

MEMBER SPOTLIGHT

March 2020



Members and Friends of the WV Association for Play Therapy

We would like to feature at least one of our members every quarter. This quarter we are featuring Patty Grady LICSW, TF-CBT, RPT-S. Read about the drumming program Patty is doing at Hinton Area Elementary School in Hinton, WV.

Our Child Advocacy Center in Summers County was awarded a grant to attend the training entitled “Beat The Odds- Social and Emotional Skill Building Delivered in a Framework of Drumming- An Evidence-Based Curriculum.” It was developed by Ping Ho, MA, MPH, Giselle Friedman, LCSW, and Mike Demenno, drum circle facilitator. The curriculum was published by UCLArts and Healing, 2018.

Kimberly White, LCSW and WVAPT member, of our CAC attended the training and shared her expertise with me. Our agency was able to purchase 20 drum heads which easily fit onto a Lowes or comparable 5-gallon bucket.

Hinton Area Elementary was eager to co-partner with the CAC to implement this 9-session program. This is a peer helping peer group with 10 2nd -5th graders. The children were selected based on history of trauma and dysregulation symptoms. There are also four mentors who had experienced trauma also, but no dysregulation. We are currently in week 5 and the classroom teachers are already reporting positive changes. The curriculum is theme focused and includes student led activities such as drum rumbles, giving and receiving, positive affirmation beats and more. All beats and affirmations are repeated several times for internalization. Included in the book is a CD which shows each activity. Many learn better by listening and watching rather than reading.

Seeing such changes in a short period is encouraging. The curriculum is easy to follow and I will probably run over 9 weeks due to time constraints. I would highly recommend this program. Also, if you wish to offer it at a school check with the music teacher as many of them already have drums that may be utilized. I always have a co-facilitator to assist, which is helpful.

This can also be offered in an individual therapy session for regulation and cognitive coping utilizing positive statements put to the beat of the drum.

For more information about this interesting program, please email our board member, Patty Grady: gradyp1225@yahoo.com

We hope that Patty, along with the rest of us, can return to all of the great in-person programs and services we are providing to the kids and families in our towns and communities very soon.

Please Share and Connect

We would love to hear what YOU are doing in your corner of West Virginia. Please share your awesome play therapy ideas and techniques. Maybe you will be featured in a future Member Spotlight!

Please share to our Facebook page <https://www.facebook.com/wva4pt> or website <https://www.wvapt.com/>

AND....Don't forget about our 2020 Conference. We are planning on September 2020 in the Teays Valley, WV area. Patty will be giving a drumming demonstration. We cannot wait to see it! More conference details to come!