinois Play Therapy Association. I got my undergraduate degree from Millikin University in Decatur, IL. I received my graduate degree from Illinois State University in Normal, IL. I recently became a Licensed Clinical Social Worker. I cur-

rently work with children and adults in foster care. I enjoy the variety of Social Work and being able to help different people. I have a big family. I have 7 sisters. I became Godmother to two of my nephews. They are the cutest babies ever!

***You are welcome to join us for the next meeting of our branch board: Sunday, September 7th from 1-4, at the Aurora Public Library, Eola Road Branch, Aurora, IL. All who are interested in helping make IL-APT great are welcome to attend!***

## Save the Date!

We are thrilled to announce the 2015 IL-APT conference speaker will be

**Dr. Sue Bratton**

speaking on

*Play therapy: A universal language for understanding and helping traumatized children from diverse cultures*

**February 26-27, 2015**

The Holiday Inn & Suites Chicago - O'Hare/Rosemont

10233 West Higgins Road

Rosemont, IL 60018

[www.holidayinn.com/Rosemont](http://www.holidayinn.com/Rosemont)

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## Seeking Student Ambassadors!

IL-APT has an opening two (2) student ambassadors. This is the first time these positions have been made available. The duties of a Student Ambassador include, but are not limited to:

- Attendance to quarterly IL-APT Board meetings
- Assistance with IL-APT social media (marketing, posts on

Facebook, etc. regarding IL-APT events

- Assistance during the annual IL-APT Conference

These positions are open to students working toward their Master's degree in the mental health field (counseling, social work, marriage and family). In exchange for this assistance the Student Am-

bassadors would receive free attendance to the annual 2-day IL-APT Conference.

Interested applicants may submit their Letters of Interest and CV to

[mawentling@hotmail.com](mailto:mawentling@hotmail.com)

by September 30, 2014. The IL-APT Board will review applications during the first week of October and notify applicants of their standing.

## Open Access Journals

If you like keeping up on research in the field, you might browse open access journals, which provide free articles via the internet. One called *Children* is planning a special issue on play and health. You can learn more about the contents of this special issue here: <http://goo.gl/QOucZj>.

Other open access journals include the *International Journal of Child, Youth, & Family Studies* and *Child and Adolescent Psychiatry & Mental Health*. Learn more at [doaj.org/](http://doaj.org/)

## **IL-APT OFFICER ELECTIONS**

2015 is an election year for IL-APT Officers. All officer positions are open to candidates who are in good standing with APT. According to the IL-APT By-Laws candidates for the President and Vice President positions MUST have experience working with the IL-APT Board. There is time to be active on the Board prior to our call for nominations which will be advertised in late November for us to hold our elections in January.

In addition to the specific officer duties an officer needs to commit to attending quarterly IL-APT meetings, communicate regularly with the other officers, contribute to the newsletters and other communication with our membership, and professionally represent IL-APT to the public. *Please* consider becoming active in IL-APT to help contribute to the direction of IL-APT in compliance with the needs of its members. It is always wonderful to get fresh perspectives through new volunteers.

If you have any questions about how to become more active in your association, please contact Mary Alice Wentling at [mawentling@hotmail.com](mailto:mawentling@hotmail.com) or any IL-APT officer listed in this newsletter.

### **THANKS - GRATITUDE - APPRECIATION**

### **KUDOS - GRACIAS - HIGH FIVE - BRAVO**

A tremendous amount of work goes into making each IL-APT conference a success:

Finding the conference location & ordering the food (thanks to Cheryl Welsh), Contracting with the presenter & ensuring that everyone is doing his/her job (gratitude to Erin Brumfield Grima), Accepting the registrations and balancing the payments (appreciation to Jody Ideran), Developing the communication and brochure (kudos to Lisa E.aton), Envisioning & editing the newsletter (kudos to Lisa Gassin.), Guaranteeing that CEUs are prepared (gracias to Karen Robertie) & covering all manner of small details (high-five to M.A.. Wentling). Lastly & with much deserved applause - contacting vendors to get the all important free giveaways (bravo, June)!

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**Have feedback, questions, and/or ideas about IL-APT's *On the Go* newsletter? Wish to contribute an article or other content to future additions? Contact the newsletter coordinator, Lisa Gassin, at [lgassin@olivet.edu](mailto:lgassin@olivet.edu).**