

# QUARTERLY NEWSLETTER

March 2020



## **Members and Friends of the WV Association for Play Therapy**

We will not be having a Spring Conference due to the unavailability of the speaker and the current COVID-19 crisis. The plan is to have our conference in September 2020. Details are not finalized.

More to come at a later date.

## **COVID-19 Resources for Play Therapists**

We are all completely changing the way we do our jobs and with that comes additional stress and concerns.

As always, please visit the Association for Play Therapy website for up to date information and resources about play therapy and play therapy best practices.

<https://www.a4pt.org/>

## **Gil Institute Resources**

[http://www.gilinstitute.com/assets/images/GITRE\\_COVID\\_19\\_GUIDELINES%20FOR%20PARENTS\\_BRAIN\\_AND\\_BODY\\_HYGIENE.pdf](http://www.gilinstitute.com/assets/images/GITRE_COVID_19_GUIDELINES%20FOR%20PARENTS_BRAIN_AND_BODY_HYGIENE.pdf)

[http://www.gilinstitute.com/assets/images/GITRE\\_CV19\\_Reassure\\_through\\_Action\\_J%20Shaw\\_03172020.pdf](http://www.gilinstitute.com/assets/images/GITRE_CV19_Reassure_through_Action_J%20Shaw_03172020.pdf)

## **Telehealth Play Therapy Resources**

There are several different videos and articles on this site, including Creative Interventions for Online Therapy with Children by Liana Lowenstein.

Also, check out Dr. Rachel Altvater's presentation, Introduction to Tele-Play Therapy: Considerations and Preparations.

She presented to WVAPT in 2018. She has lots of research backed information in using technology in play therapy.

<http://creativeplaytherapist.com/teleplaytherapy/>

## **Trauma Informed Resources**

- Facebook page of Stephanie Grant PhD. She is the Director of Infant Mental Health and Trauma Informed Communities at DE Behavioral Health in Michigan. There are a variety of resources centered around traumatized kids and the COVID-19 crisis

<https://www.facebook.com/stephaniegrantphd/>

- The National Child Traumatic Stress Network also has some great resources.

<https://www.nctsn.org/>

## **Free Headspace Subscription**

Remember, if we do not take care of ourselves, we cannot take care of our families, loved ones and certainly not our clients.

Headspace is offering a free subscription through the end of the year to health professionals with a NPI number and email address.

<https://www.theverge.com/2020/3/16/21181773/headspace-free-health-care-provider-public-health>

## **Please Share and Connect**

Share any therapeutic resources or innovative ideas that you are currently using in your work to assist kids and families with managing their emotions during the COVID-19 crisis. Please share to our Facebook page: <https://www.facebook.com/wva4pt>