**Adlerian Play Therapy**
**Kottman  Chapters 1-3**

**Adlerian Principles**
- People Are Socially Embedded
  - Family
  - Neighborhood
  - School

**Psychological Boxes**
- Smart
- Lazy
- Good
- Bad
- Phobic
Social Interest
- Sense of Connectedness
- Sense of Belonging
- Sense of Friendliness
- Primary Responsibility of Counselor to Work with Parent to Foster Social Interest

People Are Goal Directed
- Behavior is Purposeful
- Understanding Goals is Key
- Behavior Tells Us What the Goals Are
- Four Basic Goals of Discouraged Children

Four mistaken goals of discouraged children
- Attention
- Power
- Revenge
- Display of inadequacy
Determining the Child’s Goal
- Child’s Behavior
- People’s Reaction to Child’s Behavior
- Child’s Reaction to Correction

Goals of Positive Behavior
- Attention, Involvement, Contribution
- Autonomy and Self-Responsibility
- Justice and Fairness
- Avoiding Conflict and Acceptance of Other Peoples Opinion

The Ultimate Goal of Therapy
- Move from Goals of Misbehavior to Goals of Positive Behavior
People view Life Subjectively

- Children sometimes make erroneous conclusions/interpretations
- Sometimes these faulty conclusions are incorporated into their lifestyle—Basic convictions about themselves, others, and the world

Inferiority

- Inferiority is the distance between self-perception and self-ideal
- Two responses to inferiority are:
  - Discouragement
  - Inspiration
- Encouragement is a key antidote to being overwhelmed by feeling of inferiority

People are creative

- Help client explore:
  - Assets
  - Lifestyle
  - Goals
  - Behaviors
Four Phases of Counseling

- Building the relationship
- Exploring client's lifestyle
- Helping client gain insight into their lifestyle
- Reeducating about how to reach goals more constructively

Play therapy techniques

- Tracking
- Restatement of content
- Reflection of feeling
- Questioning strategies
- Active interaction with the child
- Cleaning room together/limit setting
- Encouragement

Investigating Child’s Lifestyle

- Observation of child’s play
- Questioning techniques with child and parents
- Art therapy
Lifestyle Investigation
- What are goals of child’s behavior?
- What is the family constellation?
- What is the family atmosphere?
- What are child’s early recollections?

Insight
- Lifestyle information is organized by the counselor and shared with the child and parent(s)
- Tentative hypotheses, metaphors, and humor are used to help child and parent(s) decide which behaviors, attitudes, thoughts, and feelings they want to change

Reeducation
- The counselor helps the child and parent(s) move from insight into action, i.e. develop new ways of interacting with others
  - Brainstorming
  - Problems solving
  - Teaching
Adlerian Play Therapy Overview

- Types of toys and therapeutic uses
  - Family/nurturing toys----family constellation and atmosphere
  - Scary toys----mistaken beliefs, perceived threats and past traumas
  - Aggressive toys----control and trust issues
  - Expressive toys----feelings, family relationships and their unique creativity
  - Pretend/fantasy toys----relationships and practice new behaviors

Family/nurturing toys-examples
- doll house
- dolls
- animal families
- people puppets
- stuffed animals
- sand /sandbox

Scary toys-examples
- snakes
- rats
- dinosaurs
- alligator
- shark
**Aggressive toys-examples**
- punch bag
- weapons—dart gun, sword, rubber knives
- toy soldiers, tanks, cannons
- plastic shield
- handcuffs

**Expressive toys-examples**
- easel and paints
- crayons and markers
- play dough or clay
- finger paints
- glue, newsprint, scissors

**Pretend/fantasy toys-examples**
- masks
- doctors kit
- dress up clothes
- cars, trucks, airplanes, boats
- puppets and theatre
- magic wands
- telephones