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Editor

## ***LAPT News***

March 28, 2019

Hello, Members!

To celebrate Spring, your board has decided to do a special 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 a grow year round! Last week, in part one, the focus was on working with parents and on the [Cookie Breathing technique](#) that Liana Lowenstein taught us at the conference earlier this year. Today, let's look at the ways in which reading can impact your play therapy practice! First, here are a couple of options for books to use in bibliotherapy with children with anxiety.

### **Spring Tips - Part Two**

#### **BIBLIOTHERAPY WITH CHILDREN**

Sometimes, reading a good book can be great therapy. This can be especially true for clients who are slow to warm up or who have difficulty incorporating coping skills taught in session into their day to day life. [Is a Worry Worrying You](#) by Ferida Wolff is a wonderful little book focusing on every day fears, worries, and anxieties that can increase anxiety and depression in children. Included are also ways to handle these worries.

A tip for using this book is to pause frequently to encourage children to develop their own way to manage the stressors posed in the book. The description on Amazon is something quite relatable for those of us who work with anxious children. It says, “Adults think of childhood as a carefree time, but the truth is that children worry, and worry a lot,” which is something that can be helpful to share with parents, teachers, and other important adults in a child’s life.

Next, [I Can Handle It](#) by Laurie Wright is another great book for helping kids to face worries and feel empowered to manage difficult situations. This book is often selected by children because it is thin, easy to read, and does not look threatening or overwhelming. The book is especially helpful because it focuses on the importance of reframing negative self-talk. When children are able to practice telling themselves that they can handle tough situations, over time they will come to believe this to be true.

### **READING SUGGESTIONS FOR PLAY THERAPISTS**

In addition to helping clients through bibliotherapy, learning about new techniques and frameworks to conceptualize client work can help to enhance your skill set. [The Whole Brain Child](#) by Daniel Siegel is a helpful book to explain the science of how children’s brains work. This knowledge can help you in your understanding of how children learn and also help you to communicate this knowledge to parents and caregivers. While on the subject of Daniel Siegel, check out [this video](#) explaining his hand model of the brain. It is helpful to share this video with parents, or, if you are comfortable, learn the hand model and teach it to families to help them understand the fight or flight response and the importance of allowing time to cool down prior to engaging with a child.

We hope you enjoyed these tips! Stay tuned for part three of this series coming soon!

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### ***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!



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## 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](#).

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