

Interlakes Chapter of South Dakota Counseling Association:

NEWSLETTER 1

- I. First Event for Interlakes is Oct. 4th 2014
 - A. We have been invited to join South Dakota Play Therapy Association in a 6 hour CEU event.
 - B. **Flyer is included for the all day workshop.** That will be held at the Living Waters Retreat Center, United Methodist Camp, Lake Poinsett. Interlakes Meeting and meal after workshop (don't have to come to workshop to come to the Interlakes meeting).
 - C. Where: Lake Poinsett 104 South West Lake Drive, first East from the north boundary of Wielands Marina, then approx. ½ mile to the 4th cabin from the end of the road. (There will be a sign)
 - D. Time: 5:30 – until you go home.
 - E. Hot dogs, salads, BYOD (bring your own drink there is a store close by).

- II. Why first meeting. Originally the first meeting was going to be an ice cream social with SDSU students. Many of you know they beat us to that and had their first meeting with an ice cream social. So recovering from that, Interlakes will have a meal (Hot dogs and salads) to welcome counselors to Interlakes Chapter of SDCA. SDSU students car pool and head to the lake.

- III. Meeting in December Project joy

- IV. Conference, April 23-25, 2015 Sioux Falls SD. We are Co-hosts. Many duties some are:
 - a. Registration
 - b. Auction
 - c. Table toppers

- V. It is time to sign up to be a presenter for the SDCA conference. Topics that our membership has said they would like to have (and we as interlakes members could offer)
 - A. Play therapy
 - B. Ethics
 - C. Spectrum disorder therapy that works.
 - D. Disaster response counseling. The new Red Cross

South Dakota Association of Play Therapy
(Cosponsored by SDCA Interlakes Chapter)

Healthy Play
=
Healthy You

A chance to learn to relax, and experience
PLAY at its finest.

Saturday,
October 4, 2014
9:30 – 3:30
E.



Living Waters Retreat Center
(Methodist Camp on Lake Poinsett)
40 South Lake Drive
Arlington, SD 57212

Come join us in an atmosphere of serenity, while we relax, reenergize, and discover great play activities that we will be able to use -- and re-use!! Develop a Healthy Plan to Enjoy Life and Take Care of Yourself!!



Agenda: Utilizing Play to Create a Plan of

Healthy Self Care

9:30 - 12:30 -- Energizers & Self-Exploration
12:30 - 1:00 -- Working lunch
1:00 - 3:30 -- Connecting and Reflecting

Learning Objectives:

1. Identify 3 reasons why play therapy is therapeutically beneficial for facilitating stress reduction and mindfulness for ourselves and those we interact with.
2. To identify/ process at least 10 play therapy activities that are effective with children, families and adults.
3. To understand and practice play based techniques to enhance your work and relationships.
4. Exposure and practice with play activities, relaxation, and self-reflection methods that will enhance your work

(Approved for 6 CEU credits)

**REGISTRATION is easy
but you need to REGISTER NOW!
(Registration deadline—9/29/2014)
EMAIL or CALL**

**Deb Butman-Perkins at 605-691-7630
Clarkdeb@brookings.net**

Cost: includes Lunch, snacks, beverages and supplies

\$40.00 current SDAPT/Interlakes
members and students

\$50.00 all others