

NUUSBRIEF 2 / NEWSLETTER 2: MEI 2008



Die herfs is hier en die digter NP van Wyk Louw beskryf hierdie tyd van die jaar in die Boland so raak as volg: "Die jaar word ryp in goue akkerblare, in wingerde wat verbruin..." Mag julle waardevolle werk met kinders ook "ryp word" en diepte verkry.

TERUGBLIK OP 7 FEBRUARIE VERGADERING

Ons bestuurslid Elize Cronje som die gebeure van dié dag soos volg op: "Op 7 Februarie 2008 het dr Hannie Schoema, ek beskryf haar graag as die moeder van Speltherapie in Suid-Afrika, 'n "hands-on" en praktiese lesing oor Gestalt Sandwerk gegee. Almal teenwoordig het in kleiner groepe verdeel en die proses prakties beleef. Dit is soos "magic" was een se kommentaar, "dit wat my pla het sommer na vore gekom sonder dat ek dit beplan het". Dit het my net weer laat besef dat hierdie 'n kragtige hulpmiddel in die speltherapie proses is wat nie misbruik, of onderskat moet word nie. Dit is altyd lekker om by dié kenner te leer."

Vir meer inligting oor opleiding deur dr Hannie, besoek haar webblad by www.playtherapyonline.net

Heelwat mense het tydens hierdie vergadering aangesluit as lede van die vereniging. Lidmaatskap fooie beloop op R100 per jaar en voordele sluit in:

- jou kontakbesonderhede word op ons webblad (<http://www.association-playtherapy.org.za>) geplaas;
- jy mag inligting oor jou praktyk of organisasie uitstal by vergaderings; en
- jy betaal slegs R50 per studiegroep waar nie-lede R90 betaal.

Lidmaatskap vorms is beskikbaar is by die vergaderings of kan afgelaai word van <http://www.association-playtherapy.org.za>

INTERESTING BOOKS AND WEBSITES

Unisa publishes their student's theses & dissertations online and this site is well worth visiting if you want information on the use of gestalt play therapy in a specific situation or condition. Visit them on <http://www.unisa.ac.za> (click on library > search for information resources > subject databases - off-campus access > general databases > theses and dissertations > UnisaETD: electronic theses and dissertations). Do a search by department and scroll down to the "practical theology" or the "social work" departments.

The second book of Violet Oaklander, pioneer of Gestalt play therapy and author of *Windows to our children*, is titled *Hidden Treasure* and can be ordered from <http://www.amazon.com> for about R400, shipping included. Monika Jephcott, Prof. (IBECPT), President Play Therapy International, describes this book as follows:

"Hidden Treasure" is an essential text for all play therapy practitioners and students. It is a work of great wisdom that distils the vast experience of Violet Oaklander's work with children of all ages and adolescents. The many, many practical examples fully illustrate the application of Gestalt principles in building successful therapeutic relationships to enable the children to

discover their true inner selves. This inspiring work will surely become a major landmark in the field just as "Windows to Our Children" emerged some thirty years ago.' -

Another good read is "When your child is bullied – an essential guide for parents" by Jenny Alexander. This book is useful not only for helping children deal with bullying, but also empowers them to deal with anger (own and that of others) and fears and to facilitate self-esteem, self-acceptance and self-confidence. The strategies and games are very practical and compatible with the Gestalt play therapy techniques.

REMINDER OF AGENDA FOR 2008

For those who did not receive a copy of our first newsletter or do not have access to our website, here is a reminder of our remaining meeting and workshop for 2008:

21 Aug – Full day workshop

Topic: Working with Children: Challenges Facing Professionals

This workshop will focus on the challenges Professionals – ranging from social workers, play therapists, trauma counselors, psychologists to educators – face on a daily basis in the field of rendering services to children. This workshop will focus upon practically equipping professionals with information and skills in dealing with the following topics – bullying, violence, pornography, pedophilia and trauma. The workshop will be presented by John Buswell from Rape Wise.

The workshop will be:

- Relevant for all role players in working with children – ranging from educators to social workers.
- CPD-accredited (for social workers and psychologists)
- R400.00 per person, including tea, lunch and extensive notes (including the manual on CD-Rom)
- 21 August 2008 09:00 to 16:00 (Registration at 08:30)
- At the TygerBear Centre, Tygerberg Hospital, Cape Town

Contact Dr Munita Dunn for more information at 021 – 873 1181 / 082 782 3616 or at dunnm@hugernote.co.za

9 October 2007 - Topic: Filial Therapy - Guest Speaker: Mrs Noeleen-Anne Strydom

Mrs Strydom is a psychologist specializing in children, adolescents and incorporating their parents into therapy. She has been in private practice for a number of years and has vast experiencing in working with especially children. She will be presenting a study group on including parents in therapy with children.

Please remember that our meetings start at 9:00 sharp. If you come 20 min earlier you can enjoy a cup of coffee or tea.

TOTSIENS...

Ons sê totsiens vir ons sekretaresse van die afgelope jaar en 'n half aangesien sy, haar man en hulle twee kinders na Gauteng gaan verhuis waar haar man 'n betrekking aangebied is. Ons is baie dankbaar vir haar waardevolle bydra tot die vereniging en ons beste wense vergesel haar.

Ons sien uit om almal te sien by die werkswinkel van die 21ste Augustus!

Through play a child is able to release pent-up feelings of anxiety, disappointment, fear, aggression, insecurity, and confusion. Bringing these feelings to the surface encourages the child to deal with them, learn to master them, or abandon them.
Garry Landreth