Association of Student Assistance Professionals of New Jersey

Trauma Focused Play Therapy

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GREETINGS

WELCOME!

MY NAME IS:

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OBJECTIVES

Describe:

- Case Presentation - Developing Treatment Objectives
- Selecting Play Therapy Tools Factors to Consider
- Moving from Barriers and Challenges to Change
I. Case Background - Information:
   Moving from Problem to Treatment Plan

II. Framework:
   Engagement – Problem – Interaction - Resolution

III. Tools:
   Choices – Affect Regulation – Sensori/Motor-
   Direct vs. Indirect Techniques
CASE

- Complex
- Repeated Trauma
- Medical- surgery
- Physical- abuse
- Sexual–abuse
- Emotional - Abuse
QUESTIONS

- Play Questionnaire
- Trauma Reactions - see slide
- Parent(s)/Child - TLC
- Parent’s Problem Definition – Informal/Formal
TRAUMA REACTIONS

- Worry
- Hurt
- Fear
- Anger
- Revenge
- Guilt
- Shame
- Sadness
THERAPY COLLABORATION

School, Auxiliary, Community Resources

TREATMENT SUCCESS

CHILD

THERAPIST

Family
• Engagement
• Problem
• Interaction
• Solution/Resolution
• Treatment Plan
• Process: Fun Activity- Intervention- Fun Activity
FOUR PRIMARY TFT GOALS

1) Create an environment of Safety, Trust, Comfort

2) Process Traumatic material

3) Encourage Social Reconnections- Hope

4) Return to pre-trauma developmental functioning

Gil, Eliana Trauma- Focused Integrated Play Therapy (TF-IPT, Gil Center for Healing and Play, PLC. Fairfax, Va 2011. www.gilcenter.com
Trauma Focused Preparation = Treatment Plan

Brave Bart

Trauma check List

Child/Adolescence Questionnaire
Trauma Reactions

Parent/Teacher Questionnaire
Secondary Trauma

11
You can only reduce arousal on a sensory level, not a cognitive level

So will talking about it help?
Will telling the person they are safe help?

Maybe, a little bit... but it is in what we do to make people feel safe, feel better, on a sensory level that helps reduce arousal.

**ACTIVITY: WHAT ARE SOME ACTIVITIES YOU ALREADY USE TO HELP KIDS LOWER AROUSAL?**
If a person can discriminate between his or her emotions, he or she would be more likely to notice specific body sensations that are connected to emotions and not misinterpret them (Hill, 2012).

When individuals with PTSD improve their ability to emotionally regulate they will experience less PTSD related symptomology that leads to unproductive behavior responses:

<table>
<thead>
<tr>
<th>Feeling</th>
<th>Feeling</th>
<th>Feeling</th>
<th>Feeling</th>
<th>Feeling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy</td>
<td>Sad</td>
<td>Angry</td>
<td>Scared</td>
<td>Hungry</td>
</tr>
<tr>
<td>Excited</td>
<td>Proud</td>
<td>Shy</td>
<td>Silly</td>
<td>Sleepy</td>
</tr>
<tr>
<td>Confused</td>
<td>Sick</td>
<td>Grumpy</td>
<td>Lonely</td>
<td>Relaxed</td>
</tr>
</tbody>
</table>

**Fighting, SubSTANCE ABUSE, Aggression, Eating Disorders, Compulsions...**
How are you feeling today?

- Check-in
- Affect regulation
- Identify feelings
- Intensity level
- Bibliotherapy
- Self selected activity
What size is your feeling?
SENSORI-MOTOR

- Rationale
- Techniques
- Applications

<table>
<thead>
<tr>
<th>Seeing</th>
<th>Hearing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tasting</td>
<td>Touching</td>
</tr>
<tr>
<td>Smelling</td>
<td>My Five Senses are Swell!</td>
</tr>
</tbody>
</table>
TREATMENT - TOOLS - CYCLE

CHILD
PLAY THERAPY
SENSORI-MOTOR
FAMILY/ PLAY
LET’S PLAY - Play Samples

- Balloons (3) Splatz /Blotz
- Sand Tray
- Bubbles
- Bean Bags
- Kid News
- Go Away Monster
- G.A Green Monster
- G.A.M. Silly String
- Fish’n for Feelings
- Confusion /Mixed Up
Collage
(done by child)
REFERENCES

Association for Play Therapists info@a4pt.org

Gil, Eliana, *Trauma Focused Integrative Play Therapy Workshop*, in press, August, 2011. (Other books available by Dr. Gil on childhood trauma and treatment). [WWW.GILCENTER.COM](http://WWW.GILCENTER.COM)


Kestly, Theresa A. PhD, *The Interpersonal Neurobiology of Play: Brain–Building Interventions for Emotional Well-Being*. 


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QUESTIONS & CLOSING THOUGHTS