

AAPT “BOARD BLAST”—Members Only!

FEATURING COMMENTS FROM: Hallie Keel, MA, LPC-S,
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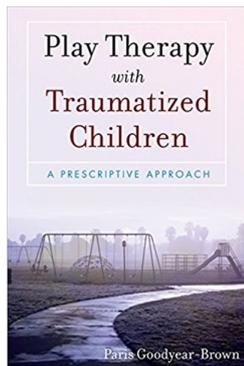
BOOK RECOMMENDATION

FOR: Clinicians

TITLE: Play Therapy with Traumatized Children (1st Ed.)

AUTHORS: Paris Goodyear-Brown

Brief Description (from Amazon):



Some of the most rewarding work a therapist can do is help a child recover from a traumatic event. But where to begin? A growing body of play therapy literature offers many specific techniques and a variety of theoretical models; however, many therapists are still searching for a comprehensive model of treatment that incorporates solid theoretical constructs with effective play therapy interventions. Clinicians have long recognized that trauma therapy is not just a matter of techniques but a journey with a beginning, middle, and end. In a pioneering contribution to the field, *Play*

Therapy with Traumatized Children: A Prescriptive Approach, the author codifies the process in her model, Flexibly Sequential Play Therapy (FSPT). Integrating non-directive and directive approaches, this components-based model allows for the uniqueness of each child to be valued while providing a safe, systematic journey towards trauma resolution. The FSPT model demystifies play-based trauma treatment by outlining the scope and sequence of posttraumatic play therapy and providing detailed guidance for clinicians at each step of the process. Dramatically demonstrating the process of healing in case histories drawn from fifteen years of clinical practice with traumatized children, *Play Therapy with Traumatized Children* addresses:

- Creating a safe place for trauma processing
- Augmenting the child's adaptive coping strategies and soothing his or her physiology
- Correcting the child's cognitive distortions
- Ensuring that caregivers are facilitative partners in treatment
- Inviting gradual exposure to trauma content through play
- Creating developmentally sensitive trauma narratives
- Using termination to make positive meaning of the post-trauma self

IMPACT ON MY PRACTICE:

This book was a complete “game changer” for me as a clinician. The book lays out a methodology for treating children with trauma that is flexible yet has enough structure to keep sessions “moving forward”. This book offers countless interventions complete with pictures to help both the beginning counselor and the seasoned. This book also offers the “science behind the play” that many clinicians are searching for in helping other (especially parents) understand why we use play in trauma work.



Hallie Keel, MA, LPC-S, Registered
Play Therapist—Supervisor

FAVORITE QUOTE:

“Do or do not- there is no try”- Master Yoda

FAVORITE ACTIVITY

Feelings Candy Land

Most of the children that I work with (ages 6-12) have had some interaction with the game Candy Land. If they have not played the game before, it is simple to teach and does not require any reading skills! This is a huge benefit as many of my children are emerging readers and balk at any activity that might require them to read. After doing some work with feeling words and their meanings, I have the children pick three or four colors from the game board and associate them with feeling words. For example, red may be paired with mad, orange with happy, and so on. As the game is played, when that specific color is drawn, the game piece is moved to that color and the child or therapist must use that feeling word in an “I statement” – I feel mad when I have to clean my room. In later sessions, I may use the colors to associate with coping skills, specific family members (yellow = sentence about mom), or life story events (red = feelings about being in foster care). It seems that the simplicity of the game lends itself to many different adaptations.