

Newsletter *txapt*



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We conducted an experimental evaluation of a university-based counseling clinic with children aged 3 to 10 years old and determining the effectiveness of child-centered play therapy...

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Looking for therapists in your area? Click this link for information <http://www.a4pt.org/directory.cfm>.

Read full article below

We are committed to promoting the practice of play therapy and the training of credentialed play therapists.

The Texas Association for Play Therapy is committed to promoting the practice of play therapy and the training of credentialed play therapists. We are so excited to be able to provide you training on the local level, through your local chapters (to find your local chapter go to <http://www.txapt.org/chapters.html>) and at the state level during our Annual Conference to be held in Corpus Christi "Making a Difference" (April 1-3, 2011) <http://www.txapt.org/conference/index2.html> Conference registration and detailed information will be on the TAPT website in January so please visit us then!

As President of TAPT, I frequently get emails from people looking for a play therapist in their area. As part of your membership in TAPT/APT you are listed in a national database of play



therapists, to facilitate clients finding a therapist in their area. Clients can search by name, city, state and zip. If you live in one area but practice in another you might consider listing your business address with APT so that clients looking

for therapists in your area will find you! Double check your information with APT <http://www.a4pt.org/directory.cfm>. A local school counselor was recently looking for a play therapist in her area to refer a student to and when I showed her this resource she said- "Wow this directory is the best benefit of being a member of APT/TAPT why would anyone pass up this opportunity! What a wonderful resource for clients!"

I hope you will join us in our work toward promoting play therapy and the training of redentialed play therapists. Patti Doumany, Conference Chair, and her committee are working to put together an exciting weekend for us all. Dee Ray, PhD, will be speaking all day on Friday and again Saturday morning about the Play Therapy Process. On Saturday afternoon, Kelly Webb-Ferebee will be our closing keynote as well as the Sunday Supervision Presenter. We also have several very interesting topics for our breakout sessions on Saturday. So please join us in Corpus it is going to be a wonderful time to connect with other play therapists and learn from the best in our field!

 Mary Morrison
PhD, LPC-S, NCC, RPT-S
President, TAPT
president@txapt.org

Dan Homeyer Grant Award Update

Children in Therapy: Evaluation of University-Based Play Therapy Clinical Services.

✍ Mei-Hsiang Tsai,
Ph.D., NCC, RPT

✍ Dee C. Ray,
Ph.D., LPC-S, NCC, RPT-S

(CCPT) treatment with children. Archival data from 364 children aged 3 to 10 years old served through a university-based counseling clinic in the southwestern United States was examined. Upon arriving at this setting, parents or guardians completed a Child and Adolescent Background Information Form (CABIF), Parenting Stress Index (PSI), and a Child Behavior Check List (CBCL), prior to an intake session. Specifically at this clinic, presenting concerns were categorized into six groups: problems related to abuse, academic/school problems, mood-related concerns, family relationship concerns, rule-breaking /behavior problems, and other behavioral concerns. In 2006, the clinic instituted the policy of administering instruments every 10 sessions to avoid a lack of instruments resulting from premature termination.

Descriptive data indicated that children whose parents sought services were typically Caucasian, living below poverty level, from a single parent home, and presented with multiple emotional and behavioral concerns, most notably family relationship and mood-related problems. Of the 364 participants, 219 (60.2%) were male and 145 (39.8%) were female. Ages ranged from 3 to 10, with a mean of 6 ($M = 6.26$; $SD = 2.128$) years old and a median of 6 years. Reports from the previous meta-analyses studies on average age for children receiving mental health services were shown as follows: 8.9 years old (Casey & Berman, 1985), 10.23 ($SD = 4.00$) (Weisz, Weiss, Alicke, & Klotz, 1987); 10.5 ($SD = 3.52$) (Weisz, Weiss, Han, Granger, & Morton, 1995); 10.3 ($SD = 3.3$) (Kazdin, Bass, Ayers, & Rodgers, 1990), and 7.0 (Bratton, Ray, Rhine, & Jones, 2005). It is notable that the mean age (7 years old) from only play therapy studies (Bratton et al.) is much younger than in other studies (ranging from 8.9 to 10.5 years old). The age sample in this study was consistent with Bratton et al. study. Because play therapy is a developmentally appropriate intervention, it is reasonable and more suitable for working with younger children than children targeted by traditional talk treatment (Landreth, 2002).

Additionally, among the participants, 54.3%, 52.4%, and 55.9% fell in the clinical range at the initiation of treatment in the Internalizing, Externalizing, and Total Problems, respectively. When seeking services, males were more likely to score clinically on Externalizing Problems than were females. Children who were brought for clinical Internalizing and Total Problems by their parents also tended to be older than those who did not exhibit behavioral concerns in the clinical range.



After receiving individual CCPT, results of ANOVA demonstrated a statistically significant effect for time on overall CBCL and PSI measures, with the exception on Parent Domain. The mean decrease over time in Internalizing, Externalizing, and Total Problems scores was 4.20, 4.31, and 5.3, respectively. Further, the mean decrease over time in Child Domain, Parent Domain, and Total Stress scores were 8.67, 2.39, and 11.09, respectively. According to Cohen (1988), the effect size of CBCL and PSI measures demonstrated a moderate to large effect, with the exception on Parent Domain.

After receiving treatment, results demonstrated statistical, practical, and clinical significance on reducing internal and external behavioral problems for children. Further, the dropout rate in this study was 63.6%. Completion of treatment demonstrated a very large effect ($\eta^2 = .31 \sim \eta^2 = .33$) on CBCL measures, whereas non-completion indicated small to moderate effect ($\eta^2 = .003 \sim \eta^2 = .08$). Results demonstrated that both completers and dropouts improved on five outcome measures (i.e., Internalizing, Externalizing, Total Problems, Child Domain, and Total Stress). Factors of gender, income, and single-parent family

were not found to be associated with premature termination. Further, termination and family relationship concern variables were found as strong contributors on predicting greater improvement.

This study examined real-life clinical services to the largest number of child participants in decades of mental health research. Based on the results of this study, play therapy shows promise as an effective treatment on reducing internal and external behavioral problems for children as well as decreasing parent-child relationship stress. Based on the statistical, practical, and clinical significances, the primary contribution of this study is the full exploration of child characteristics and effectiveness of play therapy intervention for children who seek mental health services at a university-based counseling clinic.

References:

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"Making a Difference"

2011 TAPT Conference

TAPT'S 18TH ANNUAL CONFERENCE
Making a Difference!
April 1st – 3rd, 2011
Corpus Christi, Texas

We all know that play therapy taps into a child's inborn capacity to heal. Current neurological findings now support what play therapists have been doing for many years; healing hearts and minds through the reparative power of the play relationship.

In this year's conference we uncover several key features of play therapy. When play unfolds, we tap into the resonance circuits of a child's implicit world. Neural pathways from the emotional limbic system build stronger connections to the balancing system of the middle prefrontal cortex. Maintaining mindful awareness of the child's inner world allows contingent communication to flow, creating opportunities for building compassion and soothing dysregulation. As these connections become stronger, the child begins to rely on their own inner resources.

I invite each of you to further explore the fascinating healing power of play therapy by joining us in Corpus Christi April 1st-3rd! ■

✍ Patti Doumany
MEd, LPC-S, RPT-S
TAPT President-Elect
2011 Conference Chair
conference@txapt.org



North Texas Chapter of the Texas Association for Play Therapy



The North Texas Chapter is buzzing with activity. We had a fabulous presentation by Natalya Edwards, PhD. in November titled "Teachers Can Play Too: Play Therapy Consultation and Teacher Child Relationship Building". In addition to relating extremely well to school counselors, it also was applicable to private practice and community counselors, as they often provide services to the schools in a volunteer role. Dr. Edwards is filling a valuable need in establishing a method for counselors to instruct teachers in the building of relationships with their children. She has made it as easy as 1-2-3.

Jeanne McKinney, MS, M. Ed., LPC, CEAP, provided numerous handouts for our play therapists related to recognizing children within the autistic spectrum when she presented in September. We were also given the opportunity to test our new knowledge as we observed children being assessed during play on video.

We are excited to announce our own Dr. Kelly Webb-Ferebee is going to be our guest speaker at our Winter Workshop Saturday, February 12. Dr. Ferebee has a wealth of experience in play therapy, expressive arts and sand play, and is a superb speaker. She is especially gifted at the personal development of the play therapist. Expect to PLAY and LEARN in her workshop!! Location to be announced soon. CEU's will be given.

Our NCT board continues to be active and hard at work for our chapter and

profession. Darlene Vanchura presented play therapy to the North Tarrant Mental Health Professionals. Carol Wolfe has worked hard setting up our new budget for the year. Elicia Hilborn is staying on top of keeping our website up-to-date. Shab Behzad gets our news emails out, and we are even signed up for a fan page on Facebook. Come be a fan! Shab has also updated our membership records. These records were crucial when I gathered percentages for the Lone Star Award last year. Jeanne McKinney is signing up our presenters, which is a huge job. Our president, Connie Moulder, attended the APT conference in Kentucky and was able to make new connections with others from North Texas. She is also staying on top of our by-law changes and reports the Governance Manual will be ready for approval soon. Yours truly, Christine Torkelson, maintains communication between the state and local chapter. And what would we do without our nominations committee, who has added John Clark to the work force!

Happy Holidays! Our December meeting will meet at the Coppell YMCA for a holiday gathering December 11. Everyone is asked to bring a dish of yummys for pot luck brunch and a play therapy activity to share. Come join us!!!!

Other meetings include February 12 (our 6 hour winter workshop), March 12, and May 14 (elections). We gather at the TAPT conference April 1-3 in Corpus Christi. ■

Check out our website for further updates.
<http://www.texasplaytherapy.org/> or contact one of our board members.

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Connie Moulder, M. Ed, LPC, RPT
Cbm1439@hotmail.com

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MS, M. Ed., LPC, CEAP
diagnostician@netzero.net

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Darlene Vanchura, M A, LPC-S
Darvee_2000@yahoo.com

TREASURER

Carol Wolfe, M. Ed., LPC
wolfe@verizon.net

SECRETARY

Elicia Hilborn, LPC Intern
eliciahilborn@yahoo.com

CHAPTER REPRESENTATIVE

Christine Torkelson,
MS, CSC, LPC Intern, NCC
ctorkelson@gmail.com

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Shab Behzad, M. Ed., LPC, RPT
sbtherapist@gmail.com

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NTC Chapter Representative



TAPT Deadlines Updates

Recognize your peers! Nominations for the Nancy Guillory Award are due no later than March 1, 2011. The award will be given to a Mental Health Professional who has made a substantive impact on the lives of children and who has been instrumental in the promotion of play therapy. Any nominee must be a current member of TAPT, a resident of Texas, and continue to meet TAPT membership requirements. Please submit letters of nomination to Yvonne Garza at ygarza@shsu.edu, thank you!

Reminder to chapters! Applications for the Lone Star Award are due no later than February 15, 2011. This prestigious award is given to local chapters exhibiting outstanding service to membership, the promotion of play therapy, and the credentialing of Registered Play Therapists.

Criteria include:

- ¾ local chapter members are also current members of APT/TAPT
- 2% of local chapter members are RPT/S
- All board members of the local chapter are members of APT/TAPT
- Local chapter provides at least 6 hours of APT-approved CE's to membership each year
- Local chapter posts all CE workshops on the APT website
- Local chapter has at least once promoted the value of play and play therapy to the general public, segments thereof, e.g. other mental health professionals, the medical or legal professions, the insurance industry, schools or universities.

Please submit appropriate documentation to Mary Morrison at mmorrison@txstate.edu by 2/15/11!

Dan E. Homeyer Research Award: Grant applications are due March 1, 2011. Please visit the TAPT website for the criteria and downloadable application:
www.txapt.org/grant_award.html