



Fall 2013 · Volume 3 Issue 2

WAPT “News and Views”

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Letter from the President

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By Pat Stoehr

Happy fall everyone!

I must admit, I was ready for some cooler weather, but I wasn't ready for the second big snow storm in a week that we recently had here in Fremont County. The snow was so wet and heavy that it looked like a war zone with all the broken tree branches and downed power lines. Fortunately, I didn't lose power like so many others did! Perhaps this is an indication of an early winter with lots more of the white stuff!

I just want to take this opportunity to thank Darcie Wisehart, WAPT Secretary, for agreeing to represent WAPT at the annual branch meeting of APT at the conference next week in Palm Springs, CA. With her representation, WAPT should be able to achieve “Gold Branch” status for this year. In the past, we have not had a representative at the meeting, which is one of the requirements for the special status. She is also taking a gift basket to be raffled off during the conference. The theme of the basket is “Play, Eat and Relax Wyoming Style”. WAPT board members and staff from the Cloud Peak Counseling Center donated Wyoming related items for the basket. Hopefully the basket will be a big draw!

I am pleased to announce that preliminary plans have been made for next year's conference. The conference will be held in Lander, WY at the Best Western Inn at Lander on June 26th and 27th, 2014. (A block of rooms has been reserved for those wishing to stay where the conference is being held.) We are excited that Sue Bratton, PhD, from the University of North Texas and our own Kara Carnes-Holt will be presenting on filial therapy. We are again co-sponsoring the conference with the Wyoming Association of Infant and Mental Health. They will be bringing in a speaker who will address early childhood mental health issues. So, there will basically be two tracks, one for play therapy specific topics and one for early childhood mental health. More details will be forthcoming as the agenda is finalized. Remember to save the date and plan to join us in beautiful Lander, WY!

In this issue of WAPT “New & Views”, we have another article from Jennifer Banks, who has contributed to the newsletters in the past. Thank you Jennifer for sharing your thoughts and information on Jungian Play Therapy! I just want to remind everyone that we are always looking for articles specific to play therapy to publish in the newsletters. We pay \$25.00 for articles that are chosen. If you have an interest in submitting an article, please email me at pstoehr48@gmail.com and I will provide further details.

Save the Date:

WAPT/WAIECMH Summer Conference

June 26-27, 2014 at the Best Western Inn at Lander. Two separate tracks—one specific for play therapy and one for early childhood mental health. The conference will feature nationally known presenters and be a great opportunity to meet and network with other professionals. Stay tuned for further updates regarding specific presenters and topics.

Jungian Play Therapy and the Self-Healing Archetype

By Jennifer Banks

We have all seen the drawings. Walk down any hallway of an elementary school and the walls are littered with self-portraits, trees, scenes at a carnival, and the inevitable picture that stands out—dark and jagged with blacks and grays. In Jungian play therapy, this dark picture is just as important as the picture of a tree in the sun. Both these pictures represent the self of a child and integration of these images is how Jungian play therapy comes to work.

Think back on that happy tree, the pink flower, the smiling mother. The self-healing archetype is an innate symbol that promotes healing by encouraging balance between the Self and ego. All children can find their own self-healing archetypes and they exist within the child just as the dark picture, or the shadow, exists within the child. The Jungian play therapists' main role is to help the child reconcile polarities of good and evil, conscious and unconscious.

When in turmoil, the child's self is in opposition to the ego, which occurs during insecure attachments in infancy. Not good enough parents create not good enough children. The goal in Jungian play therapy is for the child to express symbolic images through play or drawing to experience a joining of opposites and resolve deficiencies from infancy.

Jung theorizes therapeutic alliance can activate this archetype of self. If the relationship between child and therapist is a trusting one, the child can allow symbols to enter into healing images. Images with purpose and direction create significant empathetic connections within the therapist that help the therapist to attune to feelings and senses of the child.

While the dark portrait in the hall might draw our attention, it is through this image that the child integrates the shadowy part of self. Then through the happy tree, the caring matriarch, the nurturing bird, the bright sun, the child is expressing healing. Next time you are in the art room of an elementary school, pay attention to these images. They are the words of children and the work of therapy out loud, in living color.

Save the Date: Upcoming Event

Colorado APT Winter Conference

Colorado Association for Play Therapy Winter Conference—November 8, 2013- 8:30-4:15 at Vista Grande Baptist Church Youth Wing (NE corner of Powers and Stetson Hills) 5680 Stetson Hills Blvd., Colorado Springs, CO 80917. Renee Yoelin-Allen, LCSW, RPT/S, will present on Play Therapy and EMDR. This workshop* will explore information about how and why incorporating the modalities of EMDR and Play Therapy can result in rapid and sustaining results. Linking together these two highly effective modalities offers healing for children affected by trauma, anxiety, phobias, performance anxiety and enhancement and can result in an overall increase in self-esteem. This workshop will address developmentally appropriate adaptations to the 8-stage protocol used with EMDR for clients' ages 2 years old and up. Time will be spent expanding on the family's role in this process to promote and support healing. (*Advanced Participants must have a minimum of Level 1 EMDR training.) For more information or assistance visit www.coloradoapt.org or email coloradoapt@gmail.com.

Seeking New Board Members

WAPT is looking for four new board members. If you are interested in playing a more active role in WAPT and would like to be considered for a board position, or you know of a friend or colleague who would make an excellent board member, please send an email to Bob Skaggs, Chairman of the Nominating Committee at bobsipc@gmail.com. Include a very brief biography with a statement as to why you would like to serve on the board. The nominating committee will send out ballots to all WAPT members in early April. Those individuals with the most votes will serve a three year term on the board. If you have questions about the requirements and responsibilities of board members, Bob would be happy to answer your questions.

Welcome to a New Member!

Trisha Scott of Pinedale is our newest member. She joined WAPT on July 15, 2013. Welcome Trisha! We look forward to getting to know you in the near future and hope to see you at the conference in Lander in June of 2014. Thank you to all the members who recently renewed their WAPT memberships. With the recent renewals and new members who joined in the last quarter, that brings our active membership to 51! We are slowly, but surely growing. Keep up the recruitment efforts!