

## **AAPT “BOARD BLAST”—Members Only!**

FEATURING COMMENTS FROM:

**Kyle Flaherty, LPC**

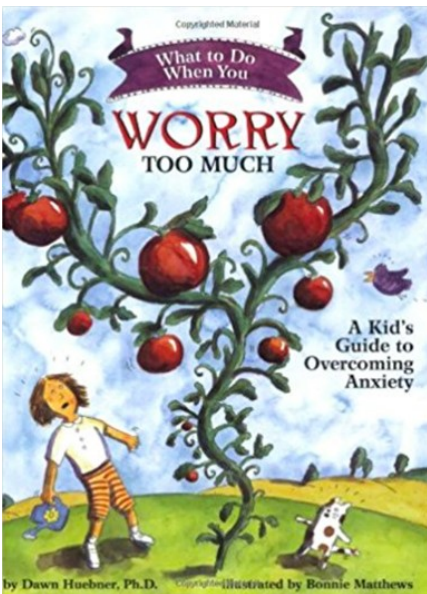
**AAPT Regional Workshop Chair**

### **BOOK RECOMMENDATION**

**FOR: Clinicians**

**TITLE: What to Do When You Worry Too Much**

**AUTHOR: Dawn Huebner**



**"What to Do When You Worry Too Much" is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change. It includes a note to parents.**

**IMPACT ON MY PRACTICE: Children live in a world that feels very much out of their control at times. It is no surprise that they will then experience anxiety about what they cannot control. This book does a wonderful job of explaining the CBT technique to children. The book helps children learn techniques and skills that they can use to feel more in control of their lives. It is an enjoyable way children can learn to identify what is worrying them and what they can do when they are worried. The book is interactive and makes for a fun learning experience. The book also gives parents a better understanding of how their child**

**FAVORITE QUOTE: “Birds fly, fish swim, and children play.” –Garry L. Landreth**

## FAVORITE ACTIVITY

I've had the most success in play therapy using Sand Tray Therapy. Children are able to work through whatever emotions they are experiencing in a very nonthreatening way. Allowing children this freedom is what expressive play therapy is all about, and the sand Tray is my go to tool for this. Sand Tray is effective with anyone from 3 years old to 100 years old.



These are two common examples of trays provided by children. The first picture comes from a child of a divorced family. The second picture comes from a child who feels very stressed and overwhelmed. The second picture is also a child of divorce and there is a major battle going on in amongst the chaos of this tray.