

March 2018



AAPT “BOARD BLAST”—Members Only!

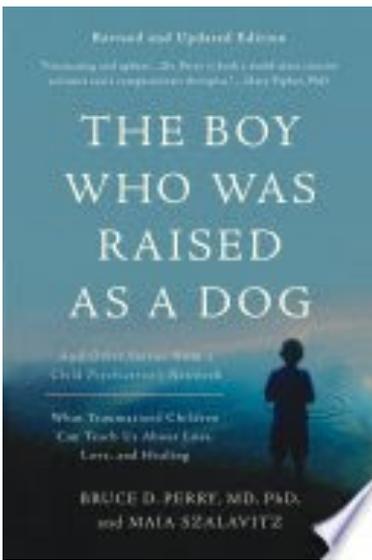
FEATURING COMMENTS FROM: Lisa Elliott, Public Relations Chair of AAPT and Past President of AAPT

BOOK RECOMMENDATION

FOR: Counselors/Therapists and Supervisors

TITLE: The Boy Who Was Raised As A Dog

AUTHOR: Bruce Perry, MD, PhD with Maria Szalavitz



Description "Fascinating and upbeat.... Dr. Perry is both a world-class creative scientist and a compassionate therapist." --Mary Pipher, PhD, author of Letters to a Young Therapist

How does trauma affect a child's mind--and how can that mind recover? In the classic *The Boy Who Was Raised as a Dog*, Dr. Perry explains what happens to the brains of children exposed to extreme stress and shares their lessons of courage, humanity, and hope. Only when we understand the science of the

mind and the power of love and nurturing, can we hope to heal the spirit of even the most wounded child.

The insights from this book have really shaped my clinical work over the last decade and inspired me to learn more about trauma informed practices. I find these practices are helpful in working with individuals of all ages as many people suffer from the long term effects of early traumatic experiences. This book helps tremendously with conceptualization of cases in both clinical work and with supervision of up and coming clinicians.

FAVORITE QUOTE:

"Favorite quote/tip: "We must begin our work with patients from their last point of development, where their coping skills stopped, find out how old their behavior looks and start from their developmental age."

FAVORITE ACTIVITY

I utilize bibliotherapy to work with parents and children with this approach. My favorite tool is the book "Hey Warrior." I often read this to my clients and their parents to better understand anxiety responses that are related to traumatic experiences. It also helps to normalize and increase understanding of anxiety responses individually and as a whole family system. It helps to teach children about their PTSD symptoms in a safe, non-threatening way. After reading this book I will often have them draw their own amygdala and work to discuss how their anxiety affects their lives.



Registration Now Open!!!

AAPT 25th Anniversary

Workshop

With Dr. Karla Carmichael

April 20th, 2018

Learn more about the workshop on AAPT's website at:

<https://alabamaplaytherapy.org/play-therapy-training/>

See you there!!!