



April 1, 2009      Volume 14, Number 1

## TLC: Transforming Lives Through Connections

Excitement is building for **Transforming Lives Through Connections**, the theme of Colorado Association for Play Therapy's 15<sup>th</sup> Annual Conference, April 24<sup>th</sup> and 25<sup>th</sup>, at the Ramada Plaza Hotel in Northglenn. Brochures went out by USPO in early March, and you can access the same brochure at CAPT's web site, [www.coloradoapt.org](http://www.coloradoapt.org). Those who attend both days receive 12 contact hours toward the 36 hours required every 3 years for renewal of their Registered Play Therapist (RPT) status. Reservations are already coming in. If you have not yet registered to attend, be sure to do it today!

Knowing how important it is for everyone interested in play therapy to come to this conference, the board made a special effort to keep the price at a reasonable level

again this year. Remember, if you sign up for APT membership prior to registering for the conference, you attend the conference for a reduced fee. In addition, those who register by the April 10 deadline save \$35 over those who wait until the day of the conference to sign up. We have an outstanding array of speakers and presenters again this year.

**Friday Our Keynote Speaker is Dr. Daniel Sweeney, Ph D, LPC, LMFT, RPT/S, President of the International Association for Play Therapy.** Dr. Sweeney is a Professor of Counseling and Director of the Northwest Center for Play Therapy Studies at George Fox University in Portland, Oregon. He has extensive experience working with children, couples, and families in a variety of settings, including therapeutic foster care, community mental health, private practice, and pastoral counseling. He is a frequent presenter at national and international conferences on topics such as play therapy, filial therapy, and sand tray therapy. Books he has written or contributed to include: *Play Interventions with Children's Problems*, *Counseling Children Through the World of Play*, *Sand Tray Therapy: A Practical Manual*, and *The Handbook of Group Play Therapy*.

**Dr. Sweeney's topic Friday will be: Expressive Therapies with Trauma and Attachment Disruption.** Trauma and attachment disruption cause both psychological and neurobiological injury to those exposed to it. These effects call for therapeutic interventions that recognize these consequences and also honor the developmental level of the client. Expressive and projective therapies such as art, sand, and play therapies bring both neurological and developmental benefits. Friday's workshop will focus on attachment, trauma and neurobiological factors combined with the psychotherapeutic and neurotherapeutic benefits of play therapy. (For a more lighthearted opportunity to become better acquainted with our speaker, [see related article "Ten Questions for Daniel Sweeney" on page 4.](#))

**As a special bonus, Colorado's own First Lady, Jeannie Ritter**, who has a continuing interest in advocating for mental health in Colorado, will start our morning off with a special welcome. ([See related article on page 5.](#))

**Saturday we offer eight stimulating and interesting themes for break-out sessions.** Two of the trainings will be all-day events: 1) Jungian Concepts in Play Therapy, and 2) Systemic Art Therapy: The Integration of Systemic Theory In Clinical Practice of Art and Play with Individuals, Couples, and Families. Additional three-hour sessions include: Using Sandplay in Play Therapy; Metaphors and Experiential Play Therapy; Play Therapy for Individuals with Developmental Disabilities; Play Therapy with Children and Families Impacted by Substance Abuse; Using Music with Play Therapy; and Combining Dialectical Behavioral Therapy with Play Therapy.

**Presenters for Saturday's sessions are:** Sally Bonkrude, Sarah Gallegos, Linda Klein, Evelyn Leslie, Reo Leslie, Nancy McGeown, Byron Norton, and Deborah Thompson. The board of CAPT wishes to thank these individuals who give of their time and expertise to educate and inspire us all. Be sure you extend your appreciation to them when you see them.

***Whatever else you do, mark your calendar now and don't fail to attend this outstanding conference!***



## President's Note...

Greetings to all CAPT members! I hope this letter finds all of you well and thriving in your careers and businesses in spite of the economic troubles. I'm excited to be your new President for CAPT. With the job come many challenges both big and small. The board of directors is still very committed to you our members. In this commitment we continue to strive to bring you more communication, great training

opportunities, and outreach to the western slope, eastern, and far southern Colorado.

We are excited and busy working on CAPT's Annual Spring Conference. Part of our excitement is having Colorado's First Lady Jeannie Ritter give the opening and welcome statements. Jeannie Ritter has acted as an advocate for mental health issues and works to raise awareness about this important subject.

Then we have the wonderful opportunity to learn from Daniel Sweeney, PhD, LPC, LMFT, and RPT-S who is our key note speaker. As you will see in this newsletter Daniel is the President of APT and a Professor of Counseling and Director of the NW Center for Play Therapy Studies at George Fox University in Portland, Oregon. Your brochures should have arrived in the mail.

The board does our utmost to bring top names in Play Therapy to our annual conference. Along with the keynote you will find opportunities for a variety of play therapy topics for the breakouts. This was one of the important pieces of feed back from our last conference that we wanted to continue to attend to. It was also important to us to keep the conference prices the same as last year despite the rising costs of running a conference.

As Play Therapists our jobs are not easy and most certainly not for the faint of heart. We hear and witness some of the most horrendous acts human beings do to children. Our hope with this conference is that you our members and other fellow clinicians can find renewed energy, renewed hope, renewed dedication, and excitement in the incredible work we do to help heal children, and help preserve families.

I look forward to seeing you at our conference.

*Darla Kraft*

### CAPT Board Philosophy

As a board we honor and respect children. We share the philosophy that children have the capacity within themselves to find their own path to healing through play. We believe in empowering children, holding them in high regard, and valuing children as human beings. All children have the right to therapy appropriate to their developmental needs. As a Board, representative of CAPT, we uphold this standard at all times.

The CAPT News is the official periodical publication of the:

Colorado Association for Play Therapy  
P.O Box 270471  
Fort Collins, CO 80525

Phone: 970.797.1541; Fax: 970-484-6866

E-mail Address: [coloradoapt@gmail.com](mailto:coloradoapt@gmail.com)

Website: <http://www.ColoradoAPT.org>

The newsletter is a forum to further promote the goals of CAPT.; the development, enhancement and improvement of play therapy through educational services to professionals in the field of play therapy. We encourage individual contributors to send news items, articles, letters, and advertisements for products, services, and training pertinent to play therapy.

Please send your submissions to:

Penny Thome  
1510 Glen Ayr Drive, #5  
Lakewood, CO 80215  
[pennythome@peoplepc.com](mailto:pennythome@peoplepc.com)

CAPT does not endorse any perspective or methodology but presents articles addressing a variety of issues pertaining to play therapy.



### CAPT Board of Directors

**President:**

Darla Kraft

**Past President:**

Heather Helm

**Secretary:**

Kathryn Clarke

**Treasurer:**

Pat Smith

**Directors:**

Evelyn Leslie, Penny Thome

**Student Representative:**

Jamie Carden-O'Brien

## STUDENT'S CORNER

CAPT is happy to introduce the newly-elected student representative to our board: Jamie Carden-O'Brien. According to the by-laws, a student rep attends meetings, but does not vote. That does not mean the rep is inactive, however! Jamie has been busy arranging for student volunteers to assist in making the April CAPT Conference a success.

Here's a bit more information about Jamie. She is in the Counselor Education and Supervision PhD program at the University of Northern Colorado, with an emphasis on working with children and adolescents. Before returning to school for her PhD studies, Jamie worked at CrossRoads, which is the domestic violence shelter in Ft. Collins, as a youth advocate; and then as a mental health specialist with Connections; moving to a job as therapist with Larimer Center for Mental Health. She currently see clients in a private practice setting and wants to work again with a mental health agency. Her work at the shelter was with children and she currently sees children, but she also worked with adults when with Connections and Larimer Center. "



INTERESTED IN VOLUNTEERING?

YOUR HELP IS NEEDED!

Mental Health America of Colorado's **Pro Bono Outreach Program** coordinates the donated mental health services of licensed mental health professionals and Masters and PhD-level candidates for licensure, at community host sites that serve low-income and homeless populations. Community host sites are agencies (nonprofit organizations & schools) that either have limited, or no, mental health resources for their clients. Mental health services include, but are not limited to individual, family, and/or group counseling, program and/or case consultation with host site staff, and supervision of candidates for licensure.

For more information about the program, and/or to download a Professional Volunteer Application, please visit MHAC's website at [www.mhacolorado.org](http://www.mhacolorado.org) or contact:

Lauren Martin, MSW

**Mental Health America of Colorado**

(formerly the Mental Health Assoc. of CO)

Direct Line 720.208.2231; Fax: 720.208.2250

[lmartin@mhacolorado.org](mailto:lmartin@mhacolorado.org)

Students

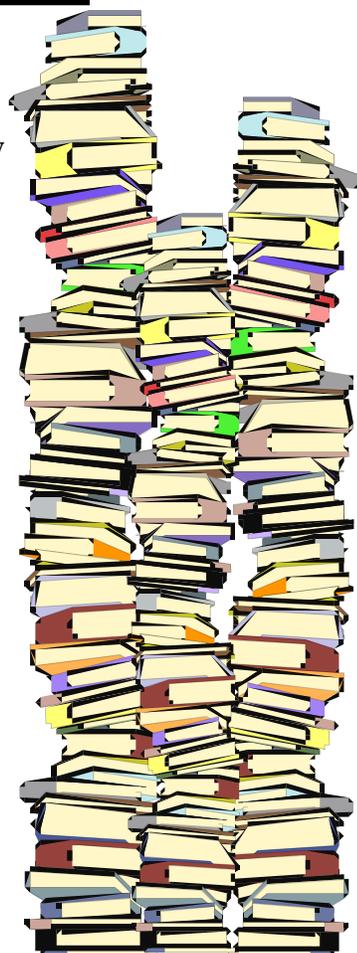
## BOOK REVIEW

**Window Frames: Learning the Art of Gestalt Play Therapy the Oaklander Way**

By Peter Mortola; published by Routledge (2006) 352 pages

The intent of Window Frames is to help the reader gain a well-framed window into Violet Oaklander's methods of training and therapy. The title of the book is a play on words and also quickly brings to mind Violet's ground-breaking book, Windows to Our Children. Peter has worked and trained with Violet for many years. In his book, Peter draws a parallel track between Violet's manner of training adults and methods of doing therapy with children and adolescents. Peter chronicles Violet's two-week intensive training, which she does in the summer at Santa Barbara, California. Peter gives descriptive observations and reflective analysis within each chapter that offers the reader a clear sense of Violet's methods and rationale. For those of us who enjoy using the expressive arts, Violet's process becomes easy to utilize with drawing, clay, puppets, and music. The therapeutic process can be broken down into four easy-to-remember parts: 1)"Imagine it", 2)"Make it," 3)"Be it," and 4)"Does it fit?" The blending of the Gestalt theory with the expressive arts also lends itself to beneficial insights for those of us who are teaching mindfulness to our children.

*This book review was contributed by Nancy McGeown. The Editor invites other members of CAPT to submit reviews of books related to Play Therapy.*



# Ten Questions to Become Acquainted with Dr. Sweeney

[Editor's Note: With apologies to TIME Magazine, we are offering our own version of "Ten Questions"....]

1. **A little personal background: Where did you grow up? What is your current family configuration?**
  - a. Born in San Antonio, TX. Grew up in Santa Barbara, CA. Currently married (26+ years) with four children [3 daughters (24, 21, & 18) and 1 son (16)]. Oldest daughter getting married on March 21<sup>st</sup>.
2. **What drew you to play therapy in the first place?**
  - a. Was working in therapeutic foster care, and having a challenging time making contact with traumatized children. Discovered that children seemed less threatened when engaged in a play activity.
3. **What are some significant early experiences that influenced your development as a play therapist?**
  - a. First training was from Byron Norton [around 1989]. Additional training at University of North Texas [UNT] Center for Play Therapy summer institute. Moved to Texas and got doctoral training at UNT.
4. **What continues to draw you—what do you “get a kick out of” about doing play therapy?**
  - a. Seeing the relief in children in therapy when they realize that they won't be forced out of their own world into the adult world of therapy.
5. **What do you see as your unique strengths as a play therapist?**
  - a. Unwavering belief in the child's ability to grow, change, and establish mastery & control.
6. **Back to you personally: What makes you laugh?**
  - a. Comedy involving animals, stupid criminal stories, the intensity with which many approach political issues [in government., religion, universities, etc.], & laughing at my own silly mistakes.
7. **What are some hobbies or favorite recreations?**
  - a. First choice with any extra time – sleep. Also like playing & watching sports. Spending time with the family.
8. **Favorite food?**
  - a. Eggs Benedict.
9. **What's guaranteed to “get your goat”?**
  - a. Hypocrisy.
10. **And finally, if any of us were to find the time and energy to do advance preparation for your presentation (reading, etc.), what would you recommend?**
  - a. Get a good night sleep – a day of training is a lengthy effort.





## Special Guest Speaker: Colorado's First Lady, Jeannie Ritter

When Jeannie Ritter became Colorado's First Lady in January 2007, upon the inauguration of her husband Bill Ritter as our state's governor, she said she realized "...I had this short window of opportunity..." to advocate for the issue of mental health awareness. As mental health professionals, we are thrilled that she is spotlighting our cause. Motivated in part by her experience with a sister diagnosed with bipolar disorder, Mrs. Ritter wants to make discussion of mental health "as normal as talking about...coffee."

Long before becoming our First Lady, Mrs. Ritter has demonstrated passion and compassion in reaching out to people. A graduate of UNC Greeley with a degree in special education, she's worked with elementary-school, emotionally disturbed children.

In the early years of their marriage, Jeannie and Bill, with their young children in tow, served for 3 years in Zambia, Africa, before returning to Colorado. As lay missionaries for the Roman Catholic Church they ran a food distribution and nutrition center and taught health education. The Ritters are parents of four children who range in age from adolescent to young adult.

In the past two years, Mrs. Ritter has made it her goal to educate herself about mental health issues, traveling around the state, listening carefully and learning. Colorado needs advocates for mental health. Among the states, Colorado ranks 33<sup>rd</sup> in spending for mental health, and as a percentage of the total state budget, spending on mental health services has declined: in 1970, 3.9 percent of the budget went to mental health, while in 2000, it dropped to 1.4 percent. In 2005, more people in Colorado died of suicide than motor vehicle accidents. When Mrs. Ritter was on one such journey to Walden, Colorado, a tragic incident again focused media attention on the issue of mental health. An armed man went to the office of her husband, Governor Bill Ritter, declaring he was "the emperor." A state trooper shot and killed this young man, whose mother had told police was delusional and being treated by a psychiatrist.

One article quoted Mrs. Ritter as saying it brings her satisfaction to offer a hand to those ill-equipped to help themselves. As play therapists, this attitude mirrors our sentiments as we seek to help the vulnerable children who are our clients.

Jeannie Ritter's reputation as a speaker is one of being serious about the topic of mental health, but the honesty, openness, and authenticity she brings, combined with her sense of humor, encourage her listeners. Her interactive style allows her audience to have an enjoyable time.

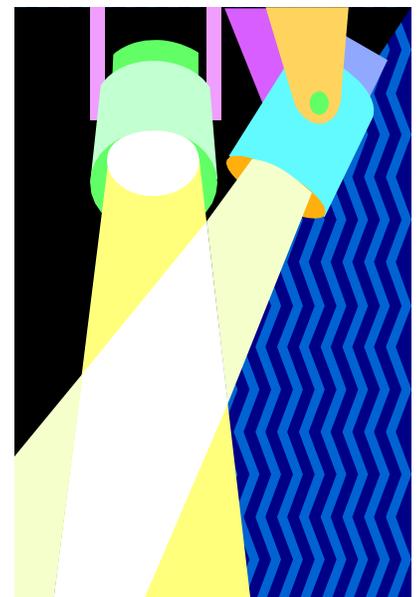
We look forward to our opportunity to hear Jeannie Ritter in person at the April CAPT conference. Don't miss it!

*Information for this report was gleaned from the First Lady's official web page, from an article in the August 4, 2007, Rocky Mountain News by Chris Barge, and a February 25, 2007, Denver Post article written by Alicia Caldwell.*

## Spotlight on New Director-at-Large: Mrs. Evelyn Leslie

Evelyn Leslie joins the CAPT Board "with joy". She was the Colorado Association for Play Therapy Therapist of the Year in 2002; a Diplomat for Clinical Sexology; served as a Governor-appointed professional member of the Colorado Mental Health Grievance Board; is ADAD III certified; and is the Assistant Director for The Colorado School for Family Therapy. Evelyn is Adjunct Professor at Regis University. And of course she is a Registered Play Therapist. She has so many designations we can't list them all! Mrs. Leslie has been a spokesperson for family therapy on 3 Denver television stations. In the midst of this, she is also a Ph.D. candidate. Finally, Evelyn is warm and gracious and FUN.

***A big CAPT welcome to Mrs. Evelyn Leslie.***



## Children and Confidentiality

The American Counseling Association Code of Ethics states in section B.5.a., “Responsibility to Clients: When counseling minor clients or adult clients who lack the capacity to give voluntary, informed consent, counselors protect the confidentiality of information received in the counseling relationship as specified by federal and state laws, written policies, and applicable ethical standards.”

It further states in section B.5.b., “Responsibility to Parents and Legal Guardians: Counselors inform parents and legal guardians about the role of counselors and the confidential nature of the counseling relationship. Counselors are sensitive to the cultural diversity of families and respect the inherent rights and responsibilities of parents/guardians over the welfare of their children/charges according to law. Counselor work to establish, as appropriate, collaborative relationships with parents/guardians to **best serve** clients.”

The issue of children and confidentiality is no longer an all-or-nothing issue. Legal thinking on this topic has taken a shift to recognize children’s competence as being linked to their level of maturity and understanding rather than simply being related to a fixed chronological age. (Daniels & Jenkins, 2000).

However, confidentiality with minors is a gray area. Nystul suggests that a counselor set up guidelines with parents and minors in regards to the nature of information

that can be given to parents. If the parents ask for their child’s or adolescent’s confidential records, the counselor is legally bound to give them the records. (Nystul, 2006).

Corey and Corey agree with Nystul. Counselors should establish the confidentiality rules in the first session regarding “the nature and extent of information that will be provided to them.” (Corey & Corey, 2007, p. 187). Minor clients have an ethical right to confidentiality, however the law still favors the rights of parents over children. Knowing the state rules on this is key. Colorado Rules state that if “the client is a child who is consenting to psychotherapy under CRS (Colorado Revised Statutes) 27-10-103(2), the mandatory disclosure is made to the child. However, if the client is a child whose parent or legal guardian is consenting to the psychotherapy, mandatory disclosure is given to the parent or legal guardian.” (Colorado Board of Licensed Professional Counselor Examiners, 2008, p. 10). Fifteen is the age of consent for psychotherapy treatment.

So, in a nutshell, the counselor should talk with the parents and the minor to determine guidelines about confidentiality. It seems the maturity level of the child is more important than the chronological age of the child. The law says the parents can ask to see their child’s file even though the child has an ethical right to confidentiality with a counselor. When children are 15, they can decide on their own.

### References

- American Counseling Association (2005). Code of Ethics. Alexandria, VA: Author.
- Colorado Board of Licensed Professional Counselor Examiners, (2008). Retrieved January 22, 2009, from [www.dora.state.co.us/Mental-Health/lpc/LPCrules.pdf](http://www.dora.state.co.us/Mental-Health/lpc/LPCrules.pdf).
- Corey, G., Corey M. S., & Callanan, P. (2007). *Issues and ethics in the helping professions* (7<sup>th</sup> ed.). Belmont, CA: Thompson Brooks/Cole.
- Daniels, D. & Jenkins, P. (2000). *Therapy with children: children’s rights, confidentiality and the law* (Ethics in practice series). Thousand Oaks, CA: Sage Publications, Ltd.
- Nystul, M. S. (2006). *Introduction to counseling: An art and science perspective* (3<sup>rd</sup> ed.). Boston: Pearson Education, Inc.

(Editor’s Note: This piece of research was contributed by graduate student Emily Richardson, who is working as an intern with Linda Klein, and is used by permission of the author. © 2009 by E. Richardson)



*Be sure to mark your calendars...*

**June 13, 2009**

**All-day CAPT Training  
In Glenwood Springs**

**Details to be announced.**



*Welcome & Thanks!*

Please welcome aboard **Mrs. Evelyn Leslie** as Director-at-Large. And, a fond farewell and sincere thanks to **Susan Crane** and **Holly Shaw** for serving on the CAPT Board. Both are departing for exciting new professional opportunities.

**To fill our open Director positions, the board is calling for nominations. If you would like to nominate a colleague or yourself, please email CAPT at [coloradoapt@gmail.com](mailto:coloradoapt@gmail.com). We hope to get nominations and vote at the Spring Conference, April 24<sup>th</sup> & 25<sup>th</sup>. If you have not received the brochure in order to register, go to the CAPT website: [www.ColoradoAPT.org](http://www.ColoradoAPT.org).**

Deepest appreciation to **Camille Harding-Ludwig** for her contributions to the CAPT Board as Treasurer and Director. We also thank **Shirley Vortherms** for her work on Gold Branch status for CAPT.



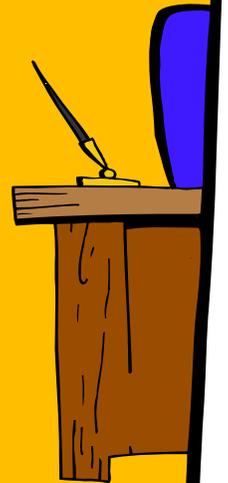
**Have you moved recently?  
Changed your email address?**

Be sure that CAPT has your current contact information so you won't miss any important news.

**It's easy to do, just email us at:**  
[coloradoapt@gmail.com](mailto:coloradoapt@gmail.com).

**Office  
Space**

Very nice office space available at  
**Adult and Children  
Counseling Service**  
5585 Erindale Drive  
Suite 204  
Colorado Springs, CO  
Please call  
Tracy Reagan Kiele  
at 719-649-8345  
for more information



## **FOSTER CARE — Online Resources Guide**

### **1. AMERICAN ACADEMY OF PEDIATRICS**

Developmental Issues for Young Children in Foster Care

<http://www.athealth.com/apps/redirect.cfm?linkid=282>

Children in foster care have disproportionately high rates of physical, developmental, and mental health problems.

### **2. JUVENILE AND FAMILY COURT JOURNAL**

Separation and Reunification: Using Attachment Theory and Research to Inform Decisions Affecting the Placements of Children in Foster Care

<http://www.athealth.com/apps/redirect.cfm?linkid=283>

This article describes recent developments in attachment theory and research and their usefulness for placement decisions.

### **3. NATIONAL COUNCIL OF JUVENILE AND FAMILY COURT JUDGES**

Questions Every Judge and Lawyer Should Ask About Infants and Toddlers in the Child Welfare System

<http://www.athealth.com/apps/redirect.cfm?linkid=284>

These checklists have been developed for use by judges, attorneys, and child welfare professionals in meeting the needs of children.

### **4. ABA CENTER ON CHILDREN AND THE LAW AND ZERO TO THREE**

Visitation with Infants and Toddlers in Foster Care

<http://www.abanet.org/child/policy-brief2.pdf>

Frequent, meaningful parent-child visits are critical for infants and toddlers in foster care.

### **5. THE FUTURE OF CHILDREN**

The Evolution of Kinship Care Policy and Practice

[http://www.futureofchildren.org/usr\\_doc/8-geen.pdf](http://www.futureofchildren.org/usr_doc/8-geen.pdf)

This article examines the unique challenges of kinship care.

### **6. CASEY FAMILY PROGRAMS AND JUVENILE AND FAMILY COURT JOURNAL**

Asking the Right Questions: Utilizing a Judicial Checklist to Track the Educational Success of Youth in Foster Care

<http://www.athealth.com/apps/redirect.cfm?linkid=285>

The checklist is a useful tool for juvenile and family court judges when assessing the effectiveness of current educational placements.

### **7. MEDSCAPE**

Addressing the Health Needs of Adolescents Transitioning Out of Foster Care

<http://www.medscape.com/viewarticle/563202>

This article looks at the problems of transition among adolescents aging-out of foster care.

### **8. CHILD WELFARE INFORMATION GATEWAY**

Child Protective Services: A Guide for Caseworkers

<http://www.childwelfare.gov/pubs/usermanuals/cps/cps.pdf>

This manual examines the roles and responsibilities of child protective services (CPS) workers.

### **9. CHILD WELFARE LEAGUE OF AMERICA**

A Family's Guide to the Child Welfare System

<http://www.cwla.org/childwelfare/familyguide.htm>

This guide answers many of the questions families face when they become involved with the child welfare system.

*This information adapted from February 18, 2009 - <http://www.athealth.com>. Please forward this newsletter to a colleague who can subscribe at [http://www.athealth.com/Practitioner/Newsletter/fpn\\_subscribe.html](http://www.athealth.com/Practitioner/Newsletter/fpn_subscribe.html) edited by John L. Miller, MD. Copyright (c) 2009 - At Health, Inc. - All Rights Reserved. 14241 NE Wood-Duvall Rd, #104 | Woodinville, WA 98072 | 360.668.3808*



P.O Box 270471  
Fort Collins, CO 80525

### **C.A.P.T. Newsletter Advertising Policy**

All advertising for C.A.P.T. News must comply with the following criteria:

- The publication of any advertisement in the C.A.P.T. News is not an endorsement of the advertiser or of the products or services advertised.
- CAPT reserves the right to reject or cancel advertising for any reason.
- Advertisements that discriminate against any group or individual will not be accepted.
- CAPT is not responsible for any claims made in an advertisement.
- Advertisement must be **prepaid and submitted in camera ready copy** which will be printed in black and white. All ads must be measured to the following specifications:

1/8 page (2 1/4"H X 3 1/2"W) \$25.00 per issue  
1/4 page (4 1/2"H X 3 1/2"W) \$50.00 per issue  
1/2 page (4 1/2"H X 7 1/2"W) \$100.00 per issue