



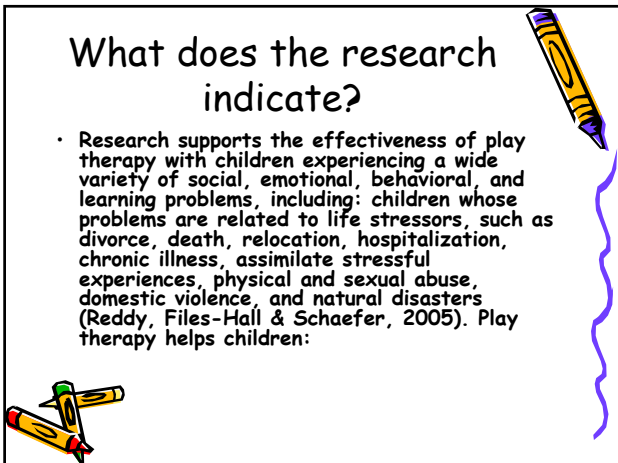
**Play Therapy with
Traumatized Children &
Adolescents**

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What is Play Therapy

- **Play Therapy Defined**
- APT defines play therapy as "the systematic use of a theoretical model to establish an interpersonal process wherein trained play therapists use the therapeutic powers of play to help clients prevent or resolve psychosocial difficulties and achieve optimal growth and development."



What does the research indicate?

- Research supports the effectiveness of play therapy with children experiencing a wide variety of social, emotional, behavioral, and learning problems, including: children whose problems are related to life stressors, such as divorce, death, relocation, hospitalization, chronic illness, assimilate stressful experiences, physical and sexual abuse, domestic violence, and natural disasters (Reddy, Files-Hall & Schaefer, 2005). Play therapy helps children:

Research

- Meta-analysis of 93 play therapy outcome studies indicate that the efficacy of play therapy interventions with children presenting with various emotional and behavioral difficulties is supported (Bratton and Ray, 2005)



SAMHSA's National Registry of Evidenced-Based Programs and Practices

- **Program Description** Child Parent Relationship Therapy (CPRT) is a play-based treatment program for young children between 3 and 8 years who have behavioral, emotional, social, and attachment disorders and for their parents. CPRT aims to fully involve parents in the therapeutic process through group sessions in which parents learn skills to respond more effectively to their children's emotional and behavioral needs.



- The program is effective in improving family cohesion.
- The program is effective for reducing disruptive disorders and behaviors. (SAMHSA March 2017)



SAMHSA's National Registry of Evidenced-Based Programs and Practices

- Adlerian Play therapy (AdPT) is a school-based treatment program targeting children in first through third grades who exhibit problem behaviors, as reported by parents and/or teachers. The program is designed to help children who exhibit behaviors such as aggression, impulsivity, inattention, rule breaking, distractibility, and other undesirable conduct, which are thought to interfere with their ability to build positive relationships with peers and adults.



- The program is effective at reducing disruptive behaviors,
- The program is promising for improving self concept.
- (SAMHSA March 2017)



Research

- Factors that influence outcomes:
 - Parental involvement
 - Length of treatment



Play Therapy helps children (a4pt.org)

- Become more responsible for behaviors and develop more successful strategies.
- Develop new and creative solutions to problems.
- Develop respect and acceptance of self and others.
- Learn to experience and express emotion.



Play Therapy helps children: (a4pt.org)

- Cultivate empathy and respect for thoughts and feelings of others.
- Learn new social skills and relational skills with family.
- Develop self-efficacy and thus a better assuredness about their abilities.



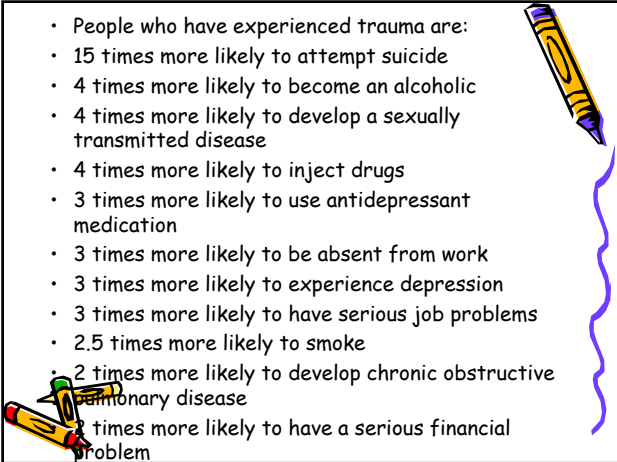
Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services

http://www.samhsa.gov/children/social_media_apr2011.asp

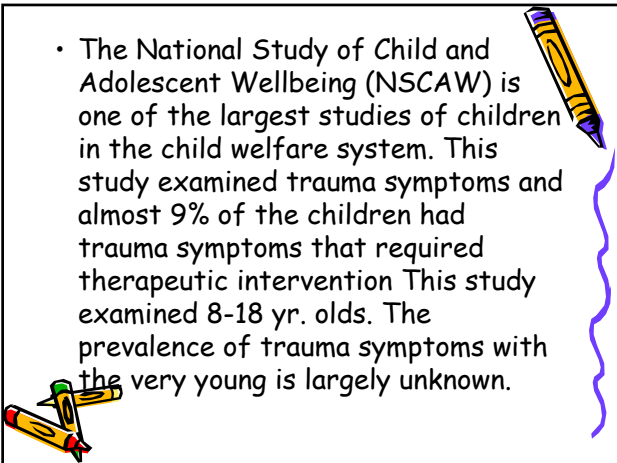
- Young children exposed to five or more significant adverse experiences in the first three years of childhood face a 76% likelihood of having one or more delays in their language, emotional or brain development.
- As the number of traumatic events experienced during childhood increases, the risk for the following health problems in adulthood increases: depression; alcoholism; drug abuse; suicide attempts; heart and liver diseases; pregnancy problems; high stress; uncontrollable anger; and family, financial, and job problems.



- People who have experienced trauma are:
- 15 times more likely to attempt suicide
- 4 times more likely to become an alcoholic
- 4 times more likely to develop a sexually transmitted disease
- 4 times more likely to inject drugs
- 3 times more likely to use antidepressant medication
- 3 times more likely to be absent from work
- 3 times more likely to experience depression
- 3 times more likely to have serious job problems
- 2.5 times more likely to smoke
- 2 times more likely to develop chronic obstructive pulmonary disease
- 1 times more likely to have a serious financial problem

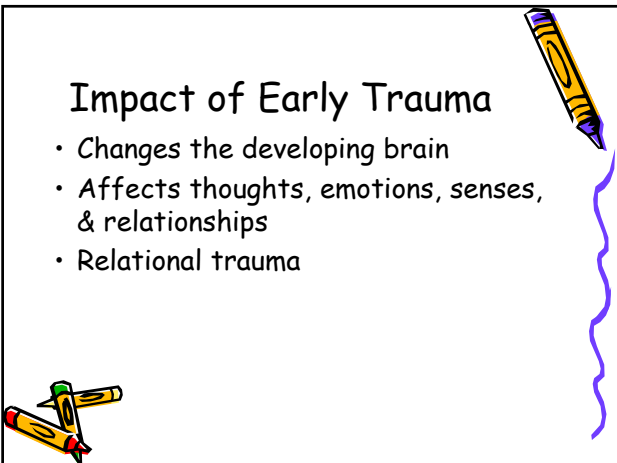


- The National Study of Child and Adolescent Wellbeing (NSCAW) is one of the largest studies of children in the child welfare system. This study examined trauma symptoms and almost 9% of the children had trauma symptoms that required therapeutic intervention. This study examined 8-18 yr. olds. The prevalence of trauma symptoms with the very young is largely unknown.



Impact of Early Trauma

- Changes the developing brain
- Affects thoughts, emotions, senses, & relationships
- Relational trauma



Impairments in functioning of brain (Pre-frontal Areas)

- May lead to attachment disorders
- Chronic disturbances in affect regulation
- Chronic stress, hostile/aggression high risk for PTSD



3 & 4 yr olds



- Vocabulary approaching 1000 words
- Can answer questions
- Asks questions
- Play with others
- Imaginative play
- Responds well to praise



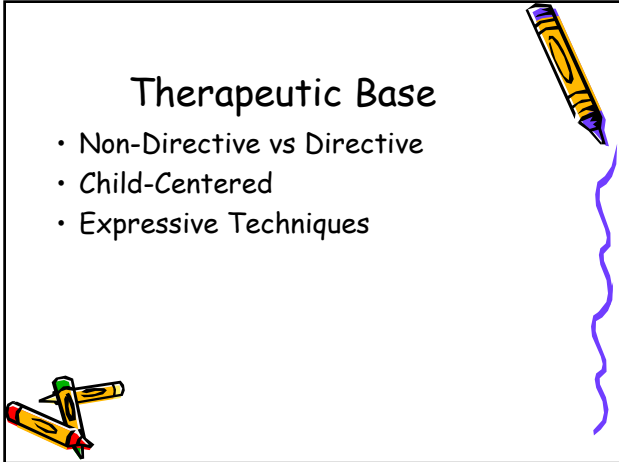
Goals

- Facilitate receptivity to interpersonal contact & nurturance
- Facilitate self-regulatory skills
- Promote ability to label & verbalize feelings



Therapeutic Base

- Non-Directive vs Directive
- Child-Centered
- Expressive Techniques



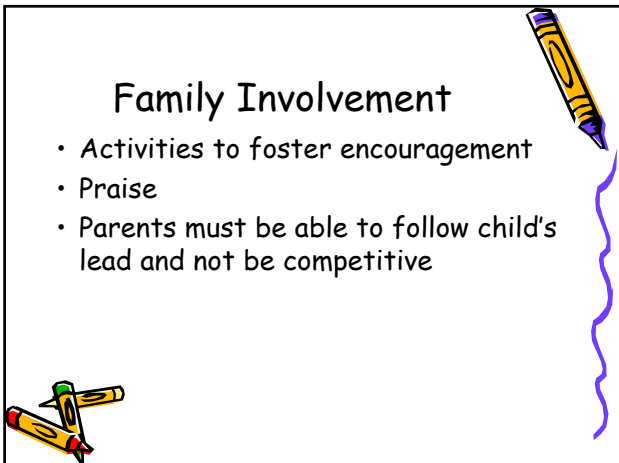
Activities for 3 & 4 yr olds

- Safety Themes
- Broken/Fixed
- Positive Nurturance
- Imaginative Play with figurines
- Building Blocks
- Tea Party



Family Involvement

- Activities to foster encouragement
- Praise
- Parents must be able to follow child's lead and not be competitive



5 & 6 yr olds



- May begin to question parent and own values
- Must succeed
- Acts by trial and error



Therapeutic Base

- CBT
- Adlerian
- Child-Centered

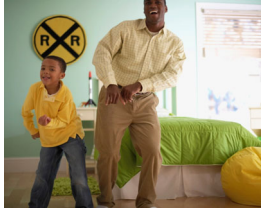


Activities for 5 & 6 yr olds

- Water Play
- Clay
- Bubble Pop
- Role Play



Family Involvement



- Allow for expression
- Follow child's lead
- Encourage child to express feelings
- Allow child to explain decisions/choices



7 & 9 yr olds

- Forms new friendships
- Concerned about others opinions
- Decreasingly influenced by parents
- Developing own values



Therapeutic Base

- CBT
- Gestalt
- Child-Centered
- Adlerian



Activities for 7 & 9 yr olds



- Superhero activity
- Card story telling
- Fortune Tellers
- Mad game



10 & 12 yr olds

- Begin to conform to peer standards
- Have specific chores at home
- Make decisions
- Use more media
- Master many skills



10 & 12 yr olds

- Increases self-understanding
- Increases in social awareness
- Increases in self-criticism
- Increases in self-consciousness
- Reduced self-esteem



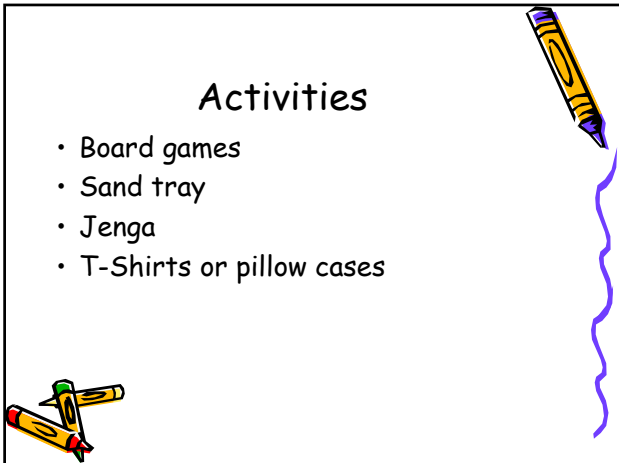
Therapeutic Base

- CBT
- Adlerian
- Child-Centered
- Gestalt

A box containing the title 'Therapeutic Base', a bulleted list of four therapy approaches, and illustrations of three crayons in the bottom left and a yellow crayon with a blue wavy line in the top right.

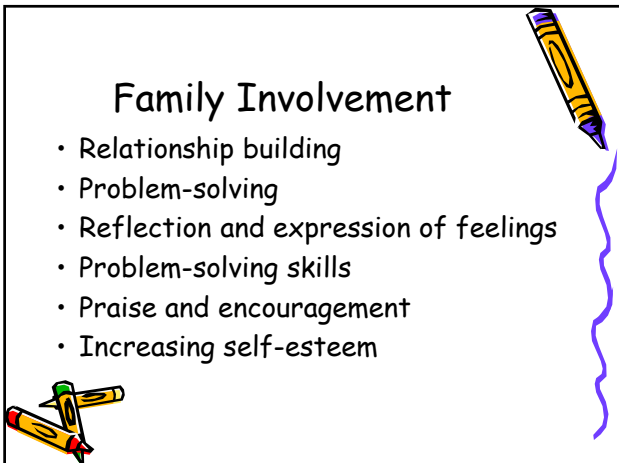
Activities

- Board games
- Sand tray
- Jenga
- T-Shirts or pillow cases

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Family Involvement

- Relationship building
- Problem-solving
- Reflection and expression of feelings
- Problem-solving skills
- Praise and encouragement
- Increasing self-esteem

A box containing the title 'Family Involvement', a bulleted list of six involvement strategies, and illustrations of three crayons in the bottom left and a yellow crayon with a blue wavy line in the top right.

Adolescence

- Can be disoriented by rapid physical changes
- Emotional development swings from unstable to well-balanced
- 13yr olds often withdrawn and pessimistic
- Rapidly forms & dissolves attachments
- Feels misunderstood by adults



Adolescence

- Often idealistic
- Often unaware of consequences between words and actions
- Struggle between security of childhood & expectations of adult world



Therapeutic Base

- CBT
- Gestalt




Activities

- Fact or Crap
- Mostly Me
- Whonuu
- Computer Assisted Vocational Testing
- Battleship



Family Involvement

- Communication blocks
- Listening is an art & science
- Sorry Game
- Ugly Orange



Play Room

- Materials for actual play room
- Mobile office materials



Determining Therapeutic Progress

- Look for firsts
- Development of themes
- Less aggression or anxiety
- More open expression
- More inner directed
- More flexible or tolerant
- More accepting of self



Q & A's



