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New Jersey Center for Tourette Syndrome and Associated Disorders  
June 1, 2016

## Play Therapy: What is it, and how can it help my child?

Dr. Colleen Daly Martinez LCSW, RPT-S

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### Plan for today's webinar

- Traditional talk therapy and Play Therapy
- History of Play Therapy
- Theoretical frameworks
- Effectiveness of Play Therapy
- How to find a Play Therapist
- Questions

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Please think about the child that most inspired you to attend today's webinar while answering the following two questions.

Please only choose one response to each question.

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### How old is the child:

- (birth-2)
- (3-4)
- (5-10)
- (11 or older)

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### What is your biggest concern about the child?

- Behavior problems
- Relationship difficulties
- Worry/anxiety/sadness
- Experiences of loss or trauma
- Other

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Talk therapy  
vs. Play Therapy

How to decide?

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## Why Play?

- Language of the child
- Universal activity
- Learning
- Developing
- Reduce Stress
- It's Fun!

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## What is Play Therapy?

*"The systematic use of a theoretical model to establish an interpersonal process wherein trained play therapists use the therapeutic powers of play to help clients prevent or resolve psychosocial difficulties and achieve optimal growth and development."*

(APT, 2016)

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## Candidates for Play Therapy

- Children
- Adolescents who are resistant to traditional talk therapy
- Traumatized individuals
- Those who have difficulty expressing themselves through language

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## Special Populations

- Children with
  - hearing impairment
  - developmental delays
  - Cerebral Palsy
  - Autism
  - Schizophrenia, and
- Witnesses of domestic violence
- Victims of sexual abuse
- Children of alcoholic or drug addicted parents
- Victims of natural disasters

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## Target Problems

• Social maladjustment	• Anxiety related to medical procedures, hospitalization and divorce
• Social withdrawal	• Generalized Anxiety
• Selective mutism	• Trauma
• Aggression	• Poor self-concept
• Behavior problems in school	• Depression
• Stuttering	

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I've never heard of Play  
Therapy before,  
Is it a new thing?

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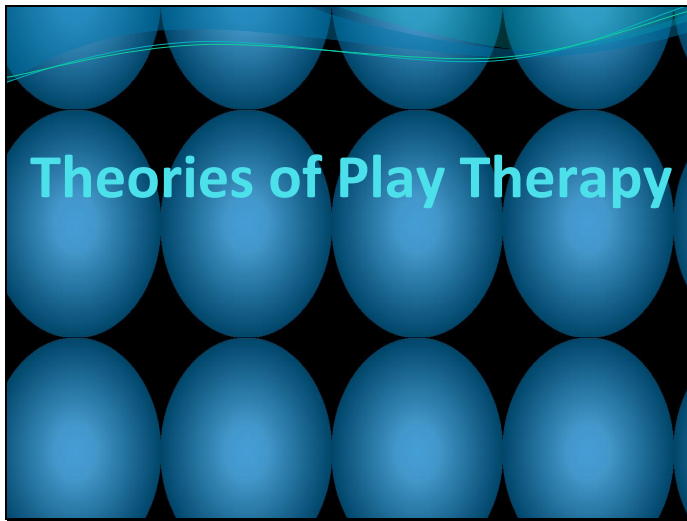
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## Child-Centered Play Therapy

- Virginia Axline 1940's
- Humanistic
- Innate potential for growth
- Completely non-directive
- Reflecting feelings
- Mastery of feelings and behaviors to eliminate maladaptive behaviors
- \*Evidence based

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## Cognitive-Behavioral Play Therapy

- Integrates cognitive, behavioral and play interventions
- Play is a means of engaging the child
- Target cognitions and behaviors that interfere with optimal functioning
- Teaching and rewards
- Change in maladaptive behaviors
- \*Evidence based

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## Prescriptive Play Therapy

- Charles Schaefer, 1970's-present
- There is no correct theory of practice and no single intervention that works best for every client
- PT's should know the major theories of PT, how to put the theories into practice, and how to determine which intervention would best benefit their client at any particular point
- Interventions are determined based on the diagnosis of the client and research on the efficacy of such interventions
- Achieving realistic, short-term goals

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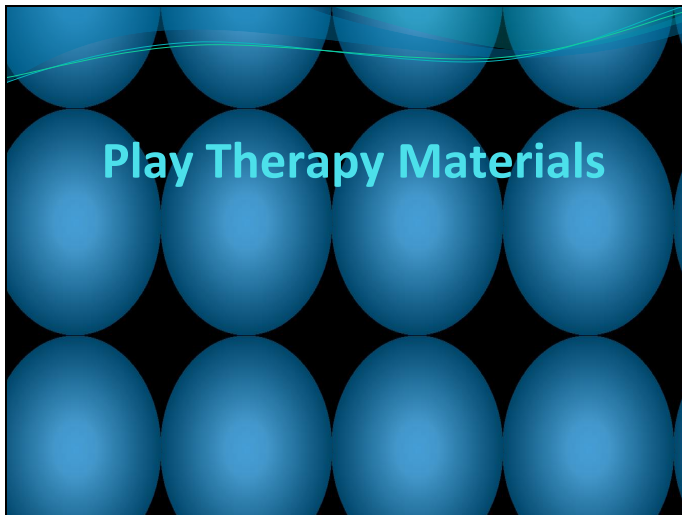
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## Play Therapy Materials



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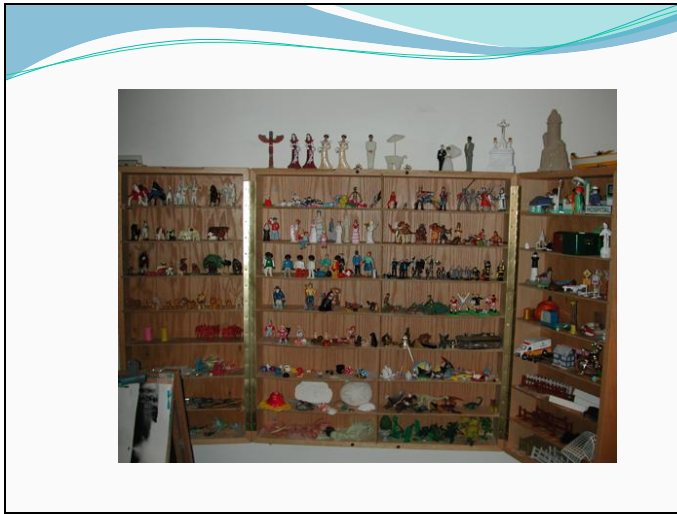
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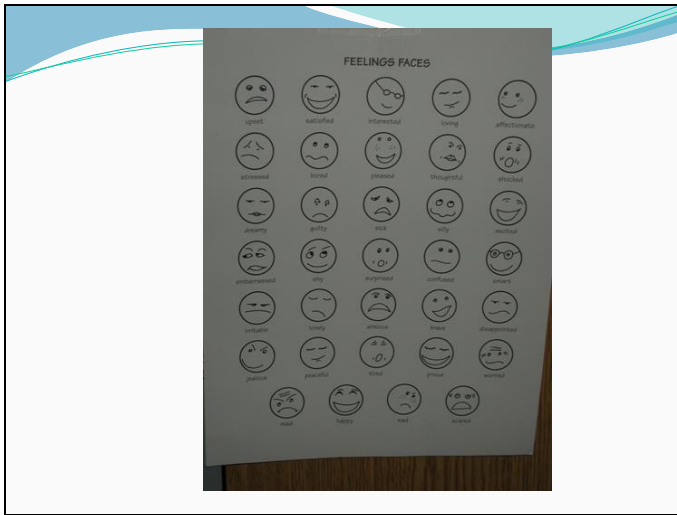
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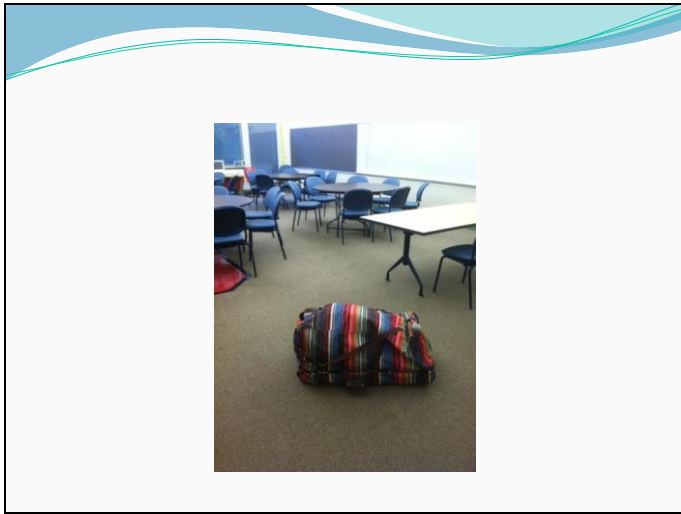
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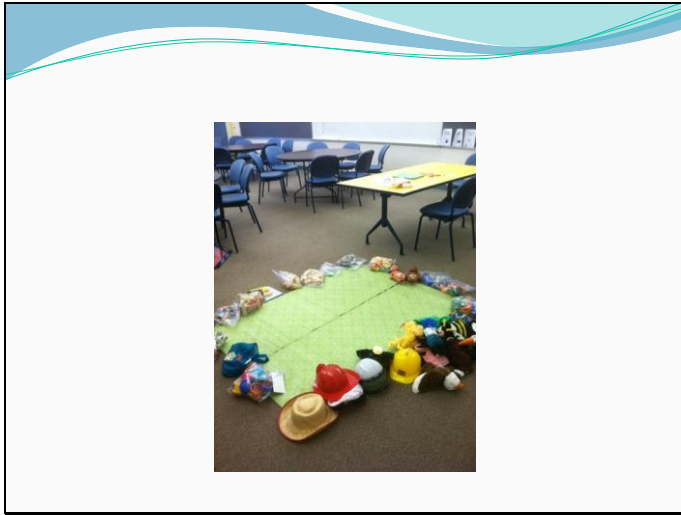
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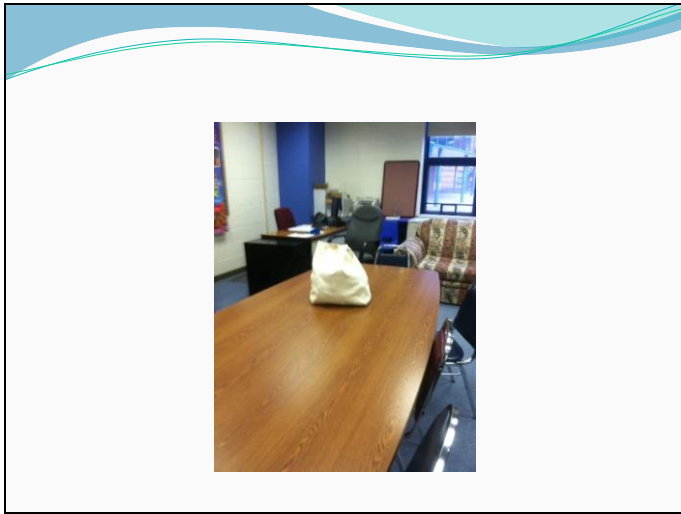
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Is Play Therapy effective?

Will it be effective for my child?

What outcomes can be expected after Play Therapy?

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**Finding a play therapist**

- Insurance/self pay
- Credentials
- Association for Play Therapy's Find a Play Therapist Directory  
[www.A4PT.org](http://www.A4PT.org)

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**Do you have any questions?**

**Thank you for your time  
and attention!**

Please feel free to follow my business  
pages  
Colleen Daly Martinez Consultation and  
Supervision  
on Facebook and Google Blogger

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