



E-NEWSLETTER

July 3, 2023

Training Opportunity in PA!

Building your own ABC: Amazing Bibliotherapy Catalogue!

Danielle B. Newkam, Psy.D., RPT-S, CTRP

**HOLIDAY INN EXPRESS STATE COLLEGE
1925 Waddle Road, State College, PA 16803**

Saturday, September 16th

Time: 12:00 p.m.-3:00 p.m.

Three contact hours of continuing education

Please visit our website paapt.org for pricing and registration information!



This workshop will guide participants in building a bibliotherapy bookshelf. Presented books will be catalogued, and participants will leave with a collection of bibliotherapy stories and play therapy techniques. Let's build, read, and play together!

From the Presenter:

What is bibliotherapy and why is it important? Bibliotherapy is a therapeutic technique that utilizes books to help children think about, understand, and process social, emotional, behavioral, and developmental concerns as well as a variety of life circumstances. Bibliotherapy is an effective and beneficial strategy that allows a child to connect with book character(s), discover coping skills and solutions to problems, while gaining insight into their own situation and concerns.

How do you choose the right book? It is important that books be developmentally appropriate, well-written, and appealing; however, books should be carefully matched to a child's presenting problem or life situation so that the child becomes emotionally involved in the story. Bibliotherapy can be used in conjunction with play therapy to provide children with a nonthreatening, fun, therapeutic experience. When a book is chosen, a play therapy tailored intervention can be incorporated that addresses a child's specific needs. The combination of bibliotherapy and play therapy capitalizes on the receptive and expressive language and learning that is important in the development of childhood.

My workshop will introduce participants to the benefits and building blocks of bibliotherapy and how to build a booming bookshelf. The books will be catalogued and cover a range of topics including emotional regulation, feelings identification, family issues, trauma, social issues, social-emotional learning, etc. The play therapy techniques presented will include the use of creative arts, sandtray, games, fantasy/puppet play, role-playing, etc. The workshop will guide participants in building their own ABC or Amazing Bibliotherapy Catalogue...by reading and playing together!

I hope you can join us!

Danielle



Member Spotlight



Ashley is a Licensed Professional Counselor (LPC) and a Licensed Behavioral Specialist (LBS). She has been practicing in the field for 10 years, three years as an LPC at New Journey Family Center. Ashley is a trauma based clinician who works with clients ages three and up. She is a clinically certified trauma professional (CCPT), a certified child and adolescent trauma professional (CATP), EMDR trained, Synergetic Play Therapy informed, and is a Registered Play Therapist (RPT). Other specialities include Third Culture Kids, Missionary Kids, Depression, Anxiety, Separation Anxiety, and Adjustment Disorders.

We Want to Hear From You!

Are you a new member?

Will you share your membership anniversary?

Do you have a recap of a recent workshop or conference?

Have you recently read a book and want to submit a review?

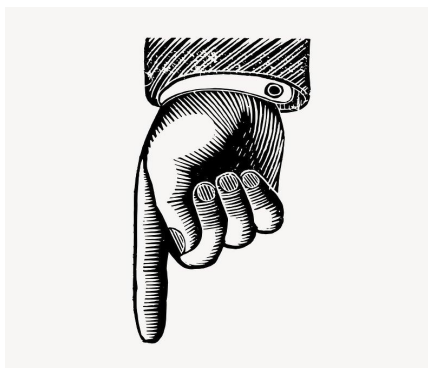
Do you have a new technique you are willing to share?

Do you have knowledge of any upcoming webinars or workshops?

Are you serving on a committee and have updates to share?

If yes, submit the attached form for consideration in the next newsletter.

Looking for Live Webinar Training??





National Institute of Relationship Enhancement®
and Center for Couples, Families and Children

Play Therapy Trainings via Live Webinars – 2023

Child-Centered Play Therapy

September 8-9, 2023 with William Nordling, PhD, RPT-S

Filial Family Therapy

November 3-4, 2023 with William Nordling, PhD, RPT-S

Advanced Child-Centered Play Therapy

November 11, 2023 with Robert Scuka, PhD, MSW, Certified CCPT-S
and Trainer For Information and Registration, Please Visit

www.nire.org

“When you’re free, you can play. And when you’re playing, you become free.”

— Heidi Kadison

For more information visit:

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

[PA-APT Facebook Group](#)

Would you like to be in the *Member Spotlight* or contribute to a future edition of the e-newsletter?

Contact Jessica Cosby, Ph.D., LPC, RPT-S, ACS at **jesscosbycounseling@gmail.com**.

PA APT Newsletter Contribution

*Submit at least 15 days before the end of the month for the next scheduled newsletter.

Name:

Date:

Topic:

*Include attachments if necessary and mail to jesscosbycounseling@gmail.com.