



North Dakota Association for Play Therapy Newsletter

Dec 2023

President Message

Happy Holidays! Congratulations to NDPT Vice President, Andrea Walker for completing the 2023 Association for Play Therapy Leadership Academy-this is quite an accomplishment!

I'm hoping even through all the 'hustle and bustle' this season you find some time to enjoy those you love. Play is a great reminder how important relationship and connection are! The holidays are difficult for many who are missing loved ones and the wonderful connections the holidays bring. Please take time to be mindful of the joy in your holidays and how valuable our relationships are. I wish you all a season of joy, peace, and hope!

Ariana Best, LCSW, RPT-S



We look forward to returning to the western part of the state. More details to be shared soon. We hope to see you in Bismarck

Upcoming Online Training Opportunity

Child Centered Play Therapy CCPT

**Presenter: Jennifer Baggerly,
PhD, LPC-S, RPT-S**

Register at

<http://PlaytherapyND.com>



Evidence based practice for children with various problems. The Association for Play Therapy credentialing standards require 55 hours in seminal theories, such as CCPT. After these two 3 hour workshops, participants will be able to explain the definition and rationale for CCPT; conceptualize a child from a CCPT perspective; analyze Axline's eight basic principals; demonstrate CCPT procedures of tracking play behavior, reflecting feelings, building self esteem, setting therapeutic limits, facilitating understanding, and enlarging the meaning; and analyze a play session through use of CCPT documentation form.

Must register for both sessions and attendance at first session is required to attend second.

2 Concurrent Sessions – 6 CE Hours APT (only available to those with a Mental Health degree) 6 CEU's preapproved for Social Work and Counseling

When: Friday, January 19, 2024 – 8:45 AM to 12:00 noon CST

Friday, January 26, 2024 – 8:45 AM to 12:00 noon CST

Where: Zoom link will be provided upon registration

Cost: \$180.00 APT Members

\$210.00 Non-APT Members



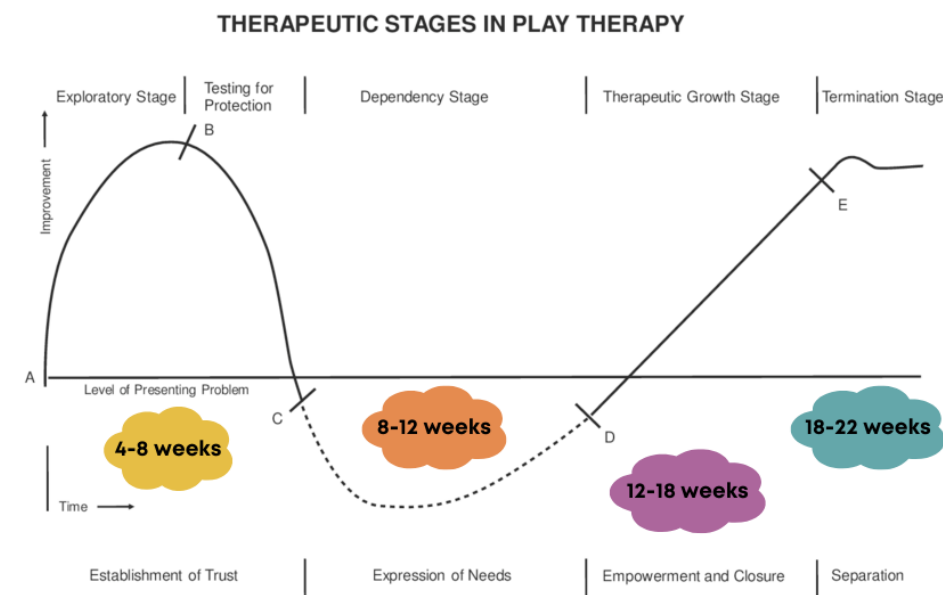
February will be filled with lots of fun. We plan to have a lunch and learn to kick off the month. Watch our social media for more details on events and activities to celebrate International Play Therapy Week February 4-10th, 2024.



What is Experiential Play Therapy?

Founders Carol and Byron Norton developed the Experiential model of play therapy. This model is an approach that allows the children to direct the play within sessions and within the process children are enabled to approach their struggles so they can regain their power. The parent becomes the partner in the process. This process is very active play and uses body movements to expel the stress of the experiences and empowers the child to move forward according to the Center of Experiential Play Therapy. This process has stages in the therapy process that are followed. These stages include exploration, testing for protection: building the relationship, dependency state, therapeutic growth stage: integration of self, and the termination stage..

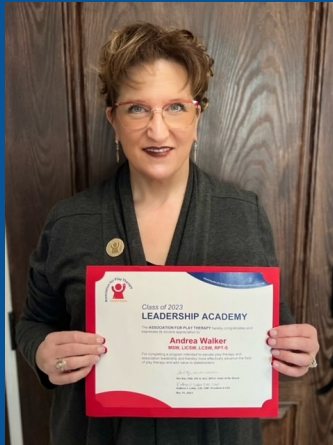
This image demonstrates the flow of the stages in Experiential Play Therapy.



Play is a powerful way for children to demonstrate their experiences.



Member Spotlight



**Andrea Walker, MSW,
LCSW, RPT-S**

**Completion
of 2023 APT
Leadership
Academy**

Congratulations!



**Jennifer Fetsch, MSW,
LCSW, RPT**

**New
North Dakota
RPT**

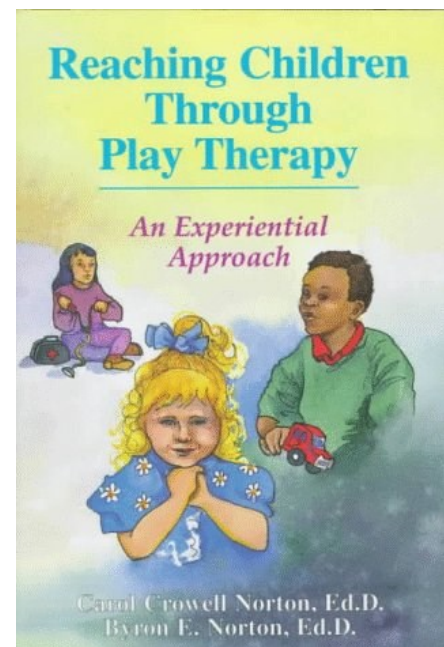
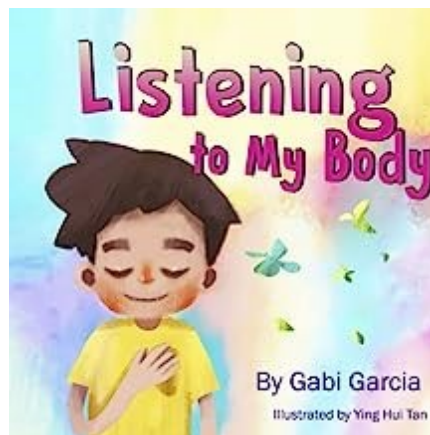
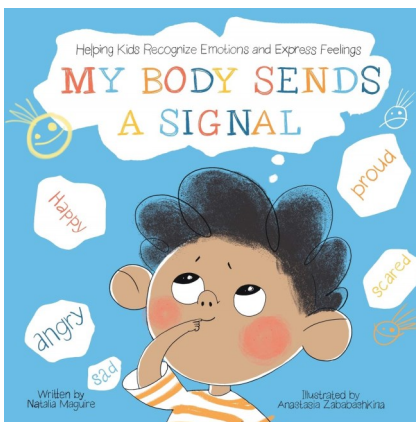
Somatic Experiencing in Play

Somatic experiencing in play therapy involves the therapist tracking the child's nervous system through directed games and play to increase a child's ability to manage difficult feelings. Play is a wonderful and powerful way to allow children to explore what they are experiencing and is a tool to assist in communication.

Some ways children can benefit from somatic experiencing in play is gaining awareness of somatic symptoms or body signals. It also helps children let go of body signals that appear to be stuck or that they are experiencing on going.

PLAY GIVES
CHILDREN
A CHANCE
TO PRACTICE WHAT
THEY ARE
LEARNING.
-MR. ROGERS

Book recommendations for your play therapy practice:



**Mental Health Professionals
Applying the Therapeutic Power of Play!**

**Interested in learning more about the
Registered Play Therapy Credential?**

I offer Free consultations!

Andrea Walker, MSW, LCSW,

LICSW, RPT-S

Child and Family Therapist

Registered Play Therapy ~ Supervisor



 **Beyond Words**
Coaching & Therapy

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with NDAPT

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nda4pt

North Dakota Association for Play Therapy

<https://playtherapynd.com/>

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Why Play Therapy?

"Play is the highest form of research."
- Albert Einstein

