



## February 2023 Newsletter

### President's Message

As I reflect on International Play Therapy Week and our Annual conference I'm reminded of the lasting impact the work we do has on those that we interact with. Seeing so many familiar faces at the conference and connecting with new ones makes me excited for what is to come in the play therapy world in Arizona. If you attended the conference you had the opportunity to meet our two newest board members and sign up for membership for those who were not members yet, so what's next?



As we move into our new board year this is your opportunity to get involved. You may be wondering how to do this.

- Sign up to help with a committee.
- Provide training? Reach out to our CE Chair to discuss providing training for Arizona APT if you have an area you specialize in and want to share with the community
- Join us for a networking event-Our networking chair is working hard to make sure we are meeting the needs of our members and providing the type of events you want to attend, we can't do this without feedback from you.
- Follow us on social media if you want to stay engaged with us be sure you follow us on social media to stay up to date on all the things we have going on.

Don't hesitate to reach out if you are interested in being more involved with the board or a committee.

Playfully,

*Erica*

Erica Tatum-Sheade, LCSW, Registered Play Therapist™  
AZAPT President 2022-2023

## Annual Conference Recap

*By Juliet Fortino, MC, LPC, Registered Play Therapist-Supervisor™*

On Friday, February 17, 2023, AZAPT hosted the amazing Sueann Kenney-Noziska for our annual conference. With over 130 registrants, Sueann presented "Treating Childhood Abuse and Trauma: A Trauma-Focused Play Therapy Approach. Sueann's wit and humor was clearly evident as she explored implications and strategies to work with children who have experienced trauma. She provided information about specific play therapy interventions, post-traumatic play, self-care, as well as cultural influences in the trauma treatment. Her approach to such a difficult topic was easy to understand and very well received by all participants. While AZAPT opted for a new venue this year, the quality of information and the presenter herself were still stellar.



## Upcoming Virtual Trainings

*APT Approved Provider 97-035*

**Friday, March 10, 2023 | 1:00 p.m. - 4:00 p.m. AZ  
Beyond Diversity-Incorporating A Multicultural  
Orientation in Play Therapy**

presented by Erica Tatum-Sheade, LCSW, Registered Play Therapist™

*This workshop will focus on how play therapists can address diversity, equity and inclusion in the play therapy room.*



## Save Your Spot

**Tuesday, April 18, 2023 | 9:00 a.m. - 12:00 p.m. AZ**

**The Ethics of Play Therapy in a Changing World**

presented by Jeff Ashby, PhD, Registered Play Therapist-Supervisor™

*Participants will review ethical theories and models of ethical decision-making relevant to child counseling and play therapy applications.*



## Save Your Spot

**Friday, May 19, 2023 | 9:00 a.m. - 12:00 p.m. AZ**

**Discipline Does not Equal Punishment: Working with  
Parents in the Play Therapy Process**

presented by Dalena Dillman Taylor, PhD, LMHC, Registered Play Therapist-Supervisor™

*Participants will gain specific skills, techniques, and talking points to enhance their practice with parents in play therapy.*



Save Your Spot

**Welcome New Members**

**Alicia Donovan**, MA, LPC-S,

NCC, RPT-S™ of Tucson

**Mackenzie Francis**, MSW,

LCSW of Scottsdale

**Krystina Jones**, MS, LMFT

of Wilhoit

**Amanda Lipari**, RPT™

of Scottsdale

**Shanyn Smith**, MA, LMSW

of Phoenix



**Welcome New Members**

**Alison Strandberg, MA, LPC,**  
CRC of Phoenix

**Laura Tejada, PhD, LMFT, LPC,**  
RPT-S™ of Chicago

**Darci Weaver, PsyD of Mesa**

**Anna Wojciechowski, MMMFT,**  
MEd, LMFT of Scottsdale

Association for Play Therapy  
Arizona



**Celebrating 20+ Years**

Juliet Fortino, MC, LPC, Registered Play Therapist-Supervisor™ of Tucson (2000)

Randi Roggeman, MC, LPC, Registered Play Therapist-Supervisor™ of Mesa (2001)

**Celebrating 15+ Years**

Natalie Andersen, MSW, LCSW, Registered Play Therapist-Supervisor™ of Tempe (2004)

Larry Grimm, EdD, LCSW of Prescott (2006)

Jan Milligan (2007)

Margaret O'Connor, EdD, Registered Play Therapist-Supervisor™ of Sedona (2005)

Jennifer Pereira, PhD, LPC, Registered Play Therapist-Supervisor™ of Phoenix (2006)

**Celebrating 5+ Years**

Linda Wheeler, MC, LPC of Chandler (2018)

**Member Spotlight: Sami Pieknik, PsyD**

**Q: Tell us about your early influences growing up.**

**A:** The Spice Girls! Ginger Spice and Scary Spice were by far my favorites. I loved that they encouraged “Girl Power” and being your authentic self. They had a huge influence on feminism, culture, and gender equality.



**Q: How did you get involved in the mental health field?**

**A:** When I was a child, I attended therapy related to bereavement and adjustment-related life stressors. I had a great experience, loved my therapists, and I found that it helped me a lot. Around the same time, my aunt was getting her master’s degree in social work, and I saw her go through schooling. As time passed and I expressed my interest in the field, some family members told me to go into another profession. Culturally, mental health was highly stigmatized in my family. Fast forward to college: I started at my university as an undeclared pre-med student, and after my first Psychology 101 course during the first week of college, I rushed down to the psychology department and declared my major. I didn’t tell my family until a year later, but it was well worth it!

**Q: Why did you become a member of AZAPT?**

**A:** I actually became a member of AZAPT as a practicum student in graduate school. My clinical training experiences in my doctoral program were mostly surrounding assessment and therapy with children and teens. During my second practicum placement, I was lucky enough to be supervised by Dr. Lisa Outhier and Dr. Gina De Simone – both of whom are play therapists. During my time with them as a student, they encouraged me to attend the annual AZAPT conference in 2013, and that’s the year I got my very first play therapy puppet (a Folkmanis iguana)! I’ve gone back almost every single year and still think it’s by far the most fun I’ve ever had at any conference!

**Q: Tell us about your practice or agency.**

**A:** As a result of my positive training experiences with Drs. Outhier & De Simone, along with the other trainings I received, play therapy has been a huge part of my practice as a psychologist. I currently own a private practice in the uptown Phoenix area focusing primarily on neurodiversity affirming therapy for neurodivergent children, teens, and young adults. I use several aspects of play therapy in my practice with a bulk of my clients, and even received training on how to utilize play therapy strategies via telehealth or online gaming during the pandemic. A lot of my work involves engaging my clients in a meaningful way through their specific interests and passions. In addition to therapy, I also love educating others on the topic of neurodiversity. My business partner, David Meer, LPC (Neurodiverse Counseling Services) and I offer workshops, webinars, and trainings for clinicians interested in learning more about neurodiversity, and becoming an affirming practitioner.

**Q: What is the best advice you ever received?**

**A:** Just be yourself!

**Q: What do you like to do when you're not working?**

**A:** When I’m not working, I like listening to music and going to concerts. I spend a lot of time exploring new music and making playlists for fun. In my downtime, I love doing anything that’s creative in nature (crafts, art, making music, making jewelry, etc.).

**Fun Facts:** My husband and I were both born and raised in Arizona and we’re both only children with 4 parents each (both biological and bonus-parents). We’ve been together for 13 years (married for 4), and we have 2 chonky cat-children. I am also a collector! My favorite things to collect for the past 3 years have been Squishmallows – and best of all, my clients love them, too!

**Book Review: [Telemental Health With Kids Toolbox](#)**

By Amy Marschall, PsyD

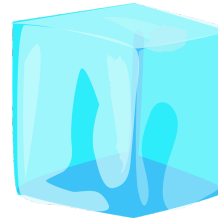
Ever wonder how to keep kids engaged in play therapy using telehealth? Ever wonder how to set the stage for telehealth? Every wonder which activity to use for which client? Well, this book is a great resource for those of you with those questions. In this book, you will find over 100 activities to use during telehealth. Activities focused on expressive arts, sensory processing, and body movement to name a few. These activities are focused on setting up the client's space, getting child clients to engage, and using the fun activities to assist with progress. There is even an activity that uses an online Escape room! Yup, you heard correct. Problem solving skills at its finest. So find yourself a copy of this book if you're actively using telehealth with child clients!



Provided by Juliet Fortino, MC, LPC, Registered Play Therapist-Supervisor™

### Activity of the Month: Don't Break the Ice

Using the 'Don't Break the Ice' game, place different colored stickers at the bottom of each ice cube and designate a certain color star to a certain emotion i.e. blue=sad, red=anger etc. As each player taps an ice cube out of the tray, they have to name something that makes them feel... (whatever color sticker is at the bottom). You can also designate the star colors with numbers for question cards or more in depth prompts.



As always, try not to break the ice!

Provided by Taelor Emmert, MC, LPC

### Office Space Available in Scottsdale

Great office space available 1-4 days per week (or weekends). Fully furnished and set up for adults, play therapy, or sand tray. Great location in Old Town Scottsdale (6th Ave & Stetson). We have a fully furnished and functional waiting room, work room, and two separate offices that are ready to use for therapy sessions. Private bathroom and convenient bathroom for patients right outside the office door at the entry. We hope to have someone join us to share office space, as we are each independently licensed professionals. We all have great referral base and refer our overflow calls to office mates when appropriate.



If interested please call or text 6027030594 or email [dr.ashleasmith@yahoo.com](mailto:dr.ashleasmith@yahoo.com).

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