



Pennsylvania Association for Play Therapy E-Newsletter

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Bibliotherapy for Play Therapists

By Danielle Budash

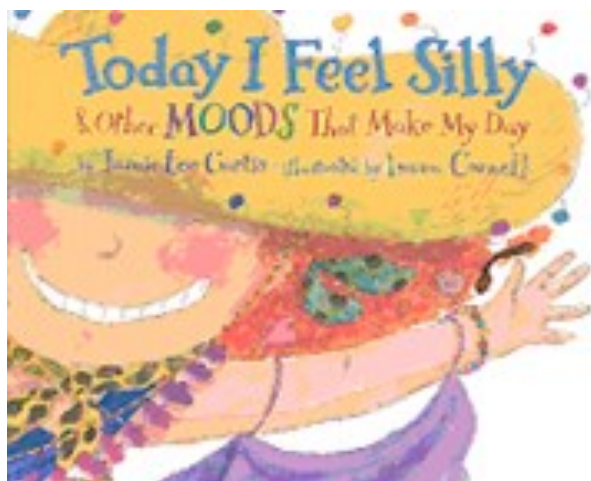
Bibliotherapy is a therapeutic technique that uses the healing power of books to help children navigate, learn from, and cope with a variety of life circumstances and a range of social, emotional, behavioral, and developmental concerns. Bibliotherapy can be used in conjunction with play therapy to provide children with a non-threatening and fun therapeutic experience. Tailoring the approach to the specific client or group makes bibliotherapy in the context of the play therapy relationship incredibly powerful. The combination of books and play adds value to the therapeutic process and aids in the progression of treatment by encouraging the expression of emotions, making meaning of life events, relationships and self, and, ultimately, fostering growth and healing.

I love books and reading to children. This passion was instilled in me from a young age and has become an integral part of my clinical and therapeutic practice. “Today I Feel Silly” was one of the first books I added to my bibliotherapy library and continues to be a favorite today. “Pu’ulei and the Everyday Rainbow” is a newer book that I have grown to love. I encourage you to build your own ABC...Amazing Bibliotherapy Catalogue!

Bibliotherapy for Play Therapists *continued*

Today I Feel Silly by Jamie Lee Curtis

This fun, playful book with rhyming passages is great for feelings identification and expression. The story covers a range of pleasant and unpleasant feelings that are easily relatable for children.

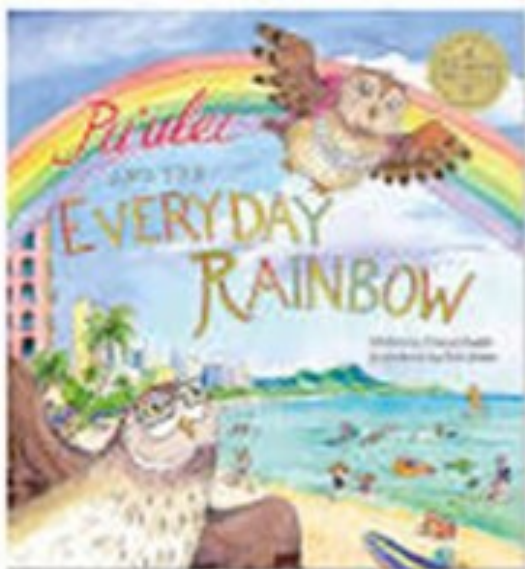


Play Therapy Activities:

Feelings identification: Choose a playful game to practice identifying feelings (ex. feelings charades, feelings bingo, Flip Flop Faces Emotions in Motion, etc.). For those practicing telehealth, this can also be done virtually by using videos on YouTube (ex. Sesame Street: Name that Emotion with Murray; Inside Out: Guessing the Feelings).

Measuring feelings: Children can learn more about their feelings and measure specific feelings with a feelings abacus or feelings thermometers.

Pu'ulei and the Everyday Rainbow by Crissy Miyake



In this delightful, colorful story, Pu'ulei teaches her father the importance of slowing down and noticing the beautiful things in the world to create an “everyday rainbow.” This book combines mindfulness and the power of positive thinking to help children learn to pay attention to the positivity that exists in their lives to increase appreciation and gratitude. The simple act of looking for your “everyday rainbow” can shift children’s (and adult’s) perspective to improve self-esteem, mood, and pessimism.

Play Therapy Activities (individual or group):

Color Hunt for Everyday Rainbow: This fun, playful activity can be completed outdoors or indoors. Remind children to practice mindfulness by using their senses as they look for colors to fill in their rainbow. Examples of color hunts can be found online or be creative and create your own.

Rainbow Cue Card: Children can create a cue card/picture to remind them to look for their everyday rainbow. This activity can be completed with arts and crafts, painting, coloring, etc.

Relaxation: Take children on a visualization tour of a rainbow with a guided imagery exercise. Examples include “Rainbow Walking” or “Color Connecting” from the book, “Ready, Set, R.E.L.A.X.”

About the author:

Dr. Danielle Budash received her doctorate degree from James Madison University. She is a licensed psychologist, Registered Play Therapist-Supervisor, and Certified Trauma Practitioner-Clinical. Dr. Budash has presented at the CORE National Conference and Association for Play Therapy Annual Conference on several occasions. She currently serves on the Board of Pennsylvania Association for Play Therapy. Dr. Budash is a staff psychologist in the elementary school at the Milton Hershey School, a residential school for at-risk children. Dr. Budash primarily conducts individual therapy, group therapy, and consultation with children in Pre-K through fourth grade coping with internalizing and externalizing disorders, and trauma histories.

In case you missed it...

APT is hosting the 2020 Educational Series



Due to the cancellation of the 37th Annual Association for Play Therapy International Conference, APT will be providing the opportunity for live contact training in a virtual environment. The APT 2020 Educational Series will be a 5-day educational series over a 10-week period from October through December. The live webinars will be limited to 40 participants to meet APT's training criteria for live webinars. Registration begins on September 9, 2020.

Resources for the Continued Response to COVID-19 *Returning to School*

Guidance from the Centers for Disease Control and Prevention regarding a Safe Return to School:

<https://www.contemporarypediatrics.com/view/safe-return-to-school-a-call-to-action>

American Psychological Association's Tips for Learning from Home:

<https://www.apa.org/topics/covid-19/children-self-regulation.pdf>



For more information, visit:

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

[PA-APT Facebook Group.](#)

Want to contribute to a future edition of the e-newsletter?

Contact Courtney Alvarez at cmalvarez@carlow.edu.