



# E-NEWSLETTER

**March/April 2024**

The PA APT Annual Conference is Approaching!  
Early Bird Registration Ends April 5th!

**Join us for the 2024 annual PA APT conference  
with Penn State alumnus**

***Jeff Ashby, Ph.D., ABPP, RPT-S***

**April 26-27**

**Registration is open!**

**Visit [paapt.org](https://paapt.org) or social media to register**

**Collaborative Consultants will be presenting on day two of  
the conference! Workshop information and other future  
training session information can be found at:  
<https://www.collaborative-consultants.com/events>**



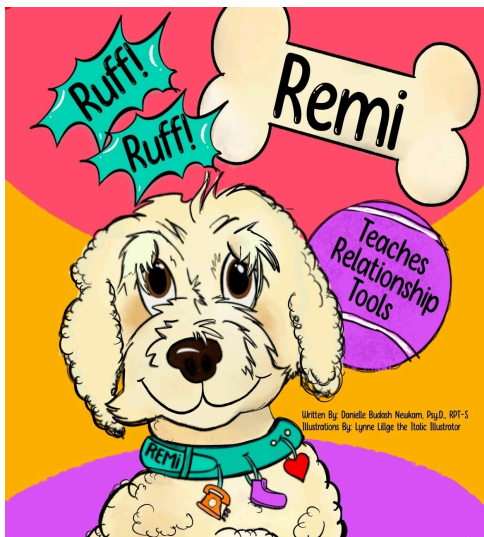


Self Esteem Shop will be offering 15% off all purchases with the preorder code below and FREE delivery to the conference if ordered by Sunday, April 14th!

Code: **PAAPT2024**

\*\*\*Remember to select FREE shipping at checkout and note "pick up at PAAPT." Additionally, anyone who preorders will also receive 15% off everything purchased at the conference\*\*\*

*On Saturday during the conference, Danielle Newkam will be selling and signing her new book, Ruff Ruff Remi.*



# Looking for contact training in PA?

*Karen Buckwalter, MSW, LCSW, RPT-S™*

**Attachment-Based Assessment and Intervention:**

**Using Play to Strengthen Family Bonds**

**June 13th-14th**

**\*See the attached information and registration form attached.**

*Also...in ALASKA!*



AKAPT's presents:

## SOUNDS LIKE FUN! ADVENTURE BASED PLAY THERAPY WITH CLIENTS OF ALL AGES



TAUGHT BY:  
**DR. JEFF ASHBY**



DR. JEFF ASHBY IS A PROFESSOR IN THE DEPARTMENT OF COUNSELING AND PSYCHOLOGICAL SERVICES AT GEORGIA STATE UNIVERSITY. HE IS THE DIRECTOR OF THE GEORGIA STATE PLAY THERAPY TRAINING INSTITUTE, A LICENSED PSYCHOLOGIST, AND A REGISTERED PLAY THERAPIST SUPERVISOR. IN ADDITION, HE IS THE CO-DIRECTOR OF GEORGIA STATE'S CENTER FOR THE STUDY OF STRESS, TRAUMA, AND RESILIENCE AND A DIPLOMATE OF THE AMERICAN BOARD OF PROFESSIONAL PSYCHOLOGY. JEFF HAS AUTHORED OVER 120 PROFESSIONAL JOURNAL ARTICLES, NUMEROUS BOOK CHAPTERS, THREE BOOKS, AND REGULARLY PRESENTS AT PROFESSIONAL CONFERENCES. HE HAS TAUGHT AND LED ADVENTURE THERAPY NATIONALLY AND INTERNATIONALLY AND IS A FACILITATOR FOR NORTH CAROLINA OUTWARD BOUND. JEFF LIVES IN ATLANTA WITH HIS WIFE AND DOG ZOEY, WITH OCCASIONAL VISITS FROM HIS FOUR ADULT CHILDREN (A CONSTANT ADVENTURE).



**12 CE  
HOURS**



**LOCATION:**

**BP ENERGY  
CENTER- BIRCH  
ROOM**



REGISTRATION:  
**AKAPT.ORG** UNDER  
TRAINING & EVENTS



**DATE/TIME:**

SEPT 19 & 20TH  
2024

9-4:30PM  
AKST

**OBJECTIVES:  
AFTER THE SESSION, PARTICIPANTS WILL BE ABLE TO:**

- 1) DESCRIBE A MODEL OF ADVENTURE PLAY THERAPY.
- 2) IDENTIFY ADLERIAN THEORETICAL CONSTRUCTS (SUCH AS CRUCIAL CS, PERSONALITY PRIORITIES, AND GOALS OF MISBEHAVIOR) TO CONCEPTUALIZE CLIENTS AND PLAN ADVENTURE THERAPY INTERVENTIONS.
- 3) IDENTIFY ADLERIAN THEORETICAL CONSTRUCTS TO ADVENTURE THERAPY INTERVENTIONS.
- 4) EXPLAIN HOW TO SELECT AND SEQUENCE ADVENTURE PLAY ACTIVITIES.
- 5) EXPLAIN HOW TO LEAD AND PROCESS ADVENTURE PLAY ACTIVITIES.
- 6) SELECT AND UTILIZE ADVENTURE PLAY THERAPY TECHNIQUES TO INCREASE CLIENTS' ABILITY TO CONNECT WITH OTHERS AND BUILD RELATIONSHIPS.
- 7) SELECT AND UTILIZE ADVENTURE PLAY THERAPY TECHNIQUES TO INCREASE CLIENTS' ABILITY TO EFFECTIVELY COMMUNICATE AND RESOLVE CONFLICTS.
- 8) SELECT AND UTILIZE ADVENTURE PLAY THERAPY TECHNIQUES TO INCREASE CLIENT'S SENSE OF SELF-WORTH AND SELF-CONFIDENCE.
- 9) SELECT AND UTILIZE ADVENTURE PLAY THERAPY TECHNIQUES TO INCREASE CLIENT'S ABILITY TO COMMUNICATE THEIR THOUGHTS AND FEELINGS.
- 10) USE ADVENTURE THERAPY PLAY TECHNIQUES IN TREATMENT PLANNING FOR INDIVIDUAL CLIENTS AND GROUPS.
- 11) USE ADVENTURE THERAPY PLAY TECHNIQUES IN TREATMENT PLANNING FOR GROUPS.
- 12) IDENTIFY WAYS TO EFFECTIVELY ENGAGE PARENTS AND FAMILIES IN ADVENTURE PLAY ACTIVITIES.

TICKETS



QUESTIONS?  
EMAIL  
MAIL@AKAPT.ORG



APT Approved Provider 12-329

Cancellation/Refunds granted one week prior to event.

## DESCRIPTION:

BE PREPARED FOR FUN WHILE LEARNING ADVENTURE-BASED PLAY THERAPY TECHNIQUES TO HELP CLIENTS GAIN A SENSE OF BELONGING AND POSITIVE IDENTITY, INCREASE SELF-ESTEEM, BUILD RELATIONSHIPS, REGULATE EMOTIONS, AND LEARN TO SHARE POWER. IN THIS EXPERIENTIAL WORKSHOP, YOU WILL ALSO LEARN STRATEGIES FOR HELPING FAMILIES OF FAMILIES IMPROVE COMMUNICATION AND FACILITATE HEALTHY PATTERNS OF INTERACTION.



## AGENDA

### Day 1:

9:00-10:30 Explore and understand a model of adventure play therapy.

10:30-10:45 Break

10:45-12:15 Adlerian theoretical constructs, conceptualize clients and plan interventions.

12:15-1:15. Lunch

1:15-2:45. Explore selecting and sequences adventure play activities.

2:45-3:00. Break

3:00-4:30 Explore how to lead and process adventure play activities.

### Day 2:

9:00-10:30 Understanding adventure play techniques benefits.

10:30-10:45 Break

10:45-12:15 Understanding adventure play techniques application to the individual.

12:15-1:15 Lunch

1:15-2:45 Application of techniques for treatment planning, individual and groups.

2:45-3:00. Break

3:00-4:30 Explore how to effectively engage parents and families.



### DATE/TIME:

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2024

9-4:30PM  
AKST



### LOCATION:

BP ENERGY  
CENTER- BIRCH  
ROOM

## *From your friendly newsletter author:*

*Hello, fellow PA APT members! If you have information to share in the newsletter, please send an email to [jesscosbycounseling@gmail.com](mailto:jesscosbycounseling@gmail.com) with networking events, announcements, photos, a member spotlight, etc. no later than the 20th of the month preceding distribution. Our newsletter will now be published six times per year in the first week of the month following the schedule below:*

**January / February  
March / April  
May / June  
July / August  
September / October  
November / December**

For more information on PAAPT 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](mailto:jesscosbycounseling@gmail.com).

# Registration for Training

## Attachment-Based Assessment and Intervention: Using Play to Strengthen Family Bonds

**June 13-14 8:30am-4pm**

This is a 2 Day Training offered by Karen Buckwalter, LCSW, RPT-S which will be held from 8:30 AM - 4 PM over 2 Days with one hour for lunch (which will be provided onsite) and Two 15 minute breaks (one in the morning and one in the afternoon) each day. We expect to offer CEs and APT credits and are in the process of working through that process. The training will be offered at the **Alliance Church of Elizabethtown located 425 Cloverleaf Rd Elizabethtown PA 17538**. For questions please contact Karen Mummau at 717-282-2908

The in-person, interactive workshop will include:

- Instruction about the Marschak Interaction Method (MIM) with an emphasis on providing parent feedback and effectively analyzing and using the MIM for treatment planning
- A brief overview of the Marital MIM
- Skills for using Video Intervention Therapy Techniques to enhance MIM parent feedback sessions
- The importance of exploring the parent's own history of being parented, ways to explore this history, and how to incorporate the parent's own history into the therapy process
- The intergenerational transmission of attachment and why therapists need to understand this process
- How the use of active play and the Theraplay Dimensions of Structure, Engagement, Nurture, and Challenge deepen parent-child relationships and reduce stress and conflict in families
- Adoption Specific Assessment and Ages and Stages in Adoption
- 7 Core Issues of Adoption
- Blocked Care - What it is, how to alleviate it, and how it impacts attachment
- Wondering, Follow and Holding - Practical Skills for Engaging Families

Participants may be given recommended readings to complete prior to the workshop to enhance learning. This workshop will be limited to 25 participants.

To Register for this workshop, complete the information below and return **no later than April 15, 2023** along with payment to [karenmummau@counselingmail.com](mailto:karenmummau@counselingmail.com) (for CC payments) or mail to 45 W Brandt Blvd Landisville, PA 17538 . Checks can be made out to **Matters of the Heart Counseling LLC**. **Credit Card payments are accepted with a \$5 processing fee.**

Registrant Name: \_\_\_\_\_

Registrant Phone Number: \_\_\_\_\_

Registrant's Organization Name and Address: \_\_\_\_\_

Registrant's Email Address: \_\_\_\_\_

Are you interested in CEs if able to provide them? (\$30 is due at the time of registration the day of the training) \_\_\_\_\_



Are you interested in APT Credits? \_\_\_\_\_

License Number (if obtaining CEs) \_\_\_\_\_

Please list any disabilities that may need accommodation: If you have food allergies you should plan to bring your own lunch. While we will attempt to make some accommodations we may not be able to meet everyone's needs nor can we guarantee there will not be cross-contamination. There is a kitchen available with a microwave and refrigerator

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Cost: The two-day training will be \$350 per person for the two days including lunch

Payment by Check can be mailed to and made out to: Matters of the Heart Counseling, LLC 45 W Brandt Blvd Salunga, PA 17538

Credit Card # \_\_\_\_\_

Zip Code: \_\_\_\_\_

Security Code: \_\_\_\_\_

Name Associated with Card: \_\_\_\_\_

Full Billing Address of Card Holder including zip code \_\_\_\_\_

By Signing I agree Matters of the Heart Counseling may charge my credit card in the amount of \_\_\_\_\_ for the training being held on June 13-14 **and I agree to the processing fee of \$5** for the use of the credit card service.

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Signature

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Printed Name

**Refunds are not available after May 15, 2024**