

Your email address on file is being used to send this message. To change your address, see Update Subscription Preferences at bottom of this page.

[View this email in your browser](#)



**Megan N. Long, LPC, CRC, NCC**  
**Editor**

## ***LAPT News***

March 21, 2019

Hello, Members!

To celebrate Spring, your board has decided to do a special four part series on different tips to help you continually grow in your clinical work with children. Even though our conference is past us for this year, at LAPT we believe in continuing to learn and grow year round! To start off the series, here are some resources for working with parents.

### **Spring Tips - Part One**

#### **RESOURCES FOR WORKING WITH PARENTS**

Sometimes, working with parents can be one of the most challenging aspects of play therapy. It is helpful to have tools to teach parents that are simple to implement and that are not too complicated to understand. There are so many strategies to help in your work with parents. If only we could cover them all!

First, let's review Positive Discipline. This approach has truly stood the test of time. One of the foundations of this philosophy is being *both* kind AND firm with children. For information on the history and basic philosophy of Positive Discipline, check out this [great article](#). An option to incorporate this into your

work is to give a copy of this handout to parents at the initial intake, and then follow up with varying tips from the workbook, books, or website in your parent consultations. This allows for consistency in providing applicable tips to parents in each consultation and can be tailored to fit the individual needs of each family. Discussing parenting techniques and styles can be helpful because it can empower parents to reinforce the work done in the playroom at home. Some of the tips and techniques of positive discipline can also be applied with teachers! The ideas are limitless.

Parents often have questions about how and why play therapy is effective. I recommend showing them the [video of Andrew](#) by the Association for Play Therapy YouTube channel to help get this conversation started. In the video, Andrew is presented as a child who is able to clearly articulate his feelings. The humor in the video is in the fact that children are often not able to clearly express their feelings verbally and often cannot explain why they behave in ways that they do. This can help parents to understand that play is a child's first language. Use this as an opportunity to discuss your role as a play therapist!

In addition to the resources provided in the Parents' Corner on the [APT website](#), there is a [brief article by Lynn Louise Wonders](#) about ways to help parents understand play therapy. This article reinforces what is learned through the video of Andrew and what is listed in the APT Parents' Corner. Wonders focuses on the importance of recognizing the power of play as the child's natural language. Review this and the many other resources out there and find what resonates with you. When you connect with why you truly believe play therapy works, your authenticity will help develop trust with parents.

## **PLAY THERAPY INTERVENTIONS**

As you know, your board is still over the moon with all of the great techniques Liana Lowenstein taught us at our 2019 annual conference at Loyola in February. She provided so many rich interventions to use in work with clients. One that really made an impact was [Cookie Breathing](#). This technique helps to explain how to appropriately use mindful breathing to help calm negative emotions. This has been helpful in work with kids and even adults, too! Try it out for yourself, and share this with your clients! For more of Liana's wonderful techniques, check out her [website](#).

That's it for today's tips to kick off our Spring learning series! Your LAPT board hopes these tips and resources are helpful to you. Stay tuned for the next tips coming soon!

---

***Caption This Competition***

We are having a *Caption This* competition! What is your favorite way to use this toy? Submit your response in caption form to [LA4PTpresident@gmail.com](mailto:LA4PTpresident@gmail.com), and the winning caption will be shared on the [LAPT Facebook Page](#) on April 1, 2019!



---

## Reminders

- Would you like to be featured in one of our monthly member spotlights? If so, please send a photo and a brief bio about your work in play therapy to [la4ptpresident@gmail.com](mailto:la4ptpresident@gmail.com)!
- Send in your photos for Facebook, website and news blast material to: [La4ptpresident@gmail.com](mailto:La4ptpresident@gmail.com)
- Please like [Louisiana Association for Play Therapy on Facebook](#).

*Copyright © 2016 Louisiana Association for Play Therapy, All rights reserved.*  
Your email address on file is being used to send this message.

**Our mailing address is:**  
Louisiana Association for Play Therapy  
9618 Jefferson Hwy, Ste. D-126  
Baton Rouge, LA 70809  
[Add us to your address book](#)

[unsubscribe from this list](#) [update subscription preferences](#)

