



North Dakota Association for Play Therapy Newsletter

Spet 2023

President Message

Happy Fall! This is my favorite season of the year mostly because of sweater weather, favorite hoodies, soups, and pumpkin spice! With another school year starting, I feel excitement and sadness as my boys advance another grade. Fall also brings activities, more time indoors, stress on our youth, and an increase in referrals for services. In this busy season, don't forget to include intentional self-care! Some ideas may be to get adequate sleep, eating healthy, exercise, saying "no", taking breaks, and setting healthy boundaries personally and professionally. Wishing you all the best during this fun yet stressful fall season!

Ariana Best, LCSW, RPT-S

Play Therapy Theories & Approaches

The foundation to quality play therapy practice is understanding and articulating the therapeutic powers of play and clinical theories and practice approaches utilized within the play therapy community. Association for Play Therapy published in the September 2019 issue of Play Therapy an overview of clinically significant play therapy theories that guide play therapy practices. More information regarding these theories and approaches can be found on page 3 of this newsletter.

Adlerian Play Therapy

Attachment Theory and Theraplay

Child Centered Play Therapy

Filial Therapy

Cognitive Behavioral Play Therapy

Ecosystemic Play Therapy

Gestalt Play Therapy

Jungian Analytical Play Therapy

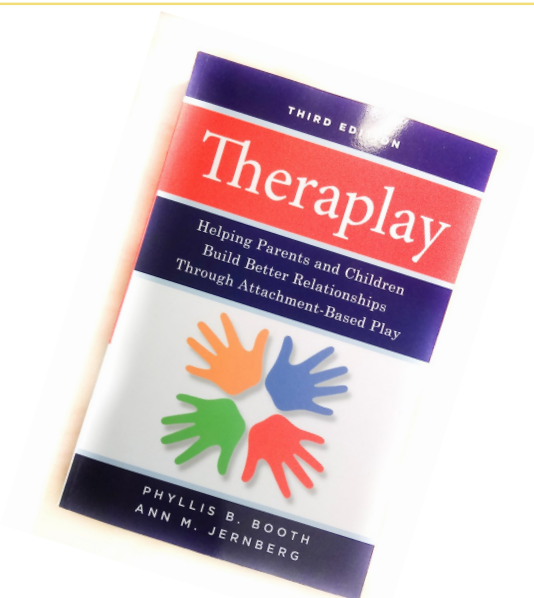
Psychoanalytic Play Therapy

Upcoming ND Training Opportunities

We are so excited to announce that the registration is full for the Theraplay training. We can't wait to hear about your experience at the upcoming Level 1 Theraplay & MIM training in Fargo, ND. This training will be held on September 25-28th, 2023 from 8:30am-4:30pm at Valley Christian Counseling Center. We are so glad so many of you could find the time for this great opportunity.

PROGRAM CONTENT

- Principles of attachment theory on an intellectual and experiential level
- The Four Dimensions of Theraplay
- The Theraplay protocol
- An introduction to the Marschak Interaction Method (MIM): administration, analysis and as a guide for treatment planning
- Adapting Theraplay for working with children and families impacted by complex trauma and other populations
- Managing resistance throughout the treatment process
- Managing countertransference in your work with children and families
- Implementing Theraplay into your practice



Theraplay training coming to Fargo ND
September 25-28, 2023
Register at: www.theraplay.org

Play Therapy Theories and Approaches

Adlerian Play Therapy–

Developed by Terry Kottman, PhD, LPC-S, RPT-S

Utilizes direct and nondirective skills and techniques to facilitate and encourage clients to change their cognitive, affective, behavioral, and relationship patterns. Adlerian play therapy combines the concepts of Alfred Adler's theory of individual psychology with principles of play therapy.

Attachment Theory and Theraplay-

Theraplay is an evidence based, relationship focused play therapy that utilizes the theories of attachment, physiological state, affect regulation, and interpersonal neurobiology. Therapy actively utilizes the caregivers with the child.

Child Centered Play Therapy

Child Centered Play Therapy (CCPT) is an evidence based intervention that recognizes the relationship between the therapist and child as a healing factor to help heal children with emotional and behavioral challenges. It was developed by applying Roger's person-centered counseling approach to children. CCPT is a nondirective play therapy approach. The approach focuses on providing safety, acceptance and empathetic understanding.

Filial Therapy

Filial Therapy is an extension of CCPT. It utilizes psychoeducational approach to therapy that teaches parents the principles and techniques of CCPT. Parents learn how to use CCPT strategies under the supervision of a filial therapist. This technique helps parents better understand their child's feelings, motivations, thoughts, and needs and assists them in responding effectively.

Cognitive Behavioral Play Therapy

Cognitive Behavioral Therapy (CPT) is one of the most researched evidenced based approaches that incorporates cognitive and behavioral interventions. Cognitive behavioral play therapy (CBPT) is a therapeutic model that provides structure to play therapy sessions and how play can help focus on the child's thoughts, perceptions, feelings, and environment and develop adaptive thoughts and behaviors.

Ecosystemic Play Therapy

Ecosystemic Play Therapy (EPT) was developed by Kevin O’Conner. This approach draws from multiple theories such as psychoanalytic, attachment, cognitive, behavioral, family systems, and developmental. This theories goal is to optimize the child’s functioning in the context of their ecosystem, or world.

Gestalt Play Therapy

Gestalt therapy uses two major tenets which include organismic regulation and dialogic process. This approach allows the therapist to be responsive to the child’s therapeutic core issues. It focuses on the essential element of safety and security in relationships.

Jungian Analytical Play Therapy

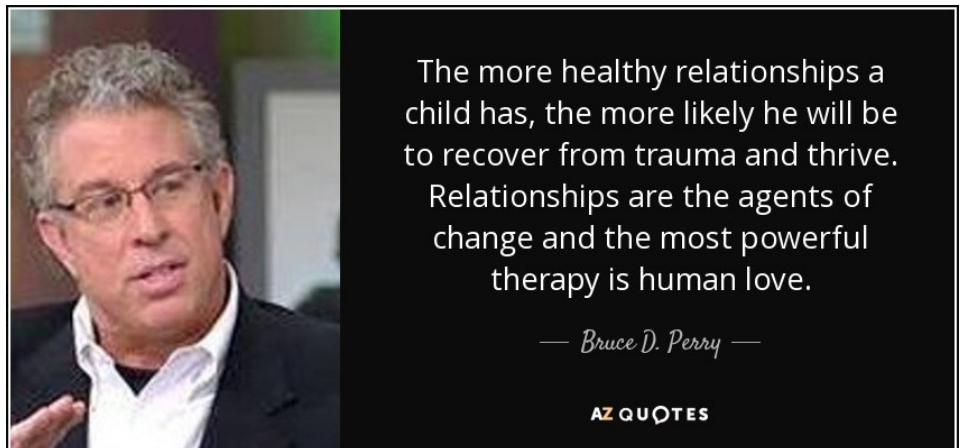
Jungian analytical play therapy (JAPT) believes that the power of healing comes directly from the child. The sources of change comes from the unconscious and change manifests symbolically through play.

Psychoanalytic Play Therapy

Psychoanalytic play therapy is mindful of symbols in the child’s play which is a manifestation of the child’s unconscious thoughts. This theory explores the unconscious.

Neuroscience and Brain Development Resources

The Child Trauma Academy provides a great free line up of resources from Bruce D. Perry, M.D, PhD who is a leading expert on the Impact of trauma and the neuroscience and brain development.



The following link provides access to articles and free video series on children brain development and neuroscience.

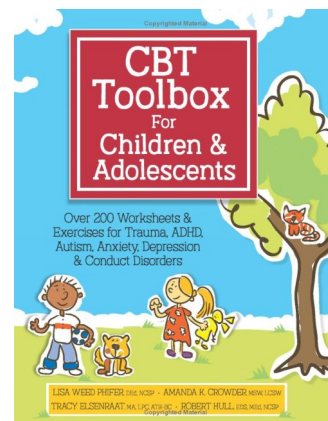
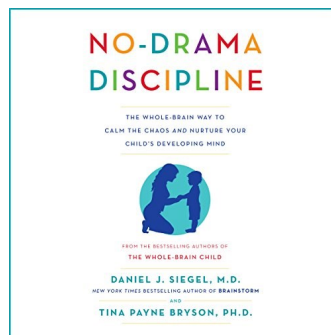
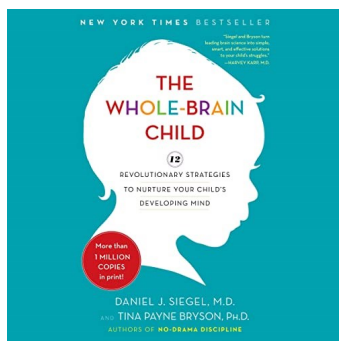
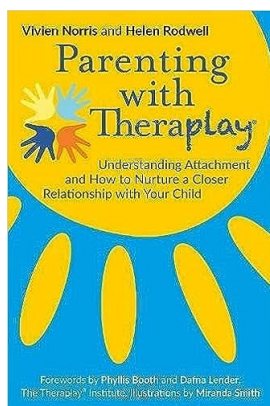
<https://www.childtrauma.org/brain-dev-neuroscience>

Save the Date Annual Conference 2024 Planning



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

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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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

