




Using Therapeutic Games in Play Therapy

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Objectives for Today's Presentation

- Participants will understand the therapeutic value of using games in play therapy.
- Participants will learn about and experience games for a variety of client needs.



Why Use Games?

- Fun and engaging = build rapport
- Chance to assess client's strengths and areas of growth

What Games Teach Us About Clients

- Frustration Tolerance
- Following the Rules
- Taking Turns/Waiting their turn
- Decision making and problem solving
- Opportunities for positive reinforcement and limit setting

Creative Social Worker, 2014

What Games Teach Us About Clients

- How they handle winning/losing
- Social Skills
- Power and Control
- Self Esteem
- Relationships with Adults

Creative Social Worker, 2014

Why I Don't Buy Many Therapeutic Games

- Kids Don't Like Them!
- Many are very specific topics
- Cost

Types of Directive Games

- Getting to Know You Games
- Feeling Expression Games
- Coping Skills Games
- Social Skills Games

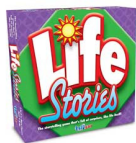
Getting to Know You Games

- Cards and other board games:
 - Sorry
 - UNO
 - Trouble
 - Connect 4
 - Candyland



Getting to Know You Games

- Jenga / Totika with questions
- Life Stories



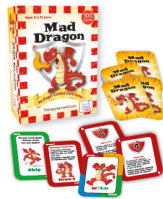
Feeling Expression Games

- Don't Break the Ice
- Pop the Pig
- Emoji Matching Game
- Inside Out Feelings Game
 - <http://printablecrush.com/printable-inside-out-emotions-board-game/>



Games for Expressing Anger

- Mighty Angry Dude Game
- Mad Dragon



Coping Skills Games

- Scattergories
- Bananagrams/Scrabble
- Pictionary
- Dealing with It



Coping Skills Scattergories


Category	Letter ____	Scattergories	Letter ____
1) Coping Skill	1) _____	1) _____	1) _____
2) Feeling	2) _____	2) _____	2) _____
3) Interest/Hobby	3) _____	3) _____	3) _____
4) Personal Strength	4) _____	4) _____	4) _____
5) I wish I could visit...	5) _____	5) _____	5) _____
6) My hero	6) _____	6) _____	6) _____
7) Stress Reducer	7) _____	7) _____	7) _____
8) Something I do with friends	8) _____	8) _____	8) _____
9) A way I help others	9) _____	9) _____	9) _____
10) I wish I could change...	10) _____	10) _____	10) _____

Social Skills Games

- Cooperative Games by Family Pastimes
- Social Skills Card Game
- Games to encourage social interaction:
 - Go Fish
 - Battleship
- Look for/role model when playing games:
 - Eye contact
 - Playing by the rules
 - Taking Turns
 - Cooperation

Social Skills Games

- Cooperative Games by Family Pastimes
- Chutes and Ladders
- Therapeutic So Sorry
 - <http://www.creativeresiliencecounseling.com/my-favorite-non-therapeutic-games-sorry/>



References

- Creative Social Worker (2014). *Using games in therapy*. Retrieved from <https://www.socialworkhelper.com/2014/05/22/using-games-in-therapy/>
