

A stylized, colorful illustration of a landscape. The background features wavy, layered bands of blue and white, suggesting a sky or water. In the foreground, there are rolling green hills with a dark brown path winding through them. On the left, there is a green tree, a purple flower, and a small orange bird flying. The overall style is simple and child-friendly.

PLAY THERAPY

Interventions with Children & Adolescents

Grace Ann Gibby

*Ph.D Student Counselor Education and
Supervision
Liberty University*

What is Play Therapy?

- **Defined as a(n):**
 - Dynamic interpersonal relationship between a child (or person of any age) and a therapist trained in play therapy procedures
 - Process that provides selected play materials and facilitates the development of a safe relationship for the child (or person of any age)
 - Expression & Exploration of self (feelings, thoughts, experiences, and behaviors) through play,
 - Child's natural medium of communication, for optimal growth and development.”

(Landreth, 2012, p.11)

History of Play



1800's – Rousseau emphasized the importance of play and observation

History of Play

- 1903 – Froebel emphasized symbolic components
 - He described it as the highest development in a child and having much meaning
- 1909 – Sigmund Freud (Little Hans) first recorded case
- 20th Century
 - Lack of child appropriate approaches
 - Realization that child therapy was distinctly different from adult therapy
 - Play Therapy truly developed from efforts to apply psychoanalytic therapy to children

Pioneers in Play Therapy



Anna Freud



Melanie Klein

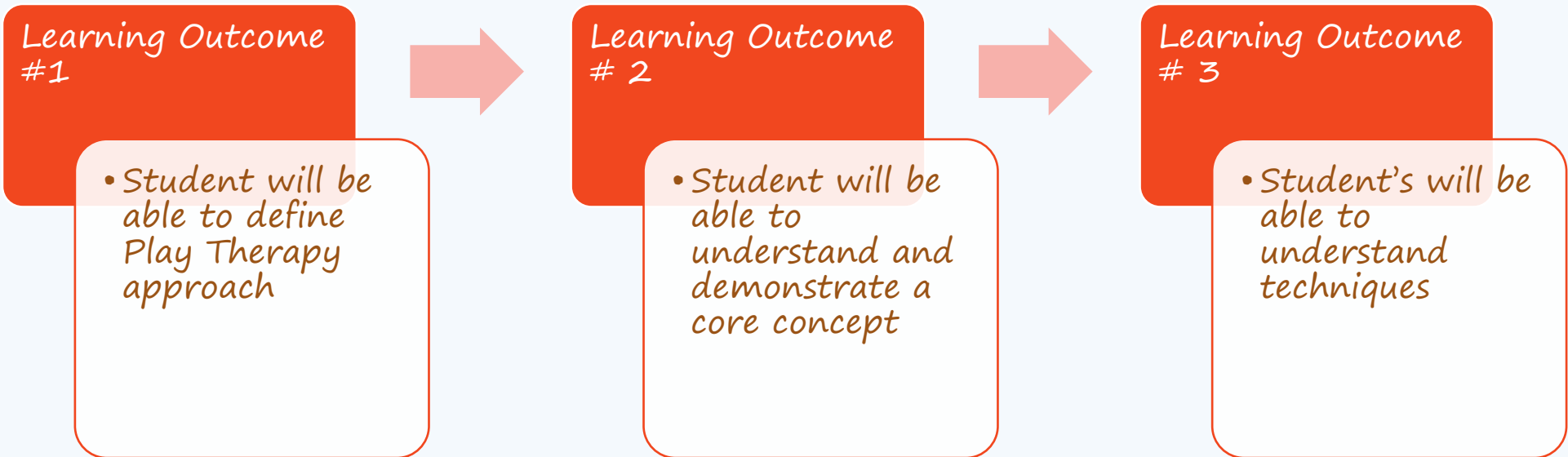
Pioneers in Play Therapy

- Virginia Axline
- Clarke Moustakas
- Louise Guerney
- Garry Landreth
- Charles Schaefer
- Daniel Sweeney
- Kevin O'Connor
- Lisa Braverman
 - Eliana Gil

Rationale for Play Therapy

- *Natural medium of communication*
- *Provide a sensory experience*
- *Creates the necessary distance often needed in trauma*
- *Allows the survivor to experience control*
- *Deep intra-and interpersonal issues can be accessed more rapidly and thoroughly*

Measurable Learning Outcomes



Developmental Concerns

- *Jean Piaget's Cognitive Development Transitions*
(Gingrich & Gingrich, 2017)
- *Children are often unable to put strong emotions in words.*
(Gingrich & Gingrich, 2017)
- *Talk Therapy relies on the capacity for insight, and self-awareness*
(Stewart et al. 2016)

Traumatized Children & Adolescents

Extreme exposure to:

- Violence
 - Sexual Abuse
 - Terror
- The Brain 'Broca' literally shuts down: Mute with Terror

(Crenshaw & Hardy, 2007)

Neuroscience & Play Therapy



- Playing increases the brain's level of oxytocin & Mirror Neurons are also activated by play which helps the therapist to read the situation clearly (Stewart et.al., 2016).



- Oxytocin enhances feelings of emotional wellbeing and trust; thus therapeutic alliance is created (Stewart et.al, 2016)

Goals in Therapy

- *Empathy – Entering a Child's Inner World*
- *Remembering that Children are not adults zapped with a shrink ray*
- *Honoring a Child's first Language of PLAY*

(Gingrich & Gingrich, 2017)

Types of Play Therapy

- Child-Centered Play Therapy (CCPT)
- Therapist Guided

Non-
Directive

Directive

Directive Play Therapy

- *Color your life*
 - *Interactive Assignment with the class*
 - *Resources required: Blank Sheet of Paper & Crayons*

Non – Directive Play Therapy

- https://www.youtube.com/watch?v=JIMWOOLR_9g

Tenets of Child-Centered Play Therapy

- Warm and friendly relationship
- Provides a sense of permission
- Therapist is Alert
- Therapist maintains a deep respect
- Therapist does not attempt to direct child's actions
- Acceptance
- The Child leads the way
- Therapist does not rush the process
- Therapist only establishes limits that are necessary

(wonderscounseling.com/resources)

Additional Types of Play Therapy

- Trauma – Focused Integrated Play Therapy
- Release Play Therapy
- Adlerian Play Therapy
- Filial Therapy (Child/Parent Therapy)

Interventions

- *Group play/Expressive therapy*
- *Expressive Art Interventions*
- *Puppet Play*
- *Sandtray Therapy*
- *Drama Therapy*



(Gingrich & Gingrich, 2017)

Interventions Cont'd

- Toy & Object Play
- Metaphors & Storytelling
- Role-Play Techniques
- Creative Arts Techniques
- Imagery & Fantasy Techniques

(Schaefer & Cangelosi, 2016)

GROUP ACTIVITY

Materials:

Sheet of Paper

Writing tool (pen, pencil)

Directions:

Select the picture that speaks to you most

Create a short story about the picture (5 mins)

STORYTELLING



PLATO

- “You can discover more about a person in an hour of play than in a year of conversation”

ASSESSMENT

- *Provide the overall focus of SFBT*
 - *List 1 Core Concept*
- *Discuss a technique you might use and why?*

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(Gingrich & Gingrich, 2017)

CACREP STANDARDS & PROGRAM LEARNING OUTCOMES

Section 5: COUNSELING AND HELPING RELATIONSHIPS

a. Theories and models of counseling

j. Evidence-based counseling strategies and techniques for prevention and intervention

PLO 7: CMHC/COUC-Synthesize Counseling Theories to Treat Clients Synthesize counseling theories into a comprehensive bio-psychosocial-spiritual theoretical approach that informs assessment, diagnosis, and treatment planning for diverse individual, group, and family client(s) with a broad array of presenting problems and mental disorders.

References

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- Gingrich, H.D., & Gingrich, F. C. (2017). *Treating trauma in christian counseling*. InterVarsity Press.
- Landreth, G. L. (2012). *Play therapy : The art of the relationship*.
- Lin, Y., & Bratton, S. C. (2015). A meta-analytic review of child-centered play therapy approaches. *Journal of Counseling and Development*, 93(1), 45-58.
- O'Connor, K., Schaefer, C., & Braverman, L. (2016). *Handbook of play therapy* (Second edition.)
- Stewart, A., Field, T., & Echterling, L. (2016). Neuroscience and the magic of play therapy. *International Journal of Play Therapy*, 25(1), 4–13.
- Schaefer, C. E., & Cangelosi, D. (2016). *Essential play therapy techniques : Time-tested approaches*.

Resources

<https://positivepsychology.com/play-therapy/>

<https://www.a4pt.org/page/PlayTherapy>

<http://playtherapy.org/Standards/Profession-Structure-Model/Entry-Level-Requirements>

<http://www.gil institute.com/services/treatment/boundary.php>

<https://wonderscounseling.com/resources-for-child-centered-and-directive-play-therapy-in-the-play-room/>

https://www.youtube.com/watch?v=JIMWOOLR_9g