



IL-APT • On The Go



Dr. Bratton has all your bases covered!

Laura Tejada

If you think as a busy clinician that reading the research literature on play therapy isn't for you, give our 2015 Conference presenter Sue Bratton's writings another look! Many of her writings about play therapy focus on practical applications of play interventions and efficacy of these interventions in clinical practice. Sue's extensive experience in play therapy gives her a good idea of what play therapists 'in the trenches' need to know. Her experience with the world of outcome research in the mental health profession give her a good idea of what kinds of supporting documentation play therapists may need to justify and at times defend the use of play therapy in agencies and schools. Here's a sample of some of Dr. Bratton's many writings which may be of use to you.

Practice of Play Therapy

- Drews, A. A., Bratton, S. C., & Schaefer, C. E. (2011). *Intergrative Play Therapy*. Hoboken, NJ: Wiley & Sons.
- Bratton, S. C. & Landreth, G. (2006). *Child-Parent Relationship Therapy treatment manual: A 10-Session Filial Ther-*

py model for training parents. New York: Routledge.

Play Therapy Efficacy Research

- Baggerly, J. N., Ray, D. C., & Bratton, S. C. (2010). *Child-Centered Play Therapy research: The evidence base for effective practice*. Hoboken, NJ: Wiley & Sons.
- Bratton, S. C., Ray, D., Rhine, T., Jones, L. (2005). *The efficacy of Play Therapy and Filial Therapy with children: Summary of meta-analytic findings*. Available at <http://cpt.unt.edu/researchpublications/meta-analysis/>

If you who receive the Journal of Counseling and Development, check your January 2015 edition for yet another major analysis from Sue and her co-author Yung Wei Lin, providing superb evidence for the utility of child-centered play therapy in particular. Such articles are priceless when it comes to explaining play therapy to parents, school personnel, etc. We can't wait to hear what Sue has to say at the annual conference next month! (See page 3 for details.)

A very interesting recent study compared children's understanding of their relationship with a stuffed dog versus a virtual dog. Children were more likely to report friendship and feelings of safety with the stuffed dog, and more likely to see the virtual dog as entertainment. These results alert play therapists to the idea that while there is nothing inherently wrong with using virtual toys in the playroom, their meaning and function may be different than those of actual toys.

Reference:

Aguiar, N. R., & Taylor, M. Children's concepts of the social affordances of a virtual dog and a stuffed dog. *Cognitive Development* (2015), <http://dx.doi.org/10.1016/j.cogdev.2014.12.00>

Representing the Land of Lincoln in the Lone Star State

Several members of the Illinois chapter of APT made presentations at the national APT conference in Houston this past autumn.

Dr. Laura Tejada (Northeastern Illinois University), LMFT, LCPC, RPT-S, was second presenter with Dottie Higgins-Klein in the workshop For the Play Therapist: The Value of Engaging Parents' Histories. Dottie is the author of *Mindfulness-Based Play-Family Therapy: Theory and Practice*, and is an experienced RPT-S and LMFT. The workshop presented a videotaped play-family therapy session in which Dottie worked with her clients to construct a genogram with puppets to explore how compassionately working with parents help them be mindful of how their family history impacts their present-day parenting benefits our play therapy clients. The workshop was well-received.

Dr. Angela Yoder (Eastern Illinois University), HSPP, RPT, and her former student, Alyssa Swan (now at University of North Texas), presented a poster on Child-Senior Relationship Training (CSRT).

CSRT is an adaption of Child-Parent Relationship Training, a filial therapy model of play therapy. In CSRT, senior adults are trained to facilitate child-centered play sessions with at-risk children in local schools. The idea for this project was born from concern about the fact that the counselor-student ratio in the local district is 1:755, way outpacing the 1:250 ratio recommended by the American School Counselor Association. Assessment of the program was repeated three times: once at a kindergarten site, once in older elementary classes, and once using a combination of both sites. Dr. Yoder and Ms. Swan found that having seniors conduct play sessions with children reduced their problematic behaviors, as assessed by the Child Behavior Checklist. In addition, interviews with the seniors demonstrated that the adults also gained from the experience. Developmentally-appropriate themes about integrity and generativity surfaced often in these interviews. It seems that children, seniors, and likely the schools in general are benefiting from this creative program!

Dr. Elizabeth (Lisa) Gassin (Olivet Nazarene University), LPC, presented a poster titled

Don't Miss It!

The 2015 IL-APT conference is just around the corner.

Come learn from

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

IL-APT Officer Elections

This year IL-APT members elect new Board Officers to manage the business of the association. This entails:

- arranging and producing the annual conference;
- promoting Play Therapy to the mental health community and to the general public;
- managing the fiscal responsibilities,
- maintaining good communications with the branch membership as well as with the national association; and
- ensuring compliance as an APT Branch.

This year all four officer positions will be open for nominations. None of the current officers are seeking reelection (due

to life changes) though they will be available to support the new officers. A call for nominations will be emailed to you in the Spring.

Please consider how important this association is to you as a Play Therapist in Illinois and then consider donating your time to help maintain the professionalism of this association.

There will be a break out meeting during lunch at the annual conference on Friday 2/27/15 to discuss Board responsibilities. Please join us.

In the meantime, if you have any questions, please contact Mary Alice (MA) Wentling at mawentling@hotmail.com

Mindfulness

Resources

Do you use mindfulness with young clients? If so, some of these items may be useful in your work:

- *Sitting Still Like a Frog, a book by E. Snel & J. Kabat-Zinn*
- *Planting Seeds: Practicing Mindfulness with Children, a book by Thich Nhat Hanh*

Online resources can be found at: mindfulkids.com

wordpress.com

annakaharris.com/mindfulness-for-children/

www.pinterest.com/labergh/mindfulness-for-kids/

Some of these are even useful with adults!

Positive Psychology and Play Therapy. Positive psychology is a relatively new field that focuses on human strengths and virtues. Dr. Gassin reviewed the evidence suggesting two examples of positive psychology, forgiveness and gratitude, are linked to positive mental health outcomes. Much of this evidence is experimental, meaning increases in forgiveness and gratitude likely cause improvement in mental health. Play therapists have not done much with positive psychology. Dr. Gassin proposed several play-based activities that could be used to assess and/or promote forgiveness or gratitude in a client.

Mark your calendars for October 6-11, when the APT national conference will be held in Atlanta, GA. More details at a4pt.org.

Bits and Bytes from APT

- **February 1-7 is National Play Therapy Week!** Visit this [link](#) for ideas on promoting play therapy.
- **A4PT.com now has a Parents' Corner with information for parents on play therapy. A great resource for parents seeking help for their children and/or their whole family!** Check out this [link](#) to learn more.

Do you work with children?

Our newsletter coordinator, Dr. Elizabeth (Lisa) Gassin, has started a video blog for mental health professionals who work with children. The blog covers recent research on kids, with applications specifically to therapeutic work with them. You can find the blog at her website, www.lisagassin.com. In addition, the blogs are posted to her professional Facebook page, where she also shares other material from the internet on kids. Find her at www.facebook.com/eagassin.

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.