



NMAPT Holiday Newsletter

Vol. 8, Issue 2

NMAPT Board of Directors: President – Jeff Versaw, President-Elect – Risa Lehrer, Secretary – Courtney Lynch, Treasurer – Michael Ollom

Special Interest Articles:

Letter from the President

A Play Therapy Christmas

NMAPT Therapist Selected for Play Therapy International World Conference and Beyond

What Our Neighbors are Up To....

Coming Up

For more information about NMAPT go to www.nmapt.org and find out what NMAPT is doing around New Mexico!

Letter from the President



"For those of us who work with children the most important thing to remember is to not take yourself too seriously."
- Jeff Versaw
NMAPT President
(as pictured)



'Twas the Night Before Christmas



A Play Therapist's Adaptation

'Twas the night before Christmas when all through the room,
not a creature was stirring, not even the child size broom.

The dress up was hung in the corner with care,
in hopes that children would dress with magical flare!

All around town, sweet little clients nestled in bed with care,
while dreams of hope replaced the hurts of yester year.

Each mamma in her 'kerchief' and dada in his cap,
also settled down for a long winter's nap.

When inside the therapy room there rose such a clatter,
the baby dolls rose from their bed to see what was the matter!



“Play has been
man’s most useful
preoccupation.” –
Frank Caplan



"We don't stop
playing because we
grow old; we grow
old because we stop
playing."
– George Bernard Shaw

Up to their stations, the toy soldiers moved like a flash;
Puppets drew the stage curtains and untied the sash;

When what to their wondering eyes did appear
but a miniature sleigh and eight tiny reindeer;

With a driver so lively, so jolly and quick,
they knew in a moment it must be St. Nick.

More rapid than eagles the excited toys came;
He whistled and shouted and called them by name.

He looked at each one and spoke in a way
that you knew that he thought of them each and every day:

“Oh dear toys come listen to me!
You are tools the children use, to heal and become free!”

“There are no toys more important than you!
For you are the words, the children use to tell their pain and their
sadness through”

“Through you the big person learns to understand,
the child’s hurt and create a plan”.

“Many of the wee ones you helped this year
are able to sleep tonight without fear.”

“This Christmas season, they will have joy with family and friends
because of their restored hope found in the pretend!”

After he spoke, he left in his sled;
to deliver gifts to the children asleep in their beds.

The toys watched as he soared out of sight
and felt a new sense of purpose and hope that night.

You see, these toys, they knew they were chosen
to restore joy to those that were broken.

Happy Holidays to All and Thank You for Everything You Do for the
Children of New Mexico!

A Local Play Therapist Selected to Present Trauma Research at the National and International Level

Written by Mark Ferrigel, MA LPCC DAPA ATR



Mark Ferrigel, MA LPCC DAPA ATR, is the co-owner and co-operator, with wife Charlotte Knauber, MA LPCC RPT-S, of The Community Lighthouse in Albuquerque, New Mexico. Mark is the clinical director of The Community Lighthouse. He has a master's degree in Art Education with an emphasis on Archetypal Art Therapy. Mark has 21 years experience. He has extensive training in Jungian Sand Tray and Experiential Play Therapy. He trains and supervises interns and counselors seeking independent licensing. Mark is a Registered Art Therapist and a Diplomat in the American Psychotherapy Association. Mark and Charlotte host and co-present training on Experiential Play Therapy, created by Byron and Carol Norton from Psychological Family Services, at The Community Lighthouse. Mark and Charlotte also present two workshops entitled "Speaking To Unconsciousness in Experiential Play Therapy" and "Somatic Expressions of Trauma in Experiential Play Therapy". The Community Lighthouse is an Approved Provider for Play Therapy CEU's.

When my presentation "Somatic Expressions of Trauma in Experiential Play Therapy" was accepted for the Play Therapy International World conference in Marrakesh Morocco, Charlotte and I were ecstatic. When Carol and Byron Nortons' (creators of Experiential Play Therapy) presentations were accepted, we decided to make an extended trip through Spain, and Paris. Madrid and Paris are everything that they claim to be. In Marrakesh, we stayed in a resort that could have been a palace at one time. Leaving the resort, and seeing Marrakesh for what it is, I was struck by the enormous gap between the rich and the poor. In the bazaar, children toiled in the middle of the day at making objects to sell to the tourists. I was thankful to be an American and that I had a public education.

Conference attendance was much lower than anticipated because of some rumored problem with the Moroccan government. The attendance at my presentation was small, which turned out to be a blessing because I could not get the speakers to work and could only get the sound out of my lap top. The highlight of the

presentation was the attendance of Sir Richard Bolby, who has carried on the attachment work started by his father John Bolby. He stated it was the best presentation he had attended and that "the Yankees are 10 years ahead of the rest of us".

The same presentation was accepted for the APT Annual conference in Louisville Kentucky. I had a large turnout of 135 attendees. The presentation went well and I received a lot of positive feedback. In Louisville, we had a vendor's booth where we gave a free toy away daily. The goal was to get e-mail addresses to advertise our upcoming online training programs and supervision. That also went well. The better presentations that I attended were "Play Therapy in The Court" by Marilyn Snow, and the supervision workshop presented by Heather Helm.

I will be presenting this workshop for the Southern California 2011 APT Annual conference in March 11-12. I will also be presenting it at the NM Social Workers Annual conference as a co-presenter with Byron Norton on, February 25th 2011, and Byron Norton and I will be keynote speakers for the Colorado

2011 APT Conference on March 26. Byron, Carol and I have also submitting journal write ups on "Somatic Expressions of Trauma in Experiential Play Therapy" to The International Journal of Play Therapy.

It is easier to build strong children than to repair broken men.

~Frederick Douglass



What our Neighbors Have Been Up To.....

Written by
Robyn Rehbein, MA LPCC RPT

Robyn Rehbein MA LPCC RPT is currently serving on the NMAPT board and is the Clinical Supervisor of The Southwest Family Guidance Center in Las Cruces, NM. Robyn has diligently served to maintain the NMAPT website, promote play therapy to residents in Las Cruces, and APT to therapists in the southern New Mexico. Robyn recently became a Registered Play Therapist and will be presenting her own training in Alamogordo, New Mexico in February 2011 around creating a successful play therapy practice on a shoe string budget.

To give our members additional learning opportunities that are close to home, we want to introduce you to our neighbors to the east, the Far West Texas Branch of APT (FWTAPT) based in El Paso.

FWTAPT conducted their annual conference in September and provided a 2-day training by Daniel Sweeney, Ph.D, LPC, LMFT, RPT-S. The first day of the training was entitled "The Neurobiological Effects of Trauma and Benefits of Expressive Therapies" and the second day was entitled "Sandtray Therapy

with Traumatized Youth." Dr. Sweeney has an extensive history of utilizing play therapy and has served the APT community for many years. Additionally, Dr. Sweeney is faculty and Director of the Northwest Center for Play Therapy Studies at George Fox University in Portland, Oregon and has published multiple books.

I attended the first day of the training to learn about neurobiology and trauma. Learning about the brain and biology can be very challenging for many therapists who are right-brained, feeling people. Dr. Sweeney did an excellent job of breaking down the neurobiological jargon. For me, the four most impactful parts of the training were:

1. A child's experiences between birth and age 3 directly affect the neural pathway development of the brain;
2. Moms that have more stress while pregnant, produce higher levels of corticotrophin. This releases hormones which negatively affects the fetal neural development and lowers the child's postnatal capacity to respond to stress, which leads to less resiliency in life;
3. In classroom and academic settings, traumatized children can often present as ADHD

due to their heightened arousal system because of neurological changes in their brain from sustained traumas;

4. The younger the child is when the trauma occurs, the more impactful the trauma will be on neurological development.

Dr. Sweeney suggested several websites to assist therapists in learning about neurobiology including Dr. van der Kolk's www.traumacenter.org, Dr. Perry's www.childtrauma.org, and www.neuroscienceforkids.com. For further information on Dr. Sweeney, please see his website www.nwplaytherapy.org or contact him at dsweeney@georgefox.edu.

FWTAPT offers membership for \$20 per year which allows you to attend three quarterly trainings at no-cost and attend their annual conference at a reduced member rate. FWTAPT's next quarterly training is in early December 2010 and is entitled "Music and Play Therapy." For more information, please contact FWTAPT via their website <http://www.fwtapt.com> or visit their Facebook page.

While we try to teach our children all about life, Our children teach us what life is all about.
~Angela Schwindt

NOMINATIONS FOR THE NMAPT BOARD

It's time to start thinking about YOU as an NMAPT Board Member! Do you want to contribute to the growth and influence of play therapy across New Mexico? If you are interested in becoming an NMAPT board member then submit your name and bio to the NMAPT Nominations Committee through email to cal772003@yahoo.com.

SAVE THE DATE!

The NMAPT 2011 Annual Conference April 15th and 16th, 2010

Featuring Conference Speaker: Sueanne Kenney-Noziska

Read more about Sueanne and her work at
<http://www.playtherapycorner.com/>

***This year's conference will be held at the Hard Rock Casino
and Hotel in Albuquerque, NM. Come make a weekend out of it!
There will be opportunity to earn 12 APT CEU's!***

Find Local and APT Approved Play Therapy Trainings at www.nmapt.org

Do you want to contribute to the quarterly newsletter? Please contact Courtney Lynch at cal772003@yahoo.com. Do you have suggestions for our website? Please contact Robyn Rehbein at robynrehbein@gmail.com.