

January 2017



AAPT
Alabama Association
for Play Therapy

AAPT “BOARD BLAST”—Members Only!

FEATURING COMMENTS FROM:

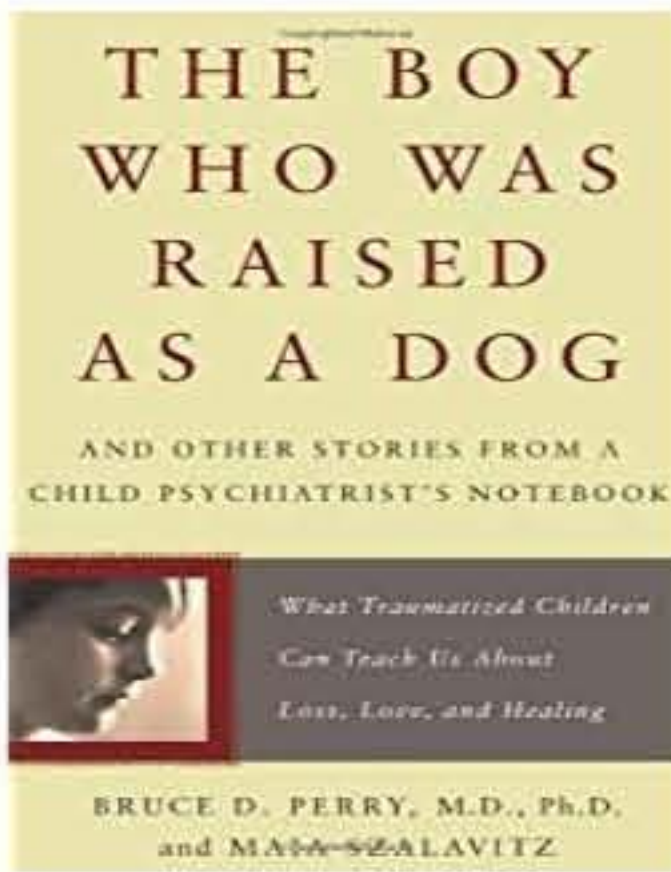
**Laura M. Brown, MS, LPC, NCC, Registered Play Therapist
2016-17 AAPT Past-President**

BOOK RECOMMENDATION

FOR: Counselors/Therapists/Social Workers and Supervisors

TITLE: The Boy Who Was Raised As A Dog

AUTHORS: Bruce D. Perry, M.D., Ph.D. and Maia Szalavitz



DESCRIPTION:

What happens when a young child is traumatized? How does terror affect a child's mind – and How can that mind recover? Child psychiatrist Bruce Perry has treated children faced with unimaginable horror: genocide survivors, witnesses to their own parents' murders, children raised in closets and cages, and victims of family violence. In this book, he tells their stories of trauma and transformation. Dr. Perry clearly explains what happens to the brain when children are exposed to extreme stress. He reveals his innovative methods for helping to ease their pain, allowing them to become healthy adults.

IMPACT ON MY PRACTICE:

I use this book as a tool and resource when working with traumatized children and their families. Explaining why and how trauma effects our brains (thoughts and behaviors) is one of the most challenging parts of my job when working with this population but this book gives me the knowledge and tools to educate my clients and families. This



deeply informed book helps me demonstrate to my traumatized children and their families the importance of understanding the science of the mind and the effects of trauma on the brain. Using the information and tools from this book has given me the hope to help ease the pain and heal the spirit of some of the most traumatized and wounded children and their families.

FAVORITE QUOTES:

“I am not what has happened to me. I am what I choose to become.” -Carl Jung

“The sign of intelligence is not knowledge but imagination.” - Albert Einstein

FAVORITE ACTIVITY

PUPPETS

One of my favorite things to use is Puppets. I use puppets to describe feelings and to role play different scenarios. I also use puppets with families and the puppets really help ease the tension and create a fun and safe way to express feelings and communicate needs. The important thing is to have a variety of puppets in a variety of sizes and characters, such as bunnies, dogs, cats, snakes, alligators, dragons, and monsters. With some of my younger clients, I like to make finger and paper puppets for clients to use at home. Puppets create an expressive and imaginative way to talk about and express feelings, to help teach positive coping skills, and creates a safe way to talk about and heal from traumatic events.

Laura M. Brown



The aim of the AAPT Board Blast is to provide information regarding a wide range of topics representing various treatment resources, modalities, and activities in play therapy.