



Welcome

Rogers treats children, adolescents and adults with:

- OCD and anxiety disorders
- Depression and mood disorders
- Eating disorders
- Posttraumatic Stress Disorder
- Addiction



800-767-4411
rogershospital.org



Effective Use of Play Therapy

Karin Beal, M.Ed., MSW, CAPSW

Coordinator of Behavior Management Services

WSCA

Learning Objectives

At the end of the presentation, participants will be able to:

1. Learn the how toys are the tools of play therapy.
 2. Learn how play therapy can be applied to the school setting.
 3. Apply play therapy strategies in group or individual interactions.
-

Play provides physical activity, so that “playing out” the event assists the brain in moving the memory from the nonverbal parts of the brain to the frontal lobes (executive functioning where problem solving and decision making reside).

Tools of the Play Therapist

- Airplane
 - Animals (domestic and wild)
 - Balls
 - Cars
 - Clay
 - Doctors Kit
 - Dolls/house
 - Family figurines
 - Guns
 - Knife
 - Money/gold coins
 - Musical Instruments
 - Paints
 - Puppets
 - Teddy Bear/stuffed animal
 - Telephone
-

Tools of the Play Therapist continued

- Space Considerations
- Using super heroes
- Popular culture – literature, music, movies, games, and technology

Types of Play Therapy

- Child Centered Play Therapy
 - Cognitive Behavior Play Therapy
 - Non-directive Experiential Play Therapy
 - Cultural Issues in Play Therapy
-

Child Centered Play Therapy

CCPT is based on 10 Tenets which form the backbone of relating to children:

1. Children are not miniature adults and the therapist does not respond to them as if they were.
 2. Children are people. They are capable of experiencing deep emotional pain and joy.
 3. Children are unique and worthy of respect. The therapist prizes the uniqueness of each child and respects the person the child is.
 4. Children are resilient. Children possess a tremendous capacity to overcome obstacles and circumstances.
-

Child Centered Play Therapy

continued

5. Children have an inherent tendency toward growth and maturity. They possess an inner intuitive wisdom.
 6. Children are capable of positive self-direction. They are capable of dealing with their world in creative ways.
 7. Children's natural language is play, and this is the medium of self-expression with which they are most comfortable.
 8. Children have the right to remain silent. The therapist respects a child's decision not to talk.
-

Child Centered Play Therapy

continued

9. Children will take the therapeutic experience to where they need to be. The therapist does not attempt to determine when or how a child should play.
10. Children's growth cannot be sped up. The therapist recognizes this and is patient with the child's developmental process

Therapeutic Stages

- Exploratory
- Testing for Protection
- Dependency
- Therapeutic Growth
- Termination

Themes in Play Therapy

Toys in play therapy are not selected at random but serve a symbolic representation of a need or deficit

1. Need for connection, belonging, contact
 2. Need for protection
 3. Need for challenge
 4. Need for withdrawal
 5. Need for power/autonomy
1. Need for attention.
 2. Need for power and control.
 3. Need for revenge and getting even.
 4. Need to avoid.
 5. To need to relax and relieve stress.

<http://www.activeparenting.com/>

Resources

- Reaching children through play therapy: An experiential approach. By Carol C. Norton and Byron E. Norton. 1997. The Publishing Cooperative, Denver, CO.
- Beyond Behavior Management: The six life skills children need to thrive in today's world. By Jenna Bilmes. 2004. Redleaf Press, St. Paul, MN.

Thank you

Karin Beal, M.Ed., MSW, CAPSW

kbeal@rogershospital.org

800-767-4411
rogershospital.org

