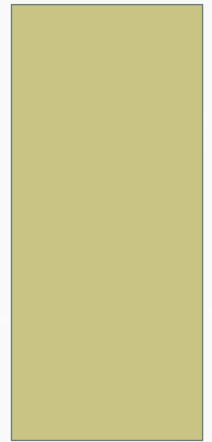


THERAPEUTIC APPLICATION OF PLAY INTERVENTIONS WITH CHILDREN

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WHAT YOU WILL LEARN TODAY:

- Discuss 6 interventions for use with children.
- Apply at least 2 of interventions reviewed. (Hands on)
- Review how these interventions could be understood and translated to support the emotional expression and growth of the child.
- Affect regulation/mindfulness as it relates to play therapy interventions

WHY PLAY INTERVENTIONS?

- Introductions- your goals
- The History of Play
- Techniques as Pastime or Interventions

- Play is the child's language
- Therapy is your job
- Translation is the task of play interpretation
- Fluency is your responsibility in translation to others

BUILDING TRUST

- It is not therapy of the TRUTH, it is therapy of the person's narrative of their story and experience of the truth. If an individual has been traumatized, most relationships will be narrated in a harm container. The relationship hypervigilance, the fear of harm, narrates a story that prompts protection behaviors. A trusted relationship is unattainable or held at a distance through a lens of caution. In trauma the trust is stripped away. (Gomez?)

COLOR YOUR LIFE VARIATIONS

- Color Crown
- Feelings Fan
- Rainbow Wand

INSIGHT DEVELOPMENT

- Life Story Puzzle
- Personal Puzzle
- Family Puzzle

EMOTIONAL IDENTIFICATION

- Treasure Tote
- Emotional Box Collage
- Others

SELF ESTEEM BUILDING

- Positive Points to Peruse
- Self Worth Flower
- Others

MINDFUL TECHNIQUES

- Sitting Still Like a Frog
- Relaxation Station
- Yoga
- What's Your Anchor
- Moody Cow

WHAT YOU LEARNED:

- Techniques for use in your work
 - The value of play interventions
 - Affect regulation/mindfulness as it relates to play therapy interventions
 - The therapist's responsibility to collaborate with the child's systems
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- Thank you for your attention and interest in play interventions! terikrull@playtherapy.tv