

AAPT “BOARD BLAST”—Members Only!

FEATURING COMMENTS FROM:

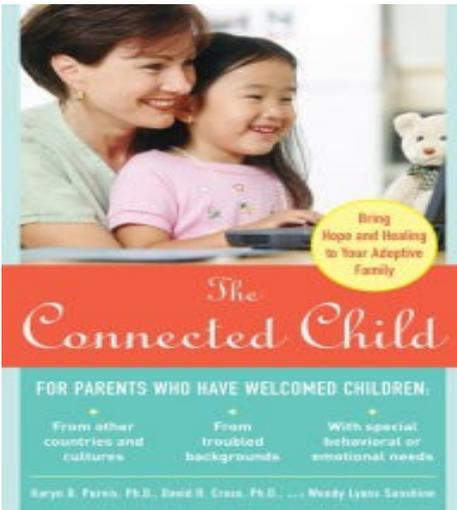
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2016-17 AAPT President-Elect

BOOK RECOMMENDATION

FOR: Counselors/Therapists and Supervisors

TITLE: The Connected Child

AUTHORS: Karen Purvis, Ph.D., David R. Cross, Ph.D., and Wendy Sunshine



BRIEF DESCRIPTION:

by Amazon.com

The adoption of a child is always a joyous moment in the life of a family. Some adoptions, though, present unique challenges. Welcoming these children into your family--and addressing their special needs--requires care, consideration, and compassion.

Written by two research psychologists specializing in adoption and attachment, "The Connected Child" will help you: Build bonds of affection and trust with your adopted child. Effectively deal with any learning or behavioral disorders Discipline your child with love without making him or her feel threatened.

IMPACT ON MY PRACTICE:

I use this book as a tool for any caregivers who are raising a child who is a survivor of trauma. One of the main things I do in my work with parents is to encourage them to understand what is behind their child’s behavior. This book does an amazing job at explaining the effects of trauma on the brain and how that often results in behavioral issues. It helps parents to increase their compassion and patience, while also providing tips and tools to use when these behaviors arise.



FAVORITE QUOTES:

“You can discover more about a person in an hour of play than in a year of conversation.” –Plato

“The way we talk to children becomes their inner voice” Peggy O’Mara

FAVORITE ACTIVITY

One of my favorite things to do with my clients is a coping tool box. This is something I started doing during my training in trauma focused cognitive behavioral therapy. During the first few sessions while I am building rapport with a client I will have them decorate a shoebox or sometimes a bag. Then throughout counseling we are always adding things to their bags. Some things that we have put in them are calming bottles, pinwheels, dough, affirmation stones, yoga cards, journals, pictures of safe spaces, coloring sheets, and fidgets. They take these bags home every session and typically bring it with them to the next session. I create a log so the client can practice these tools to increase their ability to utilize them when they are needed. I also have the client write in the log when they needed their tools and used them. The client also is instructed to teach each tool to someone in their families like siblings or parents. This is also great for parents to use to redirect the child when they need help decreasing their anger or anxiety.

Heather Hardeman



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. Inclusion of information does not reflect an official position or endorsement on the part of AAPT unless otherwise stated. The information included herein is the sole responsibility of the authors concerned.