

May 2018



AAPT “BOARD BLAST”—Members Only!

FEATURING COMMENTS FROM:

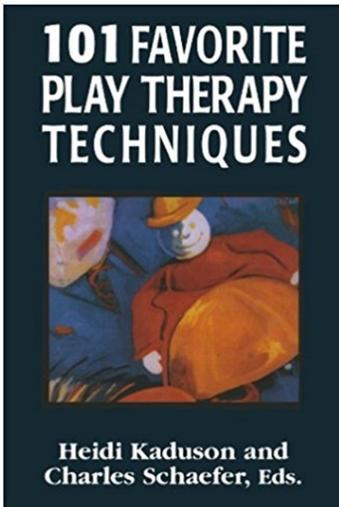
Gina Mullins, MS, ALC, AAPT Secretary

BOOK RECOMMENDATION

FOR: Clinicians

TITLE: 101 Favorite Play Therapy Techniques

AUTHORS: Heidi Kaduson and Charles Schaefer



Brief Description (from Amazon): Building on children's natural inclinations to pretend and reenact, play therapy is widely used in the treatment of psychological problems in childhood. 101 Favorite Play Therapy Techniques incorporates methods developed to elicit the best responses from children by therapists representing cognitive-behavioral, psychodynamic, and other orientations, and selected for their practicality, specificity, and originality. Arranged for easy reference, each bearing a succinct description and targeted application, the interventions

illustrated—including Fantasy, Storytelling, Expressive Arts, Game Play, Puppet Play, Play Toys and Objects, and Group Play—have been used with success to address such common problems as low self-esteem and unresolved fear and anger, as well as more serious difficulties arising from loss, abuse, and sexual trauma. All the contributors share the enthusiasm and respect of editors Kaduson and Schaefer for the special value of play therapy in reaching and healing young patients. Together, they have created an eclectic, accessible, and comprehensive resource for students and professionals that will also support parents seeking to open new lines of communication with their children.

IMPACT ON MY PRACTICE: This was one of the first books I was introduced to when I began working with children and it's now a staple in my practice. This book is a comprehensive toolbox of play therapy interventions designed to address an array of issues. The children I work with have a wide range of abilities and interests, and the techniques introduced in this book are easily adaptable to the child's level of development. One of my favorite things about this book is that the rationale and examples of application for each technique is explored in depth, so the clinician is able to fully appreciate the therapeutic value of every intervention.

FAVORITE QUOTE: “Those who bring sunshine into the lives of others cannot keep it to themselves” – J.M. Barrie

FAVORITE ACTIVITY

Feelings Abacus

This is one of the most frequently used tools I have in my office. Kids are often drawn to it because it's colorful, and playing with the beads can be soothing. However, the main use is for discussing intensity of feelings. This activity can be used to explore all of the emotions in a child's life, or to focus on one event at a time. It is a good tool for therapists to assess the client's knowledge of feelings. It also allows kids who are reluctant or unable to verbalize feelings the freedom to communicate with the therapist. In addition, it's a good ice-breaker to discuss the child's feelings about coming to therapy.

To begin, I ask the child to pick out feelings related to an event (I have a little box of feeling words and faces that children can tape beside each color). I then explain the 0-10 scale (0= not experiencing the emotion and 10= the most intensely they have ever felt that emotion) or SUD scale. I ask the child to move the number of beads according to the intensity of the emotion felt before, during, or after the identified event. It can also be used to monitor emotions throughout a session.

