



# Play Therapy Basics

One, two, three... Fish!



Yanina M. Martí, MSW, LCSW, RPT, CCTP, Certified EMDR Therapist

## A little bit about me!



A girl with brown hair in a ponytail, wearing a purple dress, is on the left end of a red seesaw. A boy with blonde hair, wearing an orange shirt and dark pants, is on the right end. They are on a green grassy hill under a light blue sky with white clouds.

# Let's break the ice!

What was your favorite play/game growing up?

Notice...

What is happening in your body as you think about it?

## Play Therapy Definition

Play Therapy is based upon the fact that play is the child's natural medium of self-expression. (Virginia M. Axline, 1969).

APT defines play therapy as "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."





## Why Play Therapy?

Let's meet Andrew!



## Let's fill your plate

Keep it positive!



## Let's fill your plate

1. Write down two (2) positive qualities/traits that you have noticed about each person.

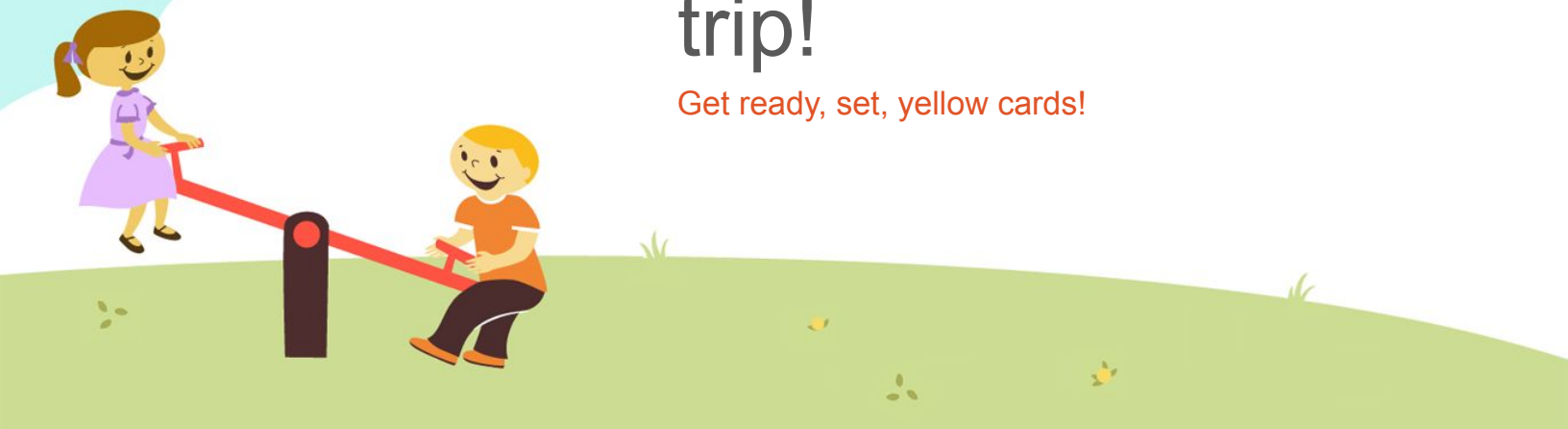
2. Questions?

- Are you surprised by some of the qualities?
- How did it feel for you as you were reading the qualities?
- Do you agree or disagree?



## Let's take a historical trip!

Get ready, set, yellow cards!



# Play Therapy-A Brief Historical Look

## Psychoanalytic/Psychodynamic Play Therapy

- Sigmund Freud (1909)
- Hug-Hellmuth (1921)
- Anna Freud (1928, 1946)
- M. Klein (1932)



# Play Therapy-A Brief Historical Look

**Structured Play Therapy** – based on a psychodynamic view of clients, but more goal-oriented/structured practice of interacting with children.

- Levy (1938)
- Solomon (1938)
- Hambridge (1955)



# Play Therapy-A Brief Historical Look

**Relationship Play Therapy**- based on the concept that the relationship between therapist and client is the primary vehicle for change in clients.

- Taft (1933)
- Allen (1942)
- Mousrakas (1959)



# Play Therapy-A Brief Historical Look

**Child Centered Play Therapy** – based on many ideas from relationship play therapy combined with Carl Rogers' client-centered therapy for adults.

- Virginia Axline (1947, 1969)
- Landreth (1978, 1991)
- Guerney & Guerney (1962)



# Play Therapy-A Brief Historical Look

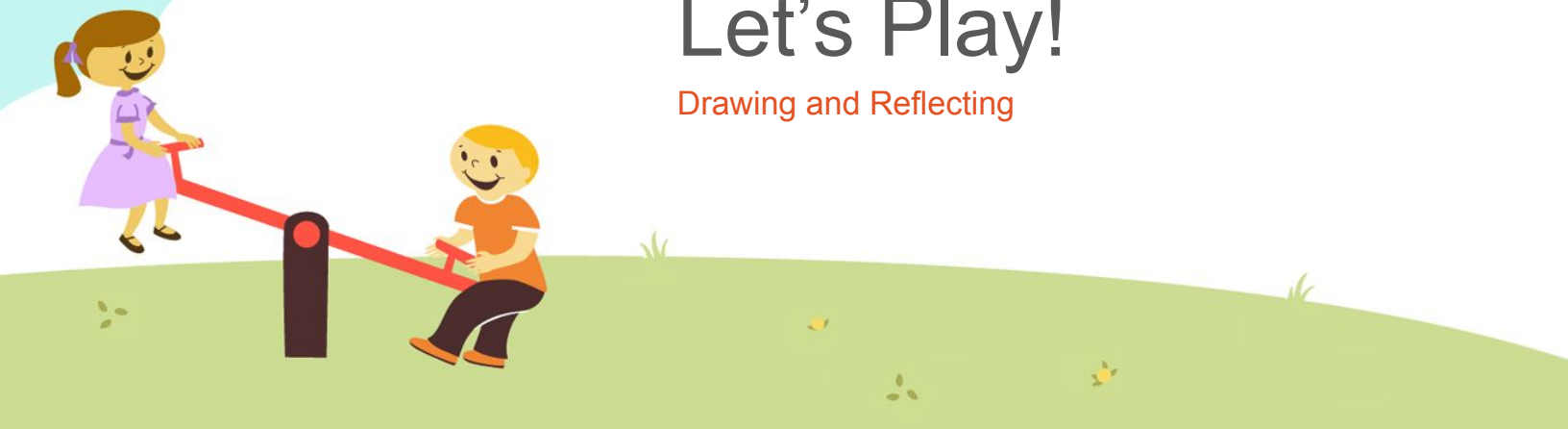
Limit-Setting Therapy – the primary vehicles of change in therapy sessions are the development and enforcement of limits.

- Bixler (1949)
- Ginott (1959)



## Let's Play!

Drawing and Reflecting





## Drawing activity

House= representation mother figure

Tree= representation father figure

Snake= Fears

Water= Emotions/Feelings

Yourself: for reflection

A sun,; for reflection

Anything else that you would like to add to this reflection.



## Types of Play Therapy

Directed, non-directed, integrative



# Types of Play Therapy

- Directive play therapy: The therapist takes a hands-on approach and leads the child through guided play activities to help them express themselves. (e.g., Adlerian)



**Adlerian Therapy**

Let's meet Terry Kottman



# Types of Play Therapy

- Non-directive Play Therapy: The therapist leaves the child to engage in whatever play activities they might enjoy and express themselves with limited interference. (e.g., Child Centered Play Therapy)



## Child Centered- Play Therapy

Let's meet Dr. Dee Ray!



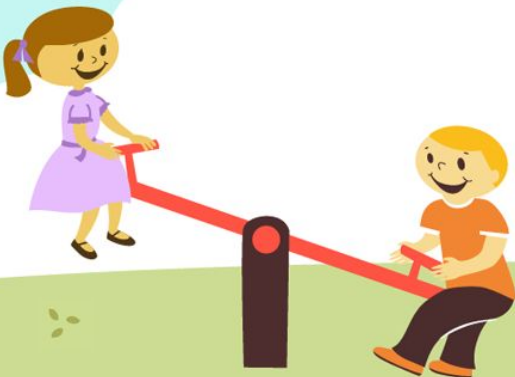
# Types of Play Therapy

- Other Play Therapy:
  - Cognitive-Behavioral (Susan Knell)
  - Ecosystemic (Kevin O'Conner)
  - Theraplay (historical significant) (Anne Jernberg)
  - Filial (historical significant) (Guerney/Landreth)
  - Jungian (John Allan)
  - Gestalt (Violet Oaklander)
  - Object Relations (Helen Benedict)
  - Developmental (Viola Brody)



## Let's Play!

Story time



# Let's create a story



## Biography and Resources

- Andrew P. Allen, Andrew P. Smith (2015). Chewing Gum: Cognitive Performance, Mood, Well-Being, and Associated Physiology. Published online DOI: [10.1155/2015/654806](https://doi.org/10.1155/2015/654806)
- Debra Doubrava (2019) PAAPT Conference. That's the Power of Love and Play Therapy.
- Jacqueline George (2019) PAAPT Conference. Child-Centered Play Therapy: What to do & how to do it.
- Kottman, Terry (2001). Play Therapy: Basics and Beyond. American Counseling Association.
- Kottman, Terry and Meany-Walen, Kristin (2016). Partners in Play: An Adlerian Approach to Play Therapy.
- Virginia M. Axline (1969). Play Therapy.

### YouTube videos:

- Association of Play Therapy (n.d.) Introducing Andrew [Association for Play Therapy]. Retrieved January 22, 2022, from <https://youtu.be/reJpo-GaopM>
- Kottman, Terry. (n.d.) Adlerian Play Therapy [AutPlay Therapy]. Retrieved January 28, 2022, from <https://youtu.be/RjhDPj6wCgk>
- Ray, Dee. (n.d.) Child-Centered Play Therapy. [AutPlay Therapy] Retrieved January 28, 2022, from <https://youtu.be/lmPl69VtueA>

Some of this information/techniques were learned or gathered in play therapy training by the Association of Play Therapy, other play therapy training, and play therapy individual/group supervision.





Thank you  
for your  
participation!