**2022 MIAPT Annual Conference**

**Friday-Saturday, February 25-26, 2022**

Michigan Association for Play Therapy is proud to announce:

**Keynote: Kadesha Adelakun, LCSW, RPT-S** plus various breakout presenters

**DAY 1: Friday, February 25 -Keynote**

**Using Play Therapy to Improve Self-Esteem**

Kadesha Adelakun LCSW, Registered Play Therapist Supervisor

Low self-esteem is likely created during the early years of life, due to such things as the pressure of academic and social success at school, peer pressure and/or bullying, and being in an environment where they’re not the majority, as well as many other factors in their environment. Play Therapy is effective in increasing self-esteem. Play therapy can enhance health and improve self-esteem to improve children and adolescent’s mental health. Play therapy can also be beneficial to prevent “at-risk” children from developing lower self-esteem, while also improving children’s self-esteem, who are not “at-risk”. Some aspects of age and gender differences in self-esteem are universal across cultures, whereas other aspects are cultural dependent.

This training will explore some of the contributing factors to self-esteem, as well as play therapy activities specific to self-esteem and self-confidence. Understanding how to use play therapy in developing self-esteem and self-confidence in clients will be discussed.

**LEARNING OBJECTIVES:** After attending this workshop, participants will be able to
1. Define self-esteem and race/ethnic, gender, and age considerations in play therapy

2. Identify at least 3 play therapy techniques to improve self-esteem

3. Describe at least 2 play therapy techniques to assess self-esteem

4. Demonstrate increased skill in using play therapy techniques with children and adolescents in individual and group work

5. Explain the importance of play in improving self-esteem in play therapy

6. State the importance of involving parents/guardians in play therapy for self-esteem

\*falls under APT's primary instruction areas of  "Play Therapy Special Topics”

**DAY 2: Saturday, February 26 -Breakouts**- Choose: All day OR morning & afternoon

**All day –** 6 hour Session: 2/26/22 - 8:30am-4:15pm

**A: Using Superheroes and Pop Culture in Counseling and Play Therapy**

****Sophia Ansari LPCC, Registered Play Therapist

We all have memories of using a blanket as a makeshift cape, jumping off the couch and imagining as if we were flying high up in the sky amongst the clouds. Superheroes have been such an integral part of our childhood. The themes in our favorite comic books can be used to help children and adults with the struggles we all encounter at some point in our lives (losing a loved one, being bullied, making poor choices). The stories may be stories of fantasy but what makes them all relatable is that the characters and narratives are grounded in human emotion.

Superhero themes in play therapy can be used to assess a client’s inner resources, their needs, strengths and can provide valuable information in diagnosis and treatment. The creative counselor can incorporate several modalities of treatment such as play therapy, art, drama, cognitive behavioral therapy, bibliotherapy, acceptance and commitment therapy, positive psychology, and many other evidence-based modalities!

**LEARNING OBJECTIVES:** After attending this workshop, participants will be able to
1. Describe the history of using superheroes in play therapy, its pioneers, and its effectiveness in the treatment of children, adolescents, and adults

2. Examine the background stories and themes (grief, PTSD, substance abuse, trauma) of popular culture characters and stories to apply in play therapy

3. Identify at least 2 valuable resources (web sites, books) to enhance your pop-culture knowledge

4. Describe the application of play therapy interventions using superhero themes to promote strengths-based approaches and positive psychology interventions

5. Identify at least 2 methods of introducing mindfulness and self-compassion using superhero and pop culture themes

6. Describe the utilization of superheroes and pop-culture with evidence-based practices such as play therapy, cognitive behavioral therapy, acceptance and commitment therapy, and positive psychology

\*falls under APT's primary instruction areas of  "Play Therapy Special Topics”

**Morning –** 3 hour Session: 2/26/22 - 8:30-11:45am

**B: Racial Trauma and the Ethics of Cultural Humility in Play Therapy**

Kadesha Adelakun LCSW, Registered Play Therapist Supervisor

While many therapists learn about and are aware of Posttraumatic Stress Disorder (PTSD), many are not very familiar with Racial Trauma. We will explore trauma that results from experiences of racism and how that can lead to a form of PTSD amongst Black, Indigenous, and People of Color (BIPOC), including children and adolescents, called Racial Trauma. BIPOC youth are not exempt from experiencing racial trauma in their lives, due to such things as systemic oppression and other ongoing individual and collective injuries from constant exposure to race-based stress. Play Therapists should work to prevent and effectively treat psychological and physical distress experienced as a result of the racism faced by BIPOC youth. Through the lens of cultural humility, we will focus on several topics relevant to ethical practice. We’ll discuss the importance of assessing and treatment interventions that incorporate the racial experiences of BIPOC youth as an essential component of treatment. Oppression, privilege, and ethical duties, as well as clinical implications and case conceptualization will be discussed.

**LEARNING OBJECTIVES:** After attending this workshop, participants will be able to
1. Define racial trauma and the cultural considerations in treating BIPOC youth in play therapy

2. Identify at least 3 topics relevant to ethical practice in play therapy

3. Identify at least 2 play therapy techniques to assess and treat racial trauma

\*falls under APT's primary instruction areas of  "Play Therapy Special Topics”

**C: Non-Directive Play Therapy Skills**

****Laura Hutchison PsyD, Registered Play Therapist Supervisor

This presentation is for beginning play therapists.  It focuses on the importance of therapeutic rapport building and learning the essential non-directive play therapy skills of structuring, empathic listening, imaginary play, limit setting, and faith & respect. Skills will be explained, demonstrated live and through video, then practiced by the participants.

**LEARNING OBJECTIVES:** After attending this workshop, participants will be able to
1. Define Non-Directive Play Therapy

2. Explain how CCPT differs from other play therapy models

3. Explain how the therapeutic relationship impacts therapy

4. Demonstrate the 5 essential non-directive play therapy skills (structuring, empathic listening, imaginary play, limit setting, and faith & respect)

\*falls under APT's primary instruction areas of  "Play Therapy Skills or Methods"

**D: Use of Play Therapy & Expressive Arts Therapy with Adolescents in Individual or Group Work**

****Christine Zouaoui LPC, Registered Play Therapist Supervisor

Play Therapy and Expressive Arts Therapy have been used together to help with healing for many years. The processing that happens during the actual act of play, art and movement helps clients move through their healing in ways that “talk therapy” alone can not provide. In this experiential workshop, you will learn specific techniques focused on helping clients with various diagnosis, that utilize play therapy and expressive arts therapy in our therapeutic settings. Each of the techniques covers a wide range of uses including telehealth adaptations that can fit within your specific area of theory within play therapy. The therapeutic exercises are new and have not been included in previous workshops with Christine. As always, please remember to dress comfortably and be ready for some fun and self-care.

**LEARNING OBJECTIVES:** After attending this workshop, participants will be able to
1. Describe the use and focus of play therapy and expressive arts therapy techniques in practice as a mental health professional.

2. Explain the benefits of play therapy and expressive art therapy techniques

3. Identify 3 ways to incorporate play therapy and expressive art techniques into work with clients

\*falls under APT's primary instruction areas of  "Play Therapy Special Topics”

**REGISTRATION MUST BE COMPLETED ONLINE**

[**www.miapt.org**](http://www.miapt.org) **–In the Events tab**

**Afternoon** – 3 hour Session: 2/26/22 - 1:00-4:15pm

**E: Beyond Cultural Competency: Helping Play Therapists Practice Cultural Humility**

Kadesha Adelakun LCSW, Registered Play Therapist Supervisor

The U.S. is very diverse, with people of different races, cultures, and ethnicities. Often times, we see this diversity in our playrooms. Research shows that, unfortunately, culturally minoritized populations suffer disproportionally from mental health disparities. One very much needed intervention is culturally competent mental health care, including in the playroom. These realities and our Codes of Ethics require that clinicians be prepared to effectively meet these needs. However, clearly understanding how to apply a multicultural perspective in assessment and clinical practice, in the playroom, can be difficult to conceptualize. This interactive workshop presents effective ways to implement ethical and culturally informed case conceptualization and intervention in the playroom. We will explore and discuss ways in which multicultural aspects can be infused in play therapy. Participants will engage in the meaningful and therapeutic conversation surrounding race, culture, ethnicity, the intersection of identities and the dynamics of privilege that influence counseling relationships.

**LEARNING OBJECTIVES:** After attending this workshop, participants will be able to
1. State an understanding of what racial, ethnic, and cultural diversity is and what it isn't in play therapy

2. Identify at least 3 factors of awareness and sensitivity towards racial, ethnic, and cultural diversity issues that go well beyond the assumed categories in play therapy

3. Identify at least 4 behavioral tools for fostering a more inclusive environment in play therapy

\*falls under APT's primary instruction areas of  "Play Therapy Special Topics”

\*Addresses implicit bias

**F: Using Lego® in Play Therapy via telehealth**

Christina Collins MA, LPC, NCC

In this session, learn how to empower your play therapy session with Lego® bricks and construction toys. These methods are appropriate for all ages, as Lego® is a classic building material. Additionally, learn specific ways to use Lego® bricks and mini-figures to facilitate communication, understanding, and healing through play therapy. Interventions have been modified and developed with virtual counseling in mind.

**LEARNING OBJECTIVES:** After attending this workshop, participants will be able to
1. Identify ways to use Lego as an indirect and direct communication tool in play therapy

2. Explain strategies that infuse play therapy session with creativity and modeling

3. Demonstrate how to use Lego® play to assist in treatment of Autism, ADHD, and other neurodevelopmental disorders

4. Demonstrate how to use Lego® as a psychoeducational toy to help utilize play therapy as a link between academic needs with socio-emotional needs

5. Identify at least 2 ways to use Lego® and construction materials as a play therapy tool and art therapy medium

6. Identify strategies that empower clients and their families to incorporate construction play as a way to build connection within the family unit

\*falls under APT's primary instruction areas of  "Play Therapy Special Topics"

**G: Why Can’t We Be Friends?: Social Skills in Play Therapy**

Laura Hutchison PsyD, Registered Play Therapist Supervisor

Participants will learn different activities to help clients learn age-appropriate social skills through play therapy. A majority of the workshop will be spent learning about different hands-on and virtual play therapy activities through demonstration and active participation.  We will also discuss what populations and diagnoses the activities work best.

**LEARNING OBJECTIVES:** After attending this workshop, participants will be able to
1. Identify strategies for at least 5 social activities to use in play therapy.

2. Explain the importance of helping clients master social skills and improve their relationships through play therapy.

3. Identify the strengths and weaknesses of at least 5 social skill activities to use in play therapy

\*falls under APT's primary instruction areas of  "Play Therapy Skills or Methods"

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[**www.miapt.org**](http://www.miapt.org) **–In the Events tab**

**PRESENTER BIOGRAPHICAL INFORMATION:**

**Kadesha Adelakun LCSW, RPT-S**

Kadesha Adelakun is a Licensed Clinical Social Worker (LCSW), in the states of
Georgia and New Jersey, and a Registered Play Therapist-Supervisor (RPT-S). She is the founder and owner of The Journey Counseling Services in Kennesaw, GA. She specializes in working with children ages 3-18, adults, and families, as well as perinatal moms. She is very active in her community for racial and social justice.
She has had the unique opportunity to practice in a wide variety of settings and cultures. She has worked as a school social worker, with adults with mental health illnesses, children and adolescents involved with the Department of Juvenile Justice, families involved with the Department of Family and Children Services, provided in-home therapy, and has spent some time studying in Ghana, West Africa.
In addition to providing therapy, she also provides clinical and play therapy supervision. She is also a Cultural and Racial Diversity Play Therapy Consultant, and an International Speaker and Trainer. Learn more at: <http://www.journeycounselingllc.com>.

**Sophia Ansari LPCC, Registered Play Therapist**

Sophia Ansari is a Licensed Professional Clinical Counselor, Registered Play Therapist, author, educator, and co-founder of the Let’s Play Therapy Institute. She has worked with children, adolescents, adults, couples, and families. She provides workshops on play therapy to mental health professionals and educates parents and teachers on the importance of play as it relates to development and learning in the school setting. She is a passionate research trainer who has bridged her knowledge of neuroscience and creative therapies to provide in-depth and highly experiential trainings.

Sophia co-hosts *Hero Nation*, a podcast on the Geek Therapy Network, which celebrates diversity in the media and explores how to use geek culture in therapy. Sophia earned her Bachelor of Science degree in Biology from Wright State University and her Master of Arts in Mental Health Counseling from the University of Cincinnati. For more information on Let’s Play Therapy Institute visit, <https://letsplaytherapy.org/>

**Christina Collins MA, LPC, NCC**

Christina Collins received her Masters in Arts in Counselor Education from Western Michigan University in April 2018. Christina currently works in private practice in Kalamazoo, MI where she specializes in pediatric counseling and play therapy. Christina is currently working towards her RPT credential. Additionally, she is the CEO and founder of Bricks and Brushes, LLC- a company that focuses on building community through creativity. Christina holds summer camps and events to inspire creative exploration through arts, movement, and play. In summer 2018 she launched Build Yourself Consulting, where she provides consultation to entities and corporations using play as a learning and education tool for adults. She has been building professionally with Lego® since 2012.

**Laura Hutchison PsyD, Registered Play Therapist Supervisor**

Dr. Hutchison has been specializing in children and play therapy for over 15 years. She founded the Michigan Play Therapy Training Academy in 2015 to help fellow mental health professionals on their pursuits to gain training in play therapy.  She has presented on play therapy and working with children at the National and International level. Along with running the Training Academy, Dr. H also manages her group practice, Hutchison & Associates ([www.drhutch.com](http://www.drhutch.com/)).

**Christine Zouaoui LPC, Registered Play Therapist Supervisor**

Christine Zouaoui has been in private practice for over 18 years and has also worked in the Lansing School District as a Mental Health Therapist. Her experience includes working with children, adolescents and adult issues. In addition to her counseling degree Christine has taken numerous trainings in the use of play therapy and creative arts therapy techniques. She received her TraumaPlay certification through Paris Goodyear-Brown, LCSW, RPT-S, and is a Counseling and Play Therapy Supervisor. Christine presents in many venues including schools and other mental health professionals training in Creative Arts Therapy Techniques and The Nurtured Heart Approach by Howard Glasser. Christine has self-published a book on the use of creative art therapy techniques in individual and group therapy. She is currently writing a new book specifically for working with groups in numerous settings using creative arts therapies.

**REGISTER:** [www.MIAPT.org](http://www.MIAPT.org) **– choose the events tab**

**Payment information is available online. You can pay online through paypal or mail a check or money order after online registration is completed.**

**HANDOUTS: Our policy is to email all handouts. Please include a valid email address with your registration to receive the handouts.**

**REGISTRATION MUST BE COMPLETED ONLINE**

[**www.miapt.org**](http://www.miapt.org) **–In the Events tab**

**REGISTRATION COSTS:**

**FOOD: Food is NOT provided at this conference, so registration fee is reduced**

\*Continuing Education:

CE Processing Fee: $25. This fee is payable

to *The Institute for Continuing Education*

at the time you submit a completed CE

Packet. ***DO NOT include this fee with your***

***registration.***

Member:

One Day: $120

Both Days: $210

Non-Member:

One Day: $140

Both Days: $240

\*\*Student:

One Day: $55

Both Days: $100

\*Continuing Education: A single fee of $25 is applicable to all workshops you attend if you meet CEU requirements.

\*\*Student: A participant registering as “student” must be a full-time student at a college or university and provide a written letter from their University verifying the status.

\*\*\*An early bird registration discount of $25 has been applied to prices listed above. $25 will be added to registration costs after 2/1/22.

**WORKSHOP LOCATION:**

Lansing Community College West Campus

5708 Cornerstone Dr

Lansing, MI 48917

**WORKSHOP SCHEDULE:**

**Friday, February 25, 2022**

8:00-8:30 am Registration

8:30-10:00 am Presentation

10:00-10:15 am Break and Exhibits

10:15-11:45 am Presentation

11:45 – 12:00 pm- MIAPT Annual Business Mtg

12:00-1:15 pm Lunch (ON YOUR OWN)

1:15-2:45 pm Presentation

2:45-3:00 pm Break and Exhibits

3:00-4:30 pm Presentation

**Saturday, February 26, 2022**

8:00-8:30 am Registration

8:30-10:00 am Morning Breakout Presentations

10:00-10:15 am Break and Exhibits

10:15-11:45 am Presentation

11:45-1:00 pm Lunch (ON YOUR OWN)

1:00-2:30 pm Afternoon Breakout Presentations

2:30-2:45 pm Break and Exhibits

2:45-4:15 pm Presentation

4:15 pm Conference concludes

**Register online at** [**www.miapt.org**](http://www.miapt.org) **– choose the events tab**

**Payment information is available online. You can pay online through paypal or mail a check or money order after online registration is completed.**

**HOTEL INFORMATION: Quality Suites,** 901 Delta Commerce Dr,Lansing, MI 48917. 517-886-0600. There is a block of discounted rooms available on a first come first serve basis.

**HANDOUTS:** Our policy is to email all handouts. Please include a valid email address with your registration to receive the handouts.

**EXHIBITS:** Books and therapeutic materials will be on display and available for sale Friday & Saturday.

**CANCELLATION POLICY:** If you notify MIAPT you are canceling, and we are able to fill your spot, you will receive a refund for the registration fee minus $25 administrative fee.

**PHOTO RELEASE:** By registering for this conference, you are giving permission for MIAPT to use any photographs that are taken at the event containing your likeness for as long as MIAPT deems appropriate and desirable. Photographs may be used on the MIAPT website, social media pages, and/or newsletter for any purpose. By completing the registration, you are also consenting to waive any rights to the photographs indefinitely.

If you do not wish to have your photo used, it is your responsibility to notify mymiapt@gmail.com at registration of your request to be omitted.

**HEALTH AND SAFETY:** Throughout the COVID-19 pandemic, the focus at MIAPT has been the health and safety of our customers, staff, and communities. Vaccinations have reduced many of the COVID-19 guidelines/mandates regarding face masks, social distancing, and travel. In many states and cities, guidelines/mandates have been completely eliminated.

As MIAPT moves forward with producing live meetings and conferences, we will continue to monitor the continually evolving guidance released by the United States Centers for Disease Control and Prevention (CDC), as well as all federal, state, and local government mandates, to provide an environment that is as safe as possible for all event participants.

By participating in person, I agree to follow the meeting’s health and safety policies as mandated by the United States Centers for Disease Control and Prevention (CDC), and the federal, state, and local government.

**ACCEPTANCE:** By registering for and attending MIAPT events, I hereby agree that I accept the terms stated above and indemnify and hold harmless MIAPT, its affiliates, and their respective directors, employees, and agents (including , without limitation, any agent acting on its behalf) from and against any and all claims, damages, obligations, losses, liabilities, costs or debt, and expenses (including reasonable attorneys' fees) resulting from attendance at MIAPT events.

**Michigan Association for Play Therapy: MIAPT** is a professional organization striving to advance the theory and practice of play therapy through activities such as conferences, seminars, and networking in order to serve the mental health needs of Michigan children, families, schools and communities. For more information on the Conference visit our website at [www.miapt.org](http://www.miapt.org).

**CONTINUING EDUCATION:** This workshop for mental health professionals is co-sponsored by the MI Assn. Play Therapy and the Institute for Continuing Education. CE credit is offered for the disciplines listed below. The program offers 12.00 CE contact hours ( 6.00 hrs. per day), with full attendance required for the days attended. The CE processing fee is $25 and is payable by participants with completed CE Packets. The $25.00 CE fee should not be included with registration. Application forms for other CE materials will be available on site. CE verification is mailed to attendees following the program. To receive CE credit, participants must complete all CE paperwork, sign in/out at designated locations, and submit a completed evaluation of the program. If you have questions regarding CE credit, the program, learning objectives, or grievance issues, contact The Institute at: instconted@aol.com.

**Note**: *It is the responsibility of participants to determine if CE credit offered by The Institute for Continuing Education meet the regulations of their licensing/certification board.*

**Note:** *This program offers no “ethics” hours. CE hours offered are not “academic” and may not be utilized toward fulfillment of a degree.*

**Psychology:** The Institute is approved by the American PsychologicalAssociation to sponsor continuing education for psychologists. The Institute maintains responsibility for the program.

**Counseling:** The Institute is recognized as a provider of continuing education by the Ohio Board Social Work and Counseling, provider RCS 030001.

***NBCC credit is not offered***.

**Social Work:** The Institute for Continuing Education is recognized as a provider of continuing education by the Ohio Board of Social Work and Counseling, Provider RCS 030001.

**Marriage/Family Therapy**: The Institute is recognized by the Ohio Board MFT, Provider RTX 100501.

**Play Therapy:** The Institute for Continuing Education is approved by The Association for Play Therapy to sponsor continuing education specific to play therapy. The Institute maintains responsibility for the program. APT Approved Provider 98-040.

**Nursing:** The Institute for Continuing Education is an approved continuing education provider by the California Board of Nursing, Provider CEP 12646.

**ADA/Section 504:** If you have special needs, please contact mymiapt@gmail.com.