



Adventures in Play

Minnesota Association for Play Therapy's member newsletter

Jaime Monson, Editor

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Build ~ Promote ~ Play

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What's Up?



Local

- 3/8/08, 4/12/08 & 5/10/08 — MNAPT Board Meetings
- 9/25/08-9/28/08 — "Honoring the Story, An Experiential Approach to Play Therapy" Joyce Arendt 612-716-2828
- 4/4/08-4/5/08 — MNAPT 3rd Annual Conference "Transforming Trauma Through Play", Minnetonka, MN
- Play therapy coursework in Mankato at MSU call John Seymour at 507-389-5709
- 6/22/08-6/27/08 — Intensive Training in Experiential Play Therapy by Dr. Byron Norton. Call Dr. Carol Norton 970-351-6688 x2 or www.playtherapy.ws. St. Louis Park, MN

Regional

- 3/28/08 West Des Moines, IA — "Play Therapy Tools of the Trade" Beverly Conant, www.CrossCountryEducation.com
- 3/11/08-3/14/08 — "Introductory Theraplay and the Marschak Interaction Method" Dafna Lender, Chicago, IL www.theraplay.org

National

- 10/14/08-10/19/08 — 25th Annual APT Conference, Dallas, Texas

International

- 6/28/08-6/29/08 — "Evidence Based Research" Charles Schaefer, London, England www.bapt.info

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Play Practice

Haley Fox, PhD, LPC

Spring had barely sprung when I found myself in rare, quiet repose reflecting upon my life. I was about to conclude a full-time day treatment contract and wondered: Shall I take the next step towards building my private practice, or take on a full-time job working for someone else? I had spent weeks scanning classified ads—looking for an office space I could fit into—with no luck. Then I ran across an ad offering to look for rental space for me. I just needed to send my specifications.

Only then did I ask myself, why do I not follow my own advice? (See my book *Follow Your Bliss, 2000*, written under my former name, Helen Barba). Why was I trying to fit myself into someone else's framework? I needed to claim my own vision.

Casting pragmatism to the wind, hushing critical internal voices, I pulled out some paper and wrote:

Seeking a studio/private practice space in an urban setting. A

beautiful Victorian House with shiny, hardwood floors and lots of character, including a large, sunny attic room. A space shared with other holistic-minded professionals.



Taking a breath, I added one final item to the "wish list": ...and I don't want to spend more than \$300 a month.

Laughing at my boldness, I hit "send," then thought, why not see what's out there today? I opened the local rental listings and immediately saw before me the following ad:

Office Space. Newly renovated Victorian home adjacent to Abbott Hospital. Seeking natural health practitioners for upper level. Juice bar on main level. Rent starts at \$250/month, including utilities.

The big, purple house was exactly what I had imagined. "We decided to call the place 'The Well,'" the landlord told me. "The what?" I asked. Had I heard cor-

rectly? "The Well," he repeated. "The Well Café and Wellness Center."

A songwriter, I had gone through a prolific period five years earlier and had written one song that signaled a turning point for me. I called that song—you guessed it—"The Well." My ordinarily conservative companion that day pulled me aside and whispered, "You *have* to take it."

The suite that called out to me had two adjoining rooms. I imagined a cozy office attached to a larger, bright play area. That suite was \$650—an incredibly reasonable price, but beyond my meager budget. But if I found one or two other practitioners to share the space, it might be do-able.

Once home, I set about tapping into my personal networks. I consulted the play therapy association's list-serve and spread the word: Who would like to share a private practice? Kerry responded first, and not long after that, Michelle. Starting a private practice seemed like a dream, a huge risk for each of us. But within two months, we had moved into our space, fondly named "The Lily Pad"—next door to a massage therapist.

Kerry, Michelle and I have differ-

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President's Corner ~ Joyce Arendt, MSW, LICSW, RPT-S

It is official! The brochures have been mailed for MNAPT's Third Annual Conference, "Transforming Trauma Through Play." If you do not receive a brochure in the mail, you can download one from our website at www.mnatp.net. You can also print a registration form and mail it in with your payment.

MNAPT is thrilled to announce our first fundraising event on March 13, 2008. Special thanks to Nicole Ross (MNAPT Secretary and Chair of the



Fundraising Committee) who owns and operates the Ross' Institute for Martial Arts in Elk River. They will be sponsoring a "Break-a-Thon" event in which students will break boards using their special abilities. MNAPT Board Members are honored to be a part of this event and will be taking pictures and possibly videotaping the event to

share at the conference.

New opportunities will be unveiled at the conference which will impact all of you, the members. The Third Annual Conference is guaranteed to be remarkable with two very accomplished presenters, quality vendors, exciting activities and most importantly YOU! Looking forward to seeing you there!

Playfully,

Joyce Arendt, MSW, LICSW, RPT-S

