

# Play Techniques for Counseling Children & Adolescents

Linda Webb, Ph.D.

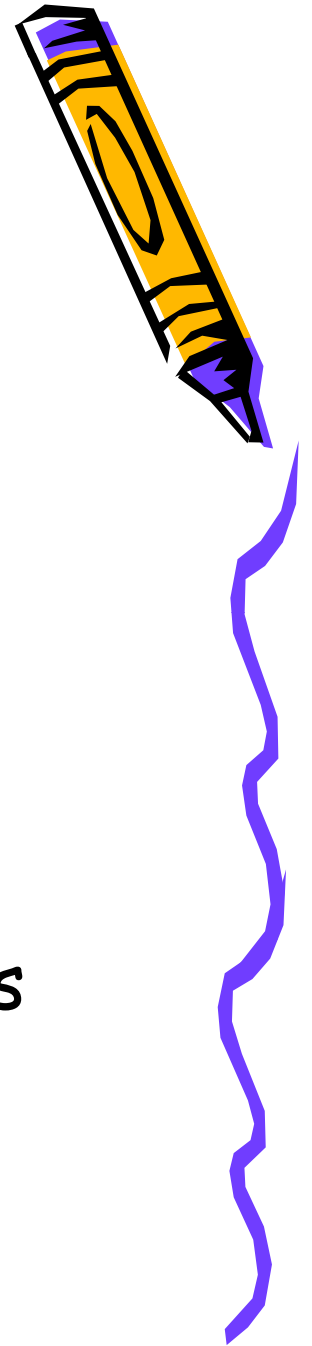
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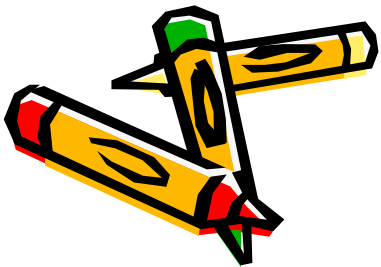
# Today's Workshop

- Introductions
- Overview & underlying assumptions
- Play process demonstrations
- Structured play activity process
- Skills practice
- Structured counseling interventions
- Dollhouse play
- Planning for implementation



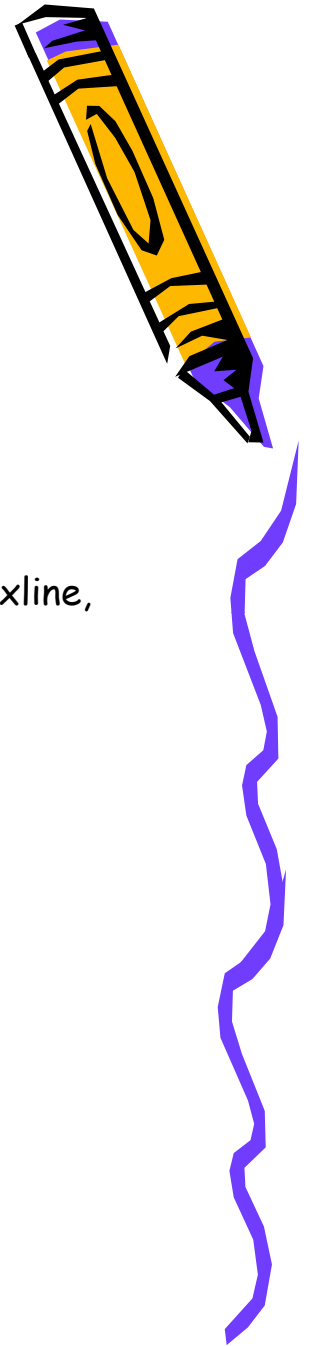


- Who's here? (levels, geographic locations)
- Large group, small group and individual work?
- Who am I?
- Experiential nature of workshop



# Using Play Techniques

- **Theoretical basis** (roots: Freud (A. Freud), Rogers (Axline, Moustakus, Landreth), Adler (Dinkmeyer, Albert).
- **Vehicle of expression** (feelings & behaviors)
- **Parallels developmental levels of children, adolescents & adults**

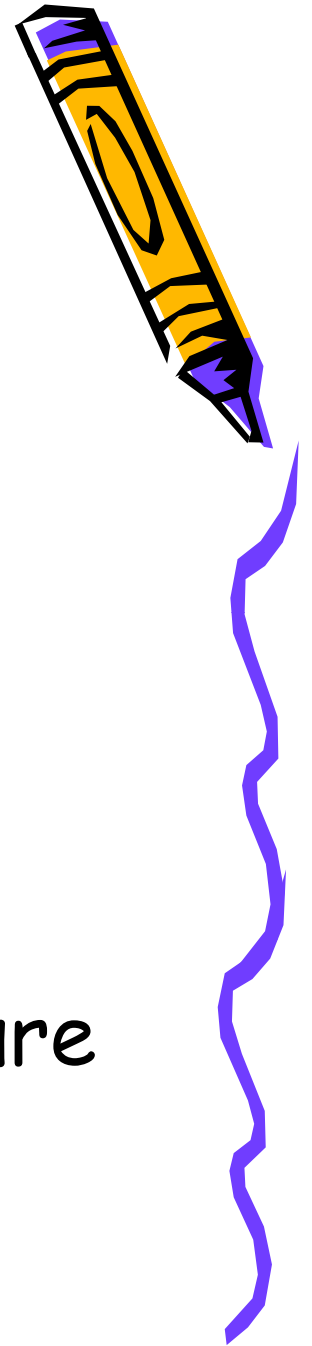


# Using Play Techniques

(examples/drawing, puzzle)

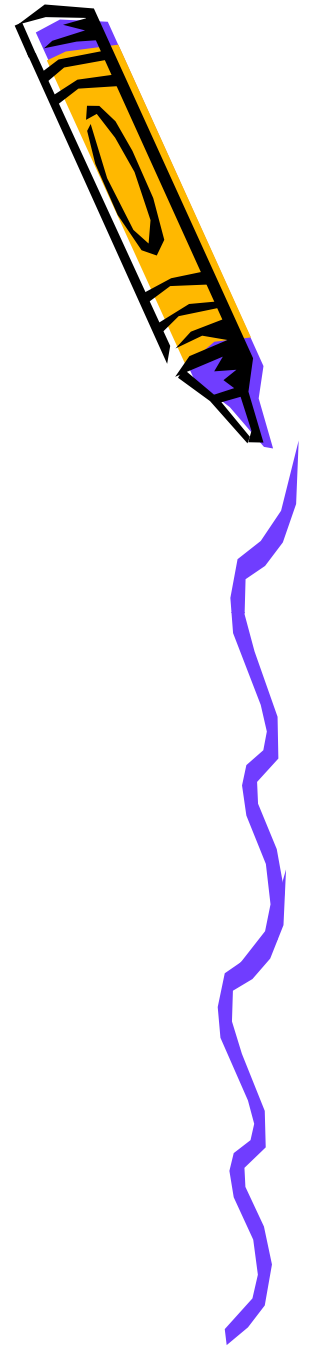
- Many benefits
  - Relationships
  - Diagnosis
  - Treatment

Benefit related to the structure  
of the activity



# Group Work Formats

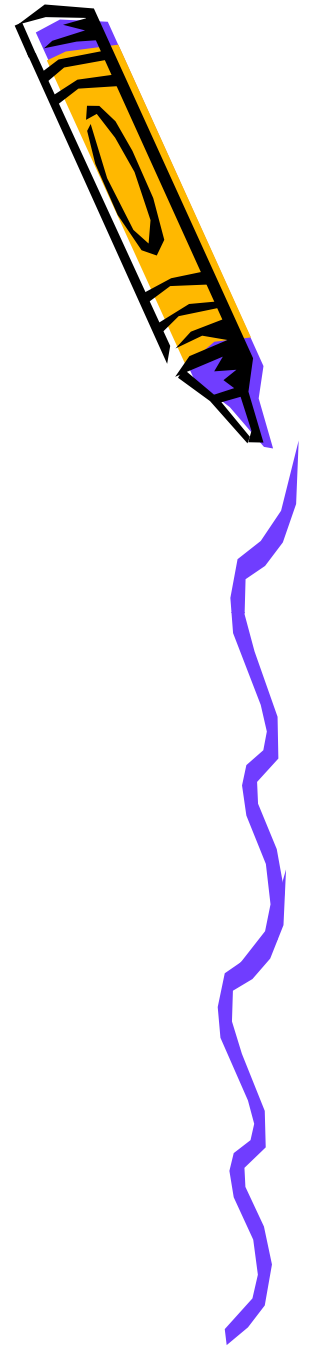
- Beginning
  - Checking in
  - Sharing of successes
  - Review of previous session
- Middle
  - Facilitation and processing of play activity
- End
  - Using what we have learned



# Facilitative Responding & Group Discussion Skills

- Personalizing
- Structuring
- Open vs Closed Questions
- Linking and Connecting
- Clarifying and Summarizing

Empathic Responding (working with professionals)



# Key Concepts Supporting Individual and Group Counseling

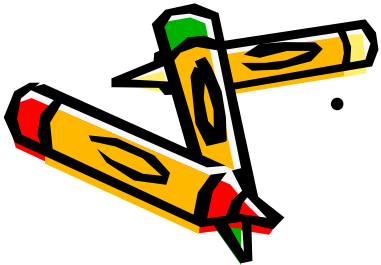
- Encouragement
- Cognitive reframing and positive self talk
  - Noticing small improvements
    - Optimism  
(one of the biggest issues/what do they say)





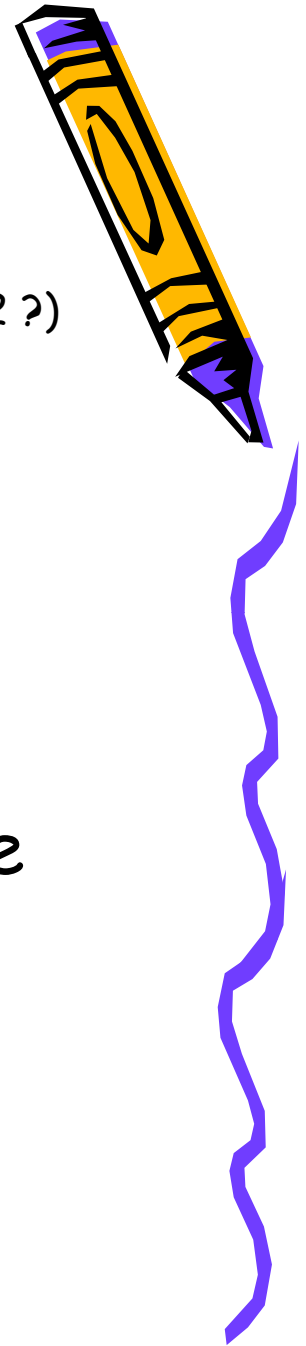
# Sequencing Activities

- Community building (Rapport building)
- Feelings Vocabulary & Coping skills
- Confronting difficult issues
- Gaining insight and awareness
- Identification and application of n
- Closure



# Community Building

(groups of 10-12 ?)

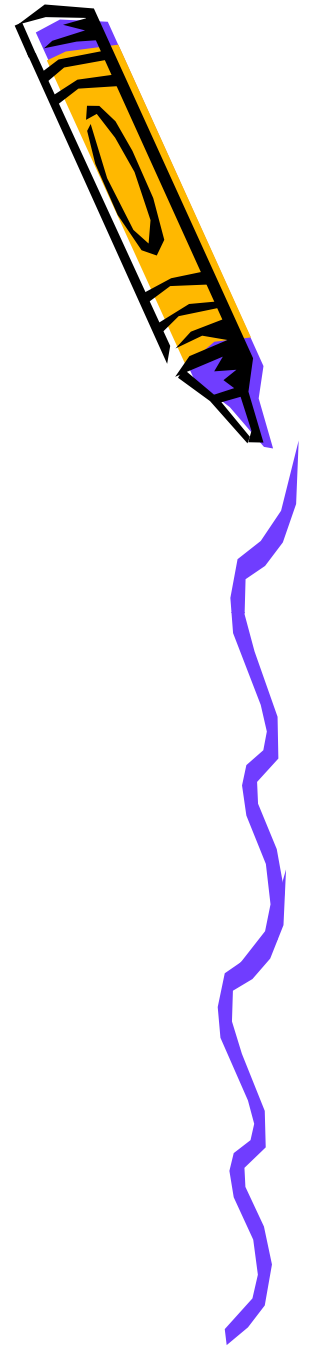
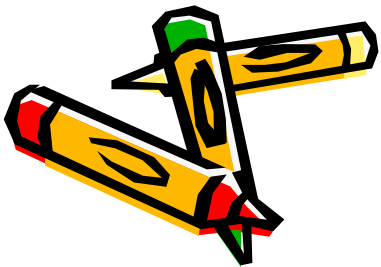


- Games
  - Name game
  - Name & gesture
  - Energy ball
  - Knot



# Play Process & Successive Approximation

- Risk
- Proximity
- Complexity



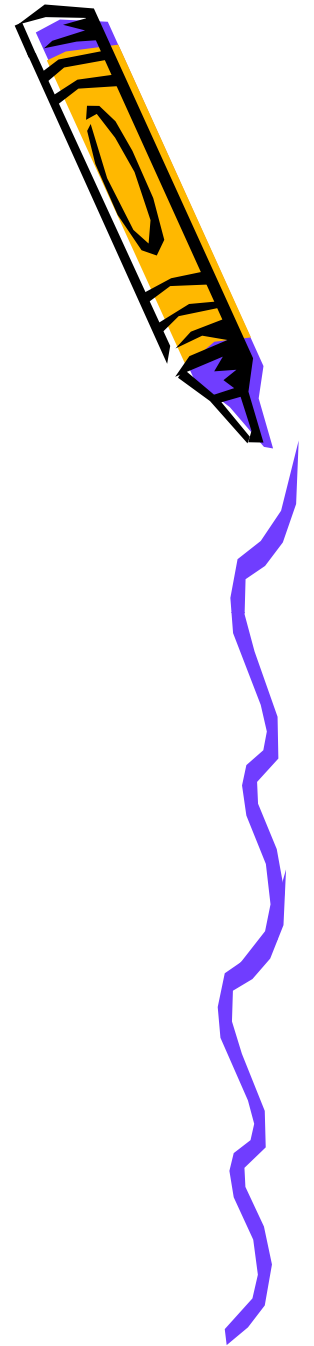
# Structured Play Activity Process

- Processing:
  - The activity
  - The feelings and behaviors generated by the activity
  - The LEAP (next slide)
- Skills identification
- Skills practice and application
- Evaluation



# Making the LEAP

- **L**inking &
- **E**xtending the
- **A**ctivity
- **P**rocess

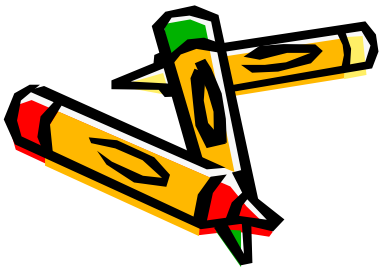
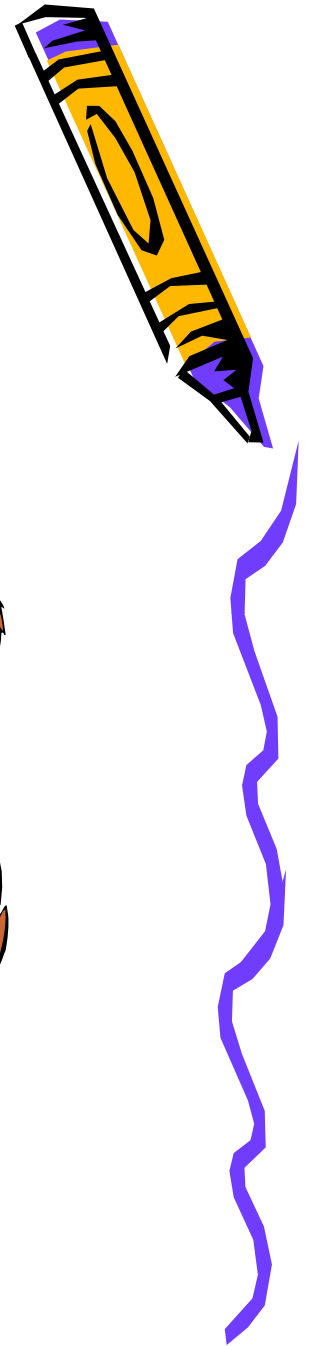


# Working Together: It's Raining



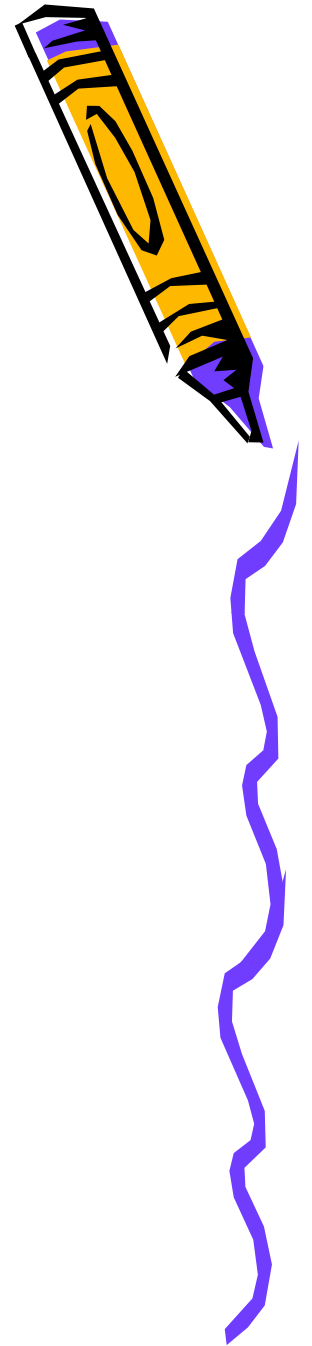
# Community Building (2 groups of 12)

- Moving Line
- Blindfold Line (process demo)



# Community Building

"Sometimes we have to go  
slow to go fast".

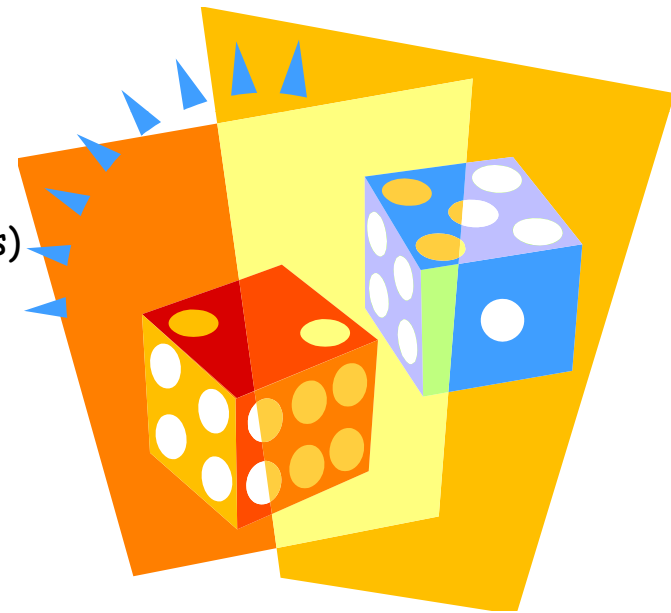




# Developing Vocabulary and Understanding Feelings

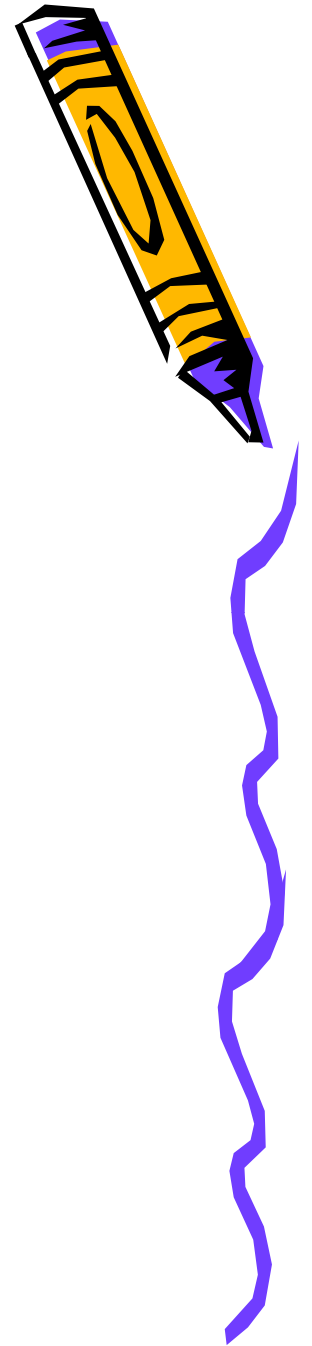
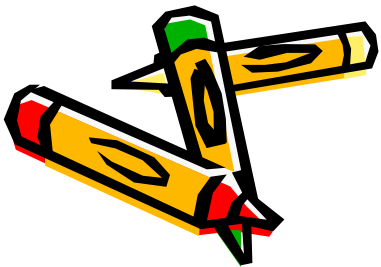
- Pleasant/Unpleasant

- Faces & Words (examples)
- Feelings Dice
- Feelings Man (next slide)



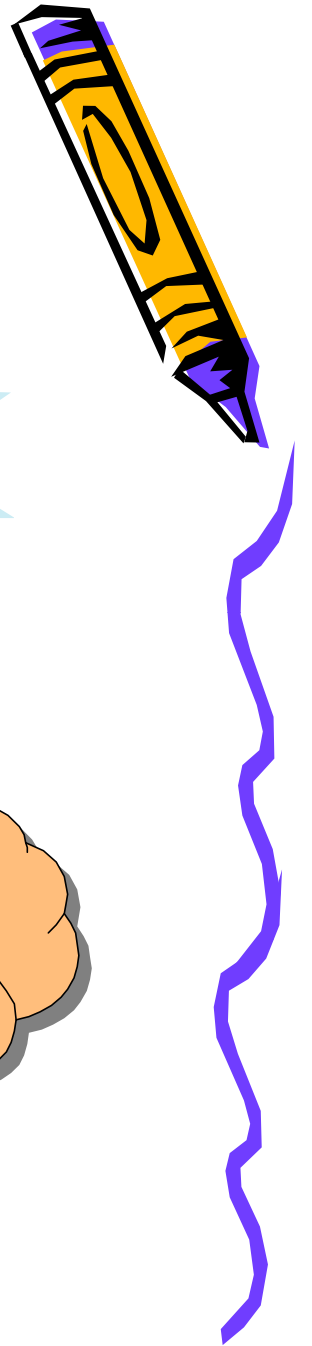
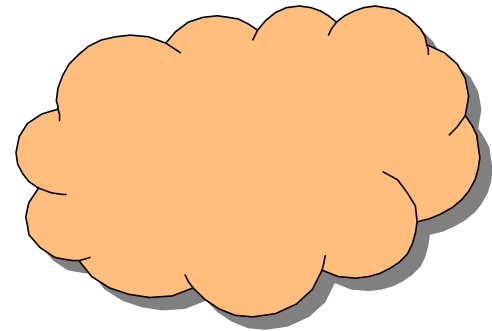
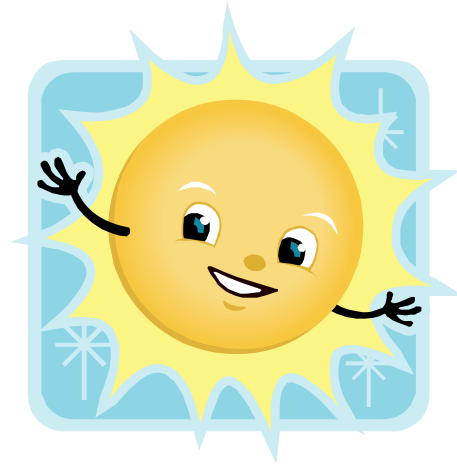
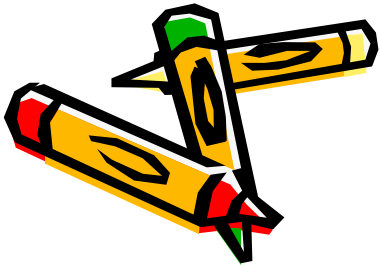
# Understanding Feelings and the Need to Release

- Feelings Man  
- Olmos, 1992



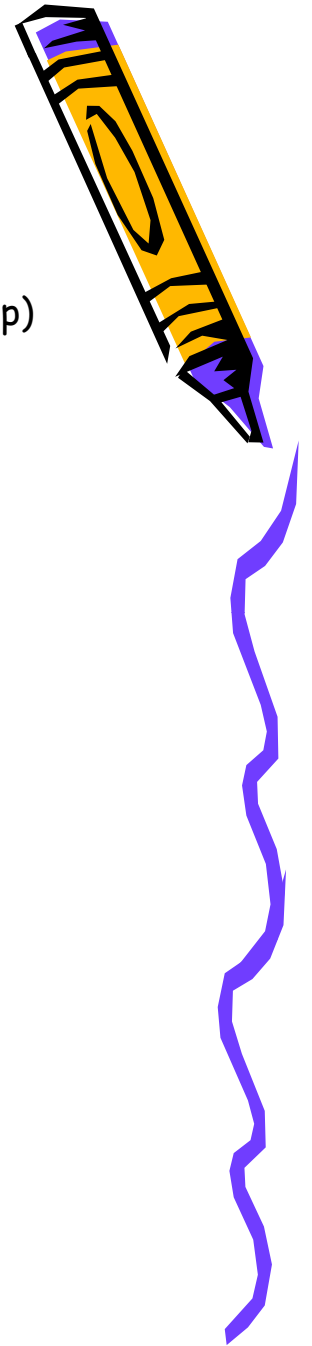
Eliciting pleasant vs unpleasant feelings and behaviors

What are we prepared to handle? What about expected emotions?



# Managing Emotions

(in and out of group)



- Relaxation
- Safe Place
- Breathe, Picture, Focus

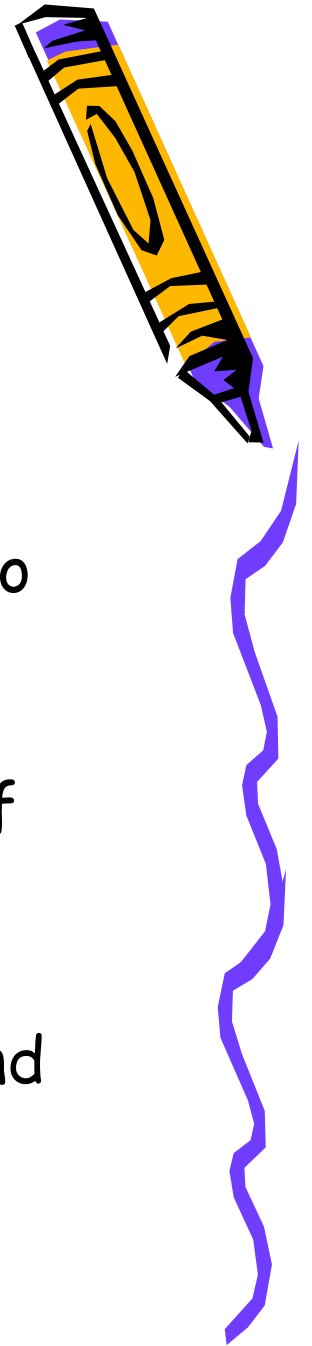


# Gaining Awareness & Insight

- Processing the play experience to connect it to other meaningful real life experiences
- Gaining insight from the play experience itself

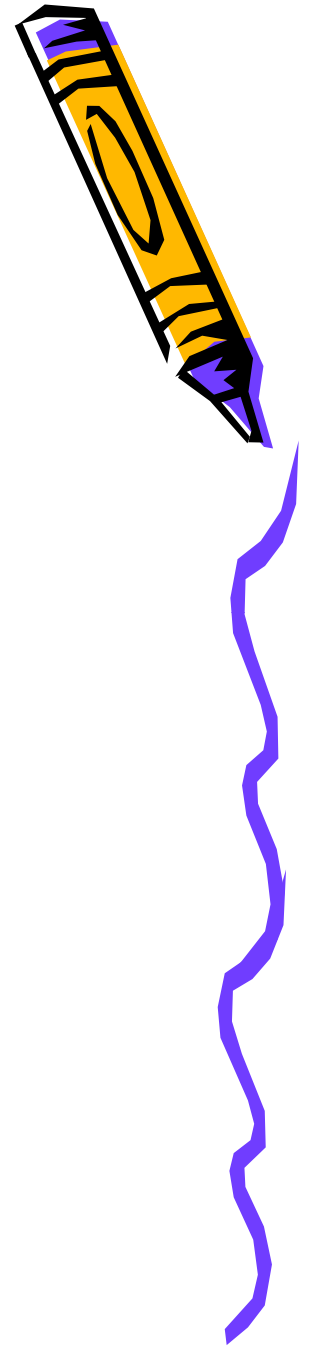
Up until now we have participated in:

- Energy ball, knot, making rain, moving line, blind line, feelings man, feelings dice (partner/insight from experience or processing)



# Gaining Insight through Drawings

- Person
- Family
- Kinetic Family
- Kinetic School
- Structured Drawings

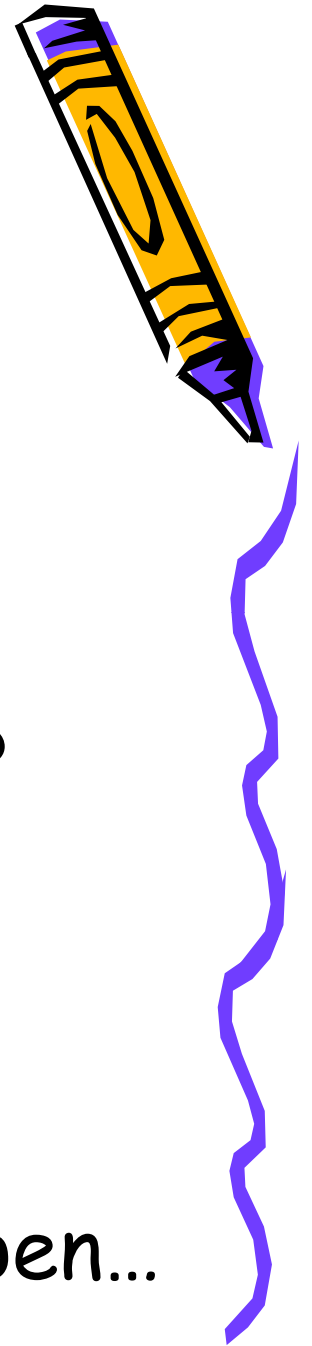


# Prompts

- What can you tell me about your picture?
- Who is in your picture?
- What is happening in your picture?
- What is (     ) doing?
- What is (     ) thinking about?
  - How is (     ) feeling?

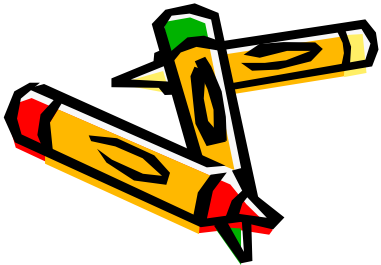


If you could make one thing happen...  
(insight question)



# Props for Gaining Insight

- Magic wand
- Magic dust (example)
- Magic carpet
- Crystal ball
- Remote control
- Take a picture
- Others??





# Manipulating Outcomes

release feelings/community building/g & l youth/loss)

(e.g. clay/

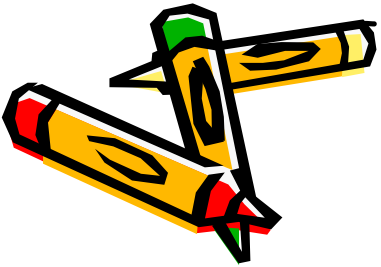
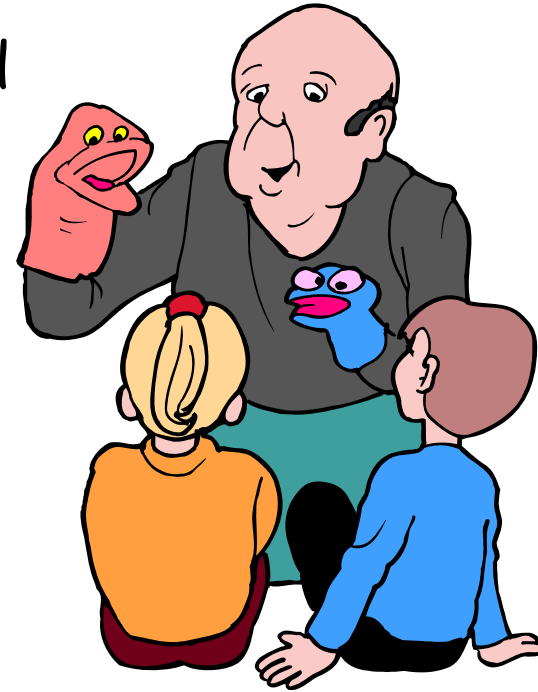


- Changing task
  - Changing directions or adding directions once started
- Changing processing prompts
- Altering LEAP (general vs specific)
  - Sequencing of activities



# Puppets & Dolls (show examples)

- Gaining insight about child
- Reduce "risk"
- Empathy
- Activities
  - Role reversals
  - Role plays
  - Introductions, interviews, social problem solving with multiple endings, feedback
- Other

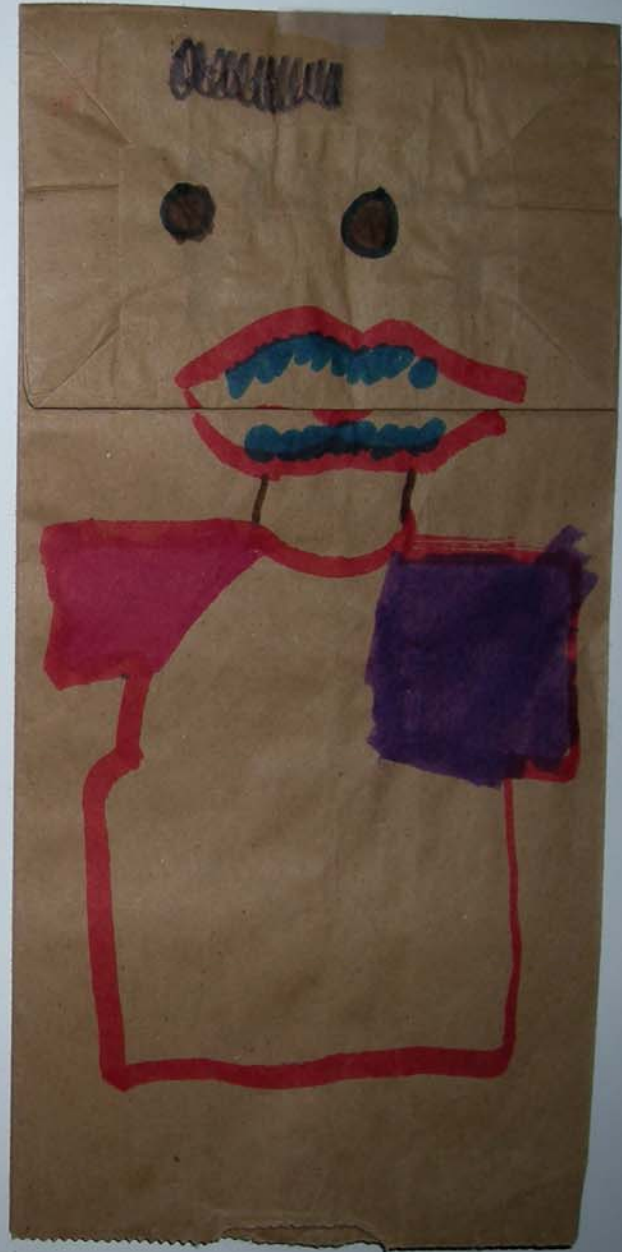


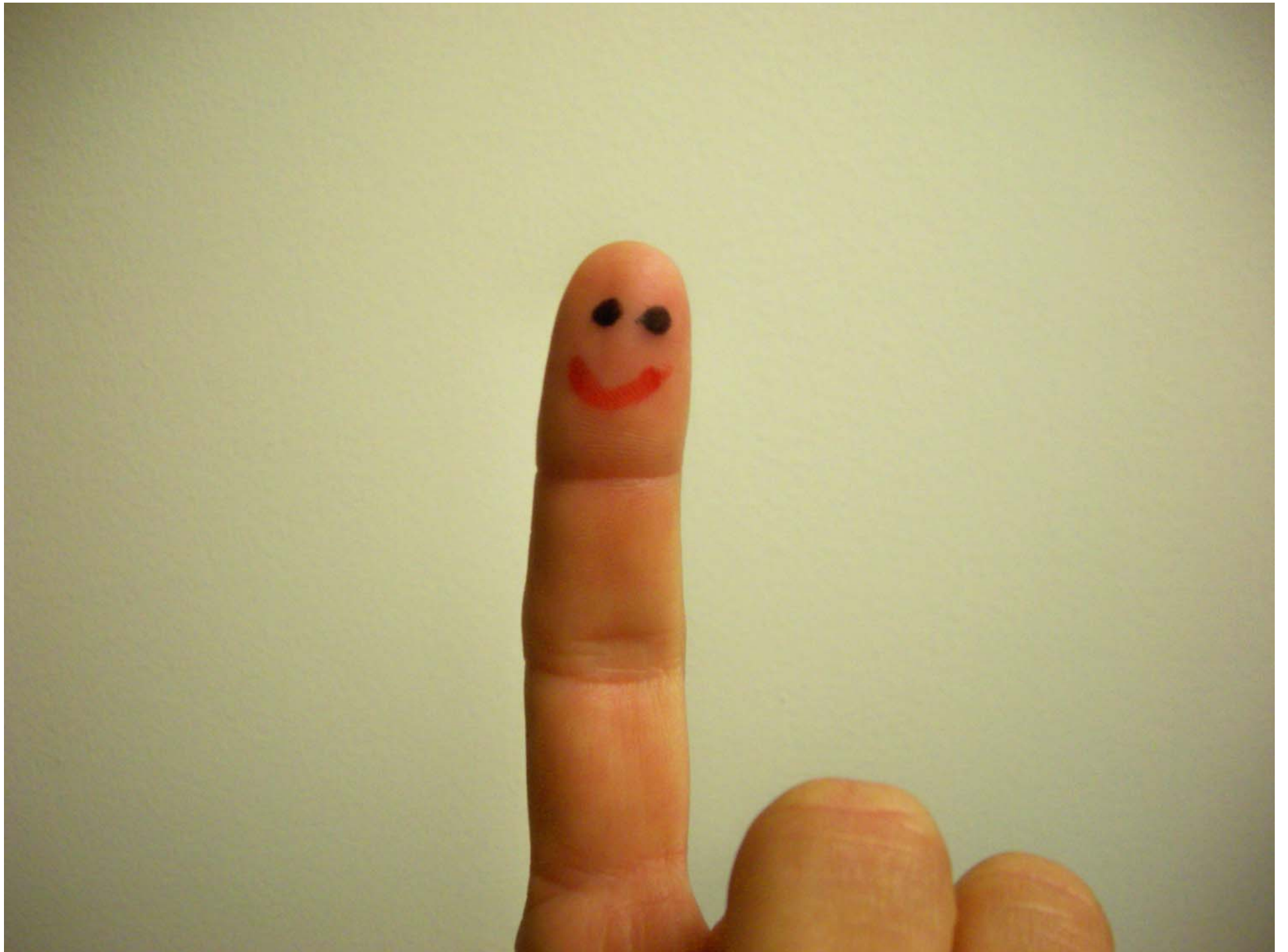








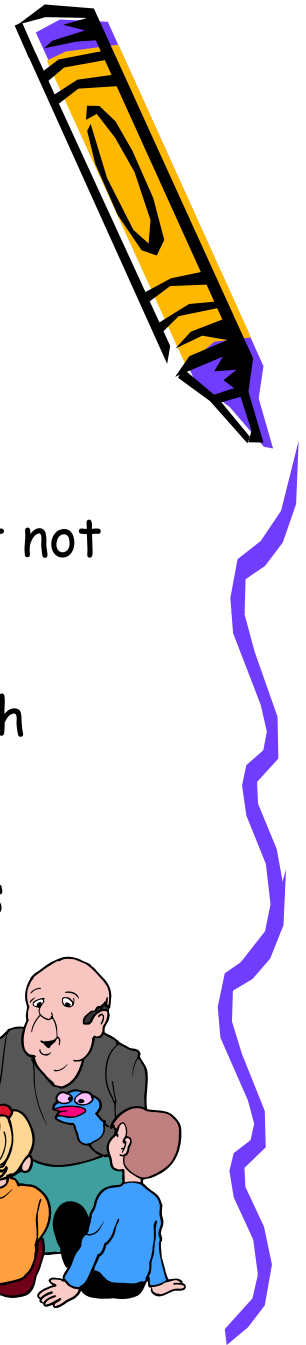






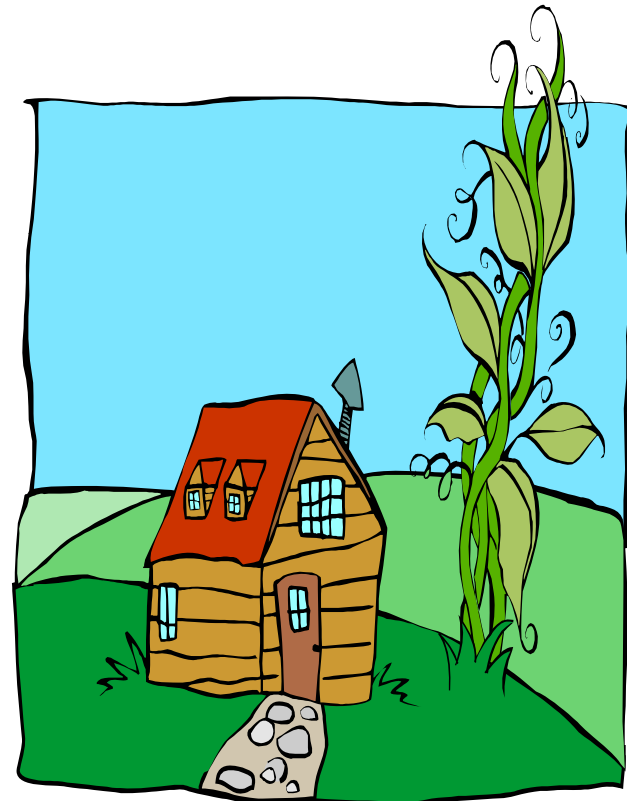
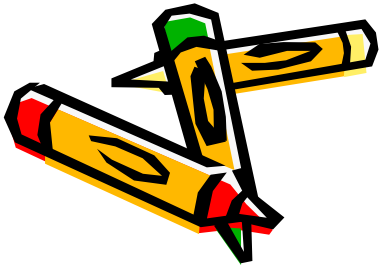
# Puppets (example)

- Make a puppet that will represent you
- Puppet will introduce you and one thing the group might not know about you
- Puppet will share a problem he/she has been having with another person
- Group will choose one problem to role play with puppets
- Two role plays
  - one with an ending that did not provide resolution
  - one with a healthy ending



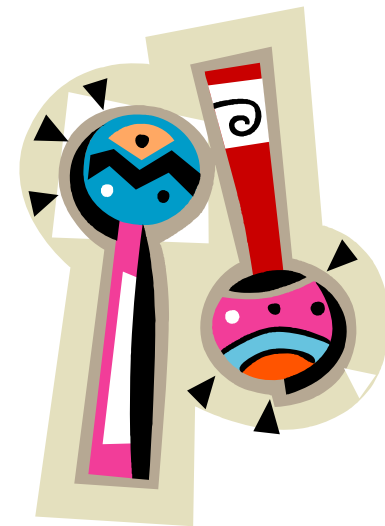
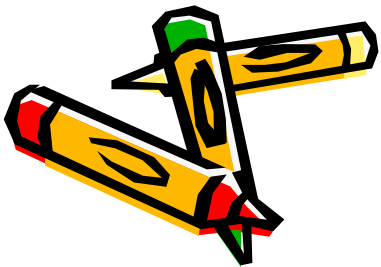
# Using Play to Develop Empathy

- "What do you see?"
- Story from "both sides"
- Paint & paper
- Blind find game



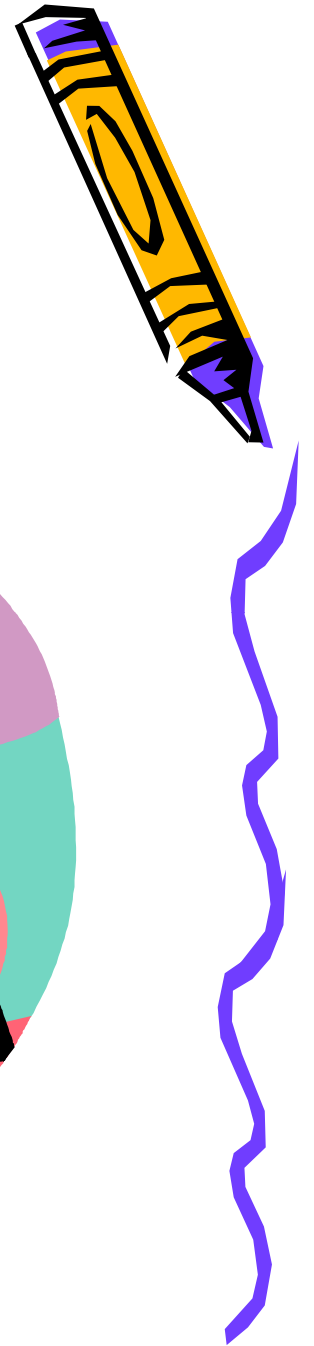
# Music & Movement

- Reduce stress - means of relaxation (flute,2)
- Reframe negative thought patterns (JB,17)
- Increase energy (!\*!\*,29, brain gym)
- Meaningful lyrics as discussion starters (I can see,16) (FLY,24) (fighter,11)
- Elicit behaviors/feelings for exploration (I know I can,23)

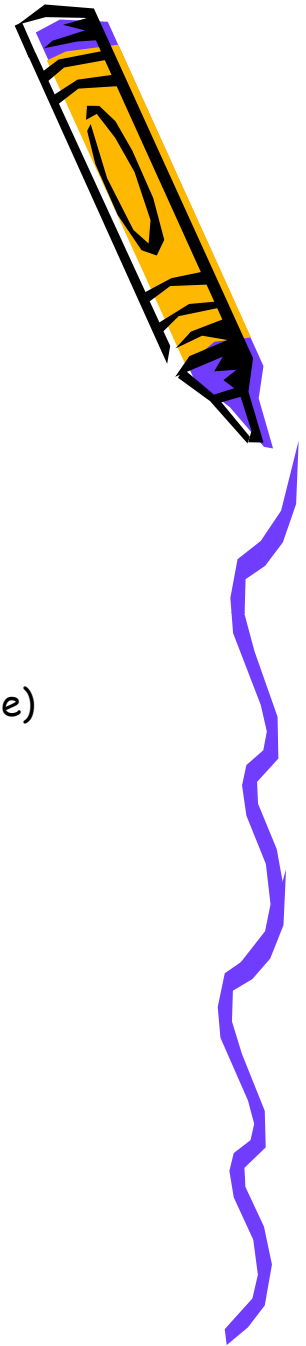


# Tactile Media

- Play Dough (hobby, good at, fun, self, process)
- Toothpaste (process)
- Shaving Cream
- Finger Paints



# String (groups of 8)



- Is there a way out? (process next slide)



# Processing String Activity (groups of 8)



How did you feel about what we did?

What were you thinking when...

What were you feeling when...

Has there been a time when you have experienced these same feelings? OR I'm wondering if this is what is like when.....

What was that like?

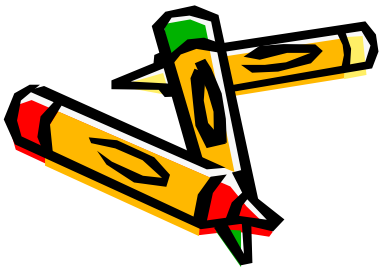
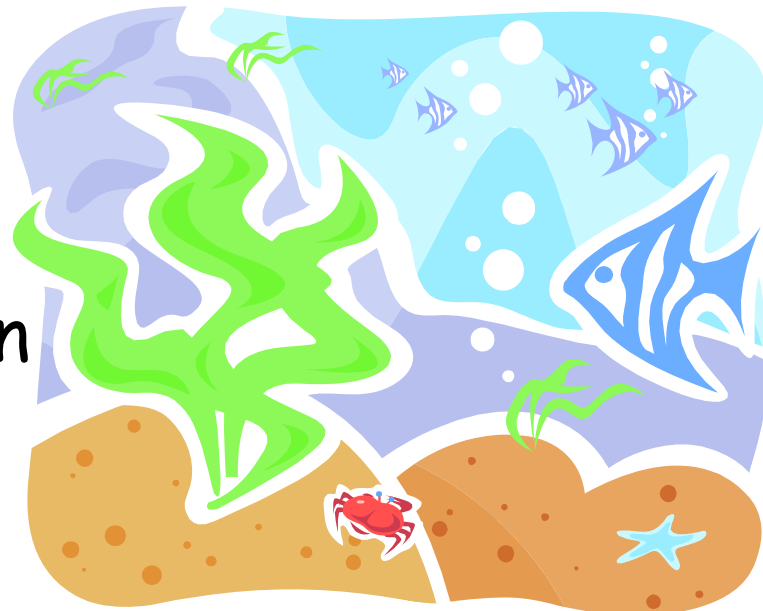
How can you use what you learned today?



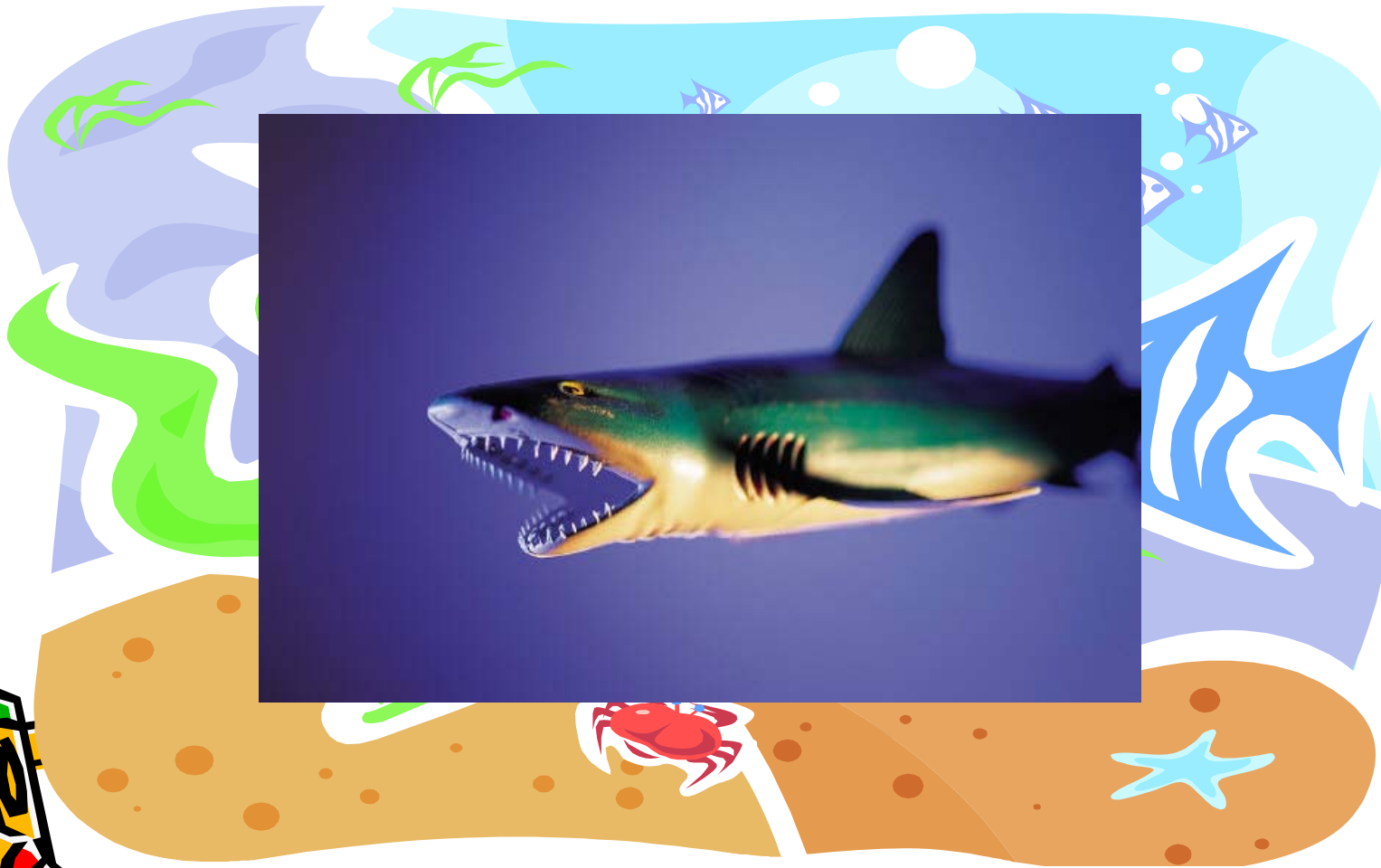
# My World (beginning/middle/end)



- My Aquarium
  - Use the materials provided to create an aquarium that reflects your own world



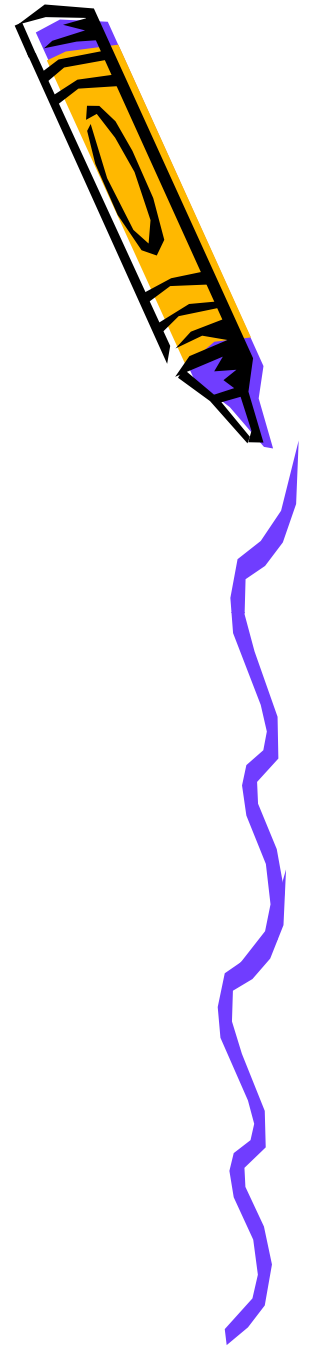
# Shark in My World





# My World

- Manipulating outcomes
  - What have we elicited?
  - What stage of the process?
  
- New directions... SHARK
  - What have we elicited?
  - What stage?



# Cave of Fear

How many of you have ever been afraid of something?

Talk about fear.

Have children draw a picture of what they are afraid of.

Children take their picture into the "cave of fear" - process how they are feeling.

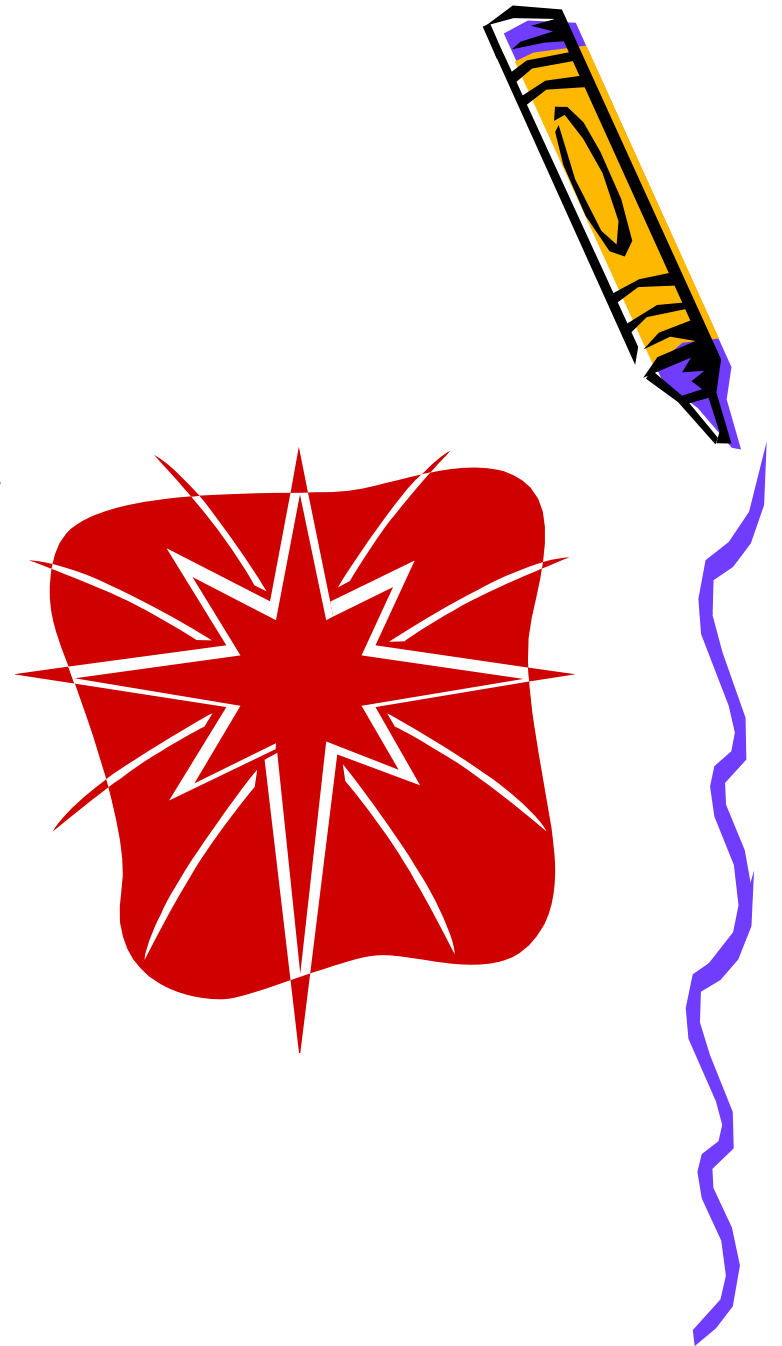
Give them a permission slip to face their fears.

Show them the pool of courage in which they can use their "slip" to face their fears (role play how they can use their permission to face their fears).



# Closure

- Appreciations
  - Strength bombardment
  - Appreciation circles
  - Passing notes
  - Sculptures
    - Strengths I've Noticed
    - Something I Respect
    - Something I Admire
    - Something I Like



# Closure

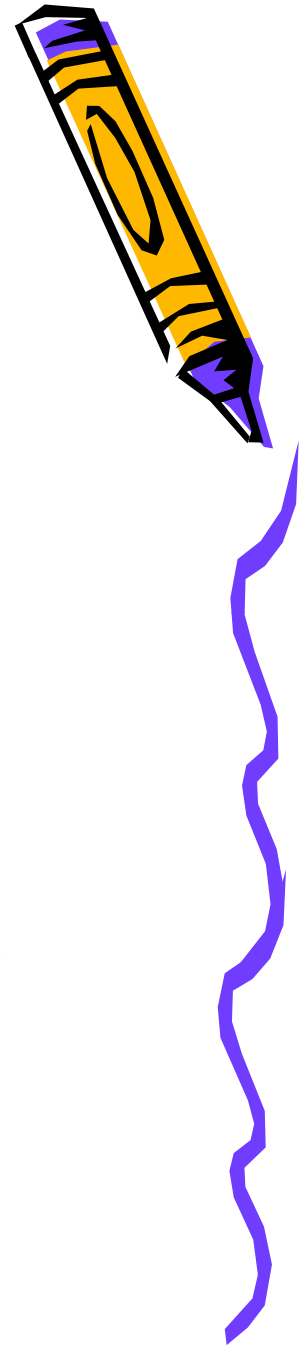
## Celebrations

What I have learned about:

myself, coping, others (bereavement)

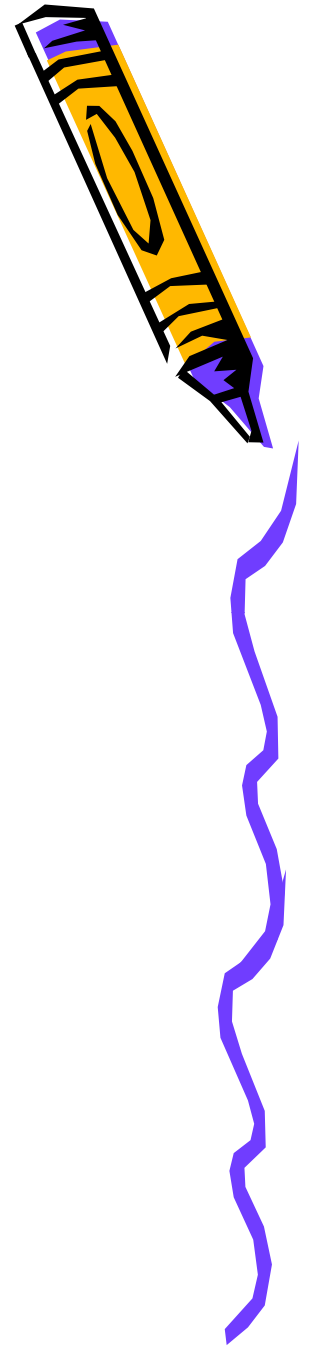
What I can do

How things are better



# Freeing Experiences

- Relaxation and Imagery
- Bubbles

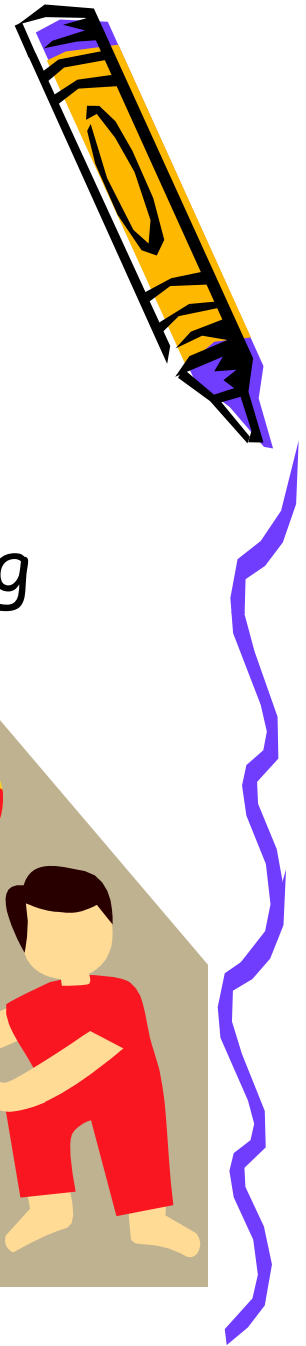


# Paper Tearing



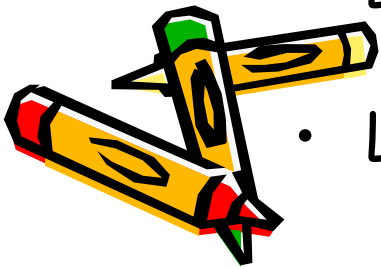
# Today's Activities

- Community Building
- Feelings Vocabulary & Skills for Coping
- Working on Difficult Issues
- Gaining Insight and Awareness
- Application of New Skills



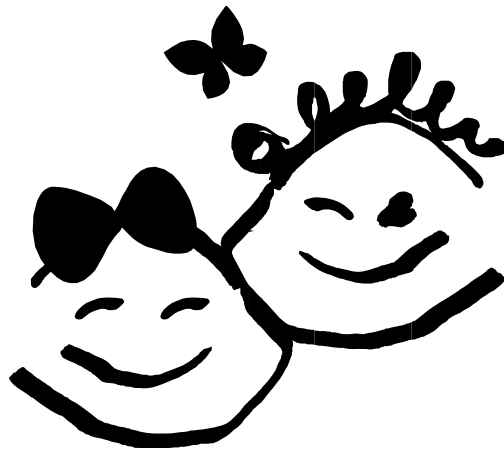
# Structured Interventions for Target Groups

- Typical/specific needs of the target group
- Objectives - keep the end in mind
- Activities elicit feelings and behaviors associated with needs
- Processing leads related to objectives
- Leads related to skills development/practice
- Leads related to real life application

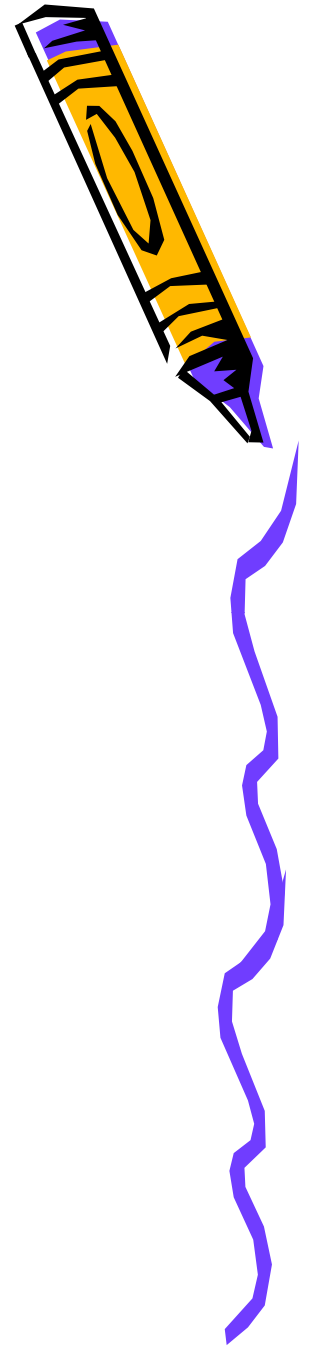




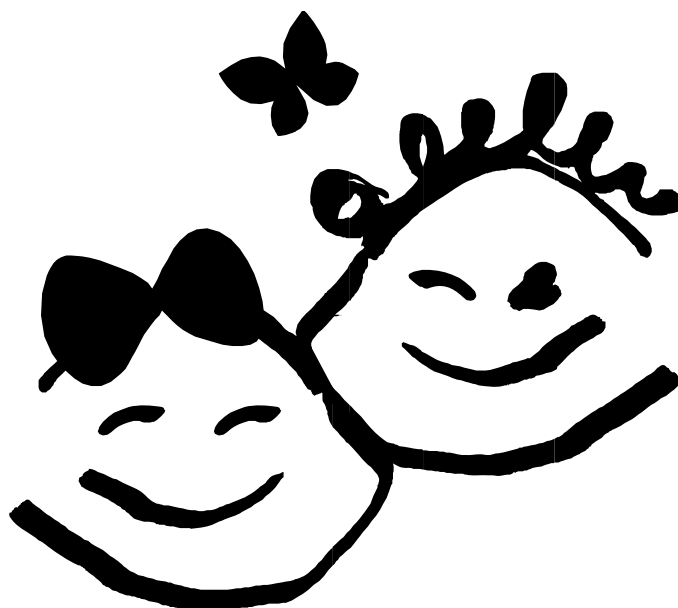
# Planning & Implementation



- How will you use what you have learned here today?



# Wrap up & Questions





# Play Techniques for Counseling Children & Adolescents

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