Level Up Your Game: Play therapy techniques for children and teens

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Participants will learn and practice play therapy techniques that are evidence and practice based.
**Mindfulness Skadoo (AG)**

**Supplies Needed:**

Picture from magazines

**Directive Directions:**

Check your child's hands, feet, face, and so forth, for scratches, bruises, hurts or "boo-boos." Put lotion on or around the hurt, touch with cotton ball, or blow a kiss. Check for healing each day.

**Practice Processing:**

What was it like for you to greet the child in such a caring way?

What do you notice about your child's body? How they respond to your touch/engagement?

*Send parent home with lotion and directions on lotioning child. (good touch vs bad touch)*

*Nurturing - “Caring for Hurts”, Medical anxiety*
Resilience Focus: Boat in Storm (Art Therapy)

Supplies Needed:  
Paper Markers

Directive Directions:  
Draw a picture of a boat going through a storm.

Practice Processing:  
*Reducing Shame / Guilt
MASTERWORK

Family mandala focusing on perception and viewpoint.
Brave Play
Atoms
What’s On Your Plate?

Pam Dyson
2017 APT Conference
Directive: What’s On Your Plate?

Plate: list all the things on my plate right now
Fork: list all things they would like to take a stab at
Knife: list all the things that are cutting away at you
Spoon: list all the things you would like help with
Napkin: list all the things that protect you
Cup: list one way that is working to replenish you
ABOUT: Theraplay®

Theraplay is an engaging, relationship-focused treatment method that is interactive, personal, playful and fun: the kind of interaction that leads to secure attachment and lifelong mental health.

Theraplay is multisensory: involves touch, movement, rhythm, eye contact, emotional expression – experiences that regulate the brain.

Goal is to enhance attachment, self-esteem and trust in others.
Supplies Needed:
Aluminum Foil or Playdough

Setting: Individual, Family

Directive Directions:
Using aluminum foil, shape a piece of foil around your child's elbow, hand, foot, face, ear, and so forth. TIP: put pillow under the foil - press hand or foot into the soft surface to get impressions of the fingers and toes.

Practice Processing:
What was it like for you to make your hand?

What do you notice about your child's body? How they respond to your touch/engagement?

*Another parent may be called in to guess which print goes with which body part.

*Engagement and Structuring
ABOUT: THERAPLAY®

FIVE THERAPLAY DIMENSIONS

STRUCTURE - Provides safety and guidance

ENGAGEMENT - Increased self, safety, and connection

NUTURE - Helps child feel cared for

CHALLENGE - Promotes sense of competence and confidence

PLAY - Creates shared joy
Supplies Needed:

Bubbles

Directive Directions:

Blow bubbles high in the air between you and the child. Choose a bubble and blow it to child. Child blows it back. Continue until it pops.

*If you add glycerin to Bubble liquid, the bubbles will last longer.

Practice Processing:

What was it like for you to work toward a common goal with your child?

How is this different than playing a game?

*Send parent home with bottle of bubbles to practice throughout the week.

*Challenge - “Bubble Tennis”
Theraplay
Helping Parents and Children Build Better Relationships Through Attachment-Based Play
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