

# Play Therapy Techniques

Presented By:  
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Infant Mental Health Endorsed®

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## Objectives

- This workshop is designed to help you:
  - 1. Create 4 new play therapy activities with a theoretical orientation.
  - 2. Apply two theoretical models to new creative play therapy activities.
  - 3. Apply play therapy modalities to current practice setting.

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## Techniques, Interventions, or Activities

- *Technique:* "The systematic procedure by which a complex or scientific task is accomplished." American Heritage Dictionary 2017
- *Intervention:* "The act or fact or a **means** of interfering with the outcome or course especially of a condition or process (as to prevent harm or **improve** functioning)" Merriam-webster.com
- *Activities:* "1. the **state or quality of being active**. 2. energetic activity; animation; liveliness. 3. a specific deed, action, function, or sphere of action: social activities. 4. an educational task that involves direct experience and participation of the student. 5. a use of energy or force; an active movement or operation." thefreedictionary.com

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## Therapeutic Powers of Play

- "The therapeutic powers of play refer to the specific change agents in which play initiates, facilitates, or strengthens their therapeutic effect." (p.2 Therapeutic Powers of Play)
- Play is what is producing the change not just a means to apply another change

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## Penney Pincher vs Frugalista

- What is important to you?
- What do you really need?
- What is your practice setting?
- What is your therapeutic base?
- What is your style?




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## Theoretical Orientations

- CBT Activities
- Gestalt Activities
- Child-Centered Activities
- Adlerian

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## Style

- Good with messy
- Good with repetition
- Variety and spice
- Can work with broken and worn out toys
- Like new and crisp toys

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## Quantity vs Quality

- Stuff: what are the basics?
- Quality: Durability, versatility, transportability,
- Quantity: how many varieties do you need

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## Let's Play!



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### Brown Paper Bag

- Three or four sheets of colored and white paper
- Pipe cleaners
- Two or three small containers of play dough
- Markers/Crayons
- Scarf
- Masks

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### Brown Paper Bag

- Deck of cards
- Scissors
- Glue Stick
- Self-inking stamps
- Feathers
- String
- Popsicle sticks

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### Brown Paper Bag

- Gloves
- Two or three animal figurines
- Three or four people figurines
- Pictures
- Three or four old greeting cards
- Strand of beads, rings, bracelets
- Whistles

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# Q & A



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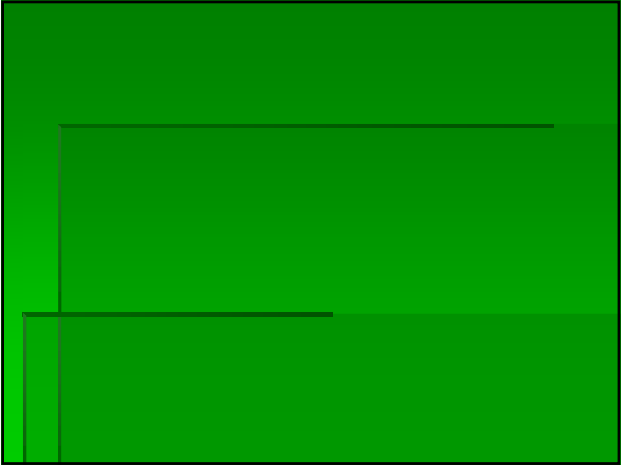
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