

## January News - 2024

North Dakota Association of Play Therapy will be hosting a lunch and learn for anyone interested in learning more about Play Therapy and networking with other therapist who work with children. This event will be on Feb 2<sup>nd</sup> from noon to 1pm (CST). Join us by zoom at the link below or entering the meeting ID 89758125043.

<https://grandforkstherapy.zoom.us/j/89758125043>

Bring your lunch and join us as we discuss a variety of topics including:

Why Play Therapy is Effective

Benefits of being a member of Association for Play Therapy (APT)

Resources & Interventions that can be helpful when working with children



Feb. 2nd, 2024  
Noon-1pm  
attend by Zoom

# Lunch & Learn

Join us by zoom over lunch to network with therapists working with children, learn about the benefits of play therapy and learn about resources to support children through play



Zoom Mtg ID: 897 5812 5043

Exciting News!!

NDAPT is excited to announce the speaker for the ND Association for Play Therapy Annual Conference. This speaker will be joining us the first 2 days of our upcoming conference. The Annual Conference will be held in Bismarck, ND on

June 5-7th, 2024. Our primary speaker will be Melissa Wetterlund, MA, LP, LMFT, RPT-S who will be teach on about Somatic Experiential Play Therapy.

This training focuses on the basic tenets of Somatic Experiential Play Therapy, including the ability to understand metaphor and the power of play for children as they process their pain and trauma. We will incorporate the importance of tracking the physiology in children during play. Principles of neuroscience and tracking for fight, flight, freeze, and collapse will also be discussed. Lecture, power point, experiential learning, and video case examples will be used to enhance learning. Participants will gain an understanding of what children's physiology is communicating during play and ways to respond to and support their nervous systems in the resolution of trauma.

We are looking forward to having Melissa joining us in June. Melissa has been in the counseling field for almost 20 years. In her work with children she specializes in trauma, family issues, divorce, adoption, and blended family concerns. In addition, she enjoys marriage & family therapy, parent education, and individual identity work. She has done extensive training in the field of Somatic

**NDAPT ANNUAL  
CONFERENCE**

**JUNE 5-7, 2024  
BISMARCK, ND**

**SOMATIC EXPERIENTIAL  
PLAY THERAPY**

**MELISSA WETTERLUND, MA, LP, LMFT, RPT-S**

**SAVE  
THE  
DATE**



Experiencing, which she integrates in her work with both children and adults. In addition to her clinical practice, Melissa teaches and trains in Somatic Experiential Play Therapy independently and as an adjunct professor in Bethel University's and Crown College's graduate programs. As an AAMFT and BBHT approved supervisor, Melissa spends a lot of her time mentoring and

supervising other therapists. She also loves supporting and equipping other supervisors as an AAMFT supervision mentor. We can't wait for you to learn from her this summer.



Watch the ND Association for Play Therapy Facebook page for interactive posts and a chance to win during the International Play Therapy Week!

Hope to see you at one of both of these events!