Association of Student Assistance Professionals of New Jersey


Trauma Focused Play Therapy

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GREETINGS

WELCOME!

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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
OUTLINE

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

- Child
- Treatment Success
- Therapist
- Family
- School, Auxiliary, Community Resources
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
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:

**Fighting, Substance Abuse, Aggression, Eating Disorders, Compulsions...**
How are you feeling today?

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

- Rationale
- Techniques
- Applications

Five Senses

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<th>Hearing</th>
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<td>[Image]</td>
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<th>Smelling</th>
<th>My Five Senses are Swell!</th>
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TREATMENT- TOOLS - CYCLE

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

- Balloons (3) Splat / 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)
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
Kestly, Theresa A. PhD, The Interpersonal Neurobiology of Play: Brain –Building Interventions for Emotional Well-Being.


Selfesteemshop.com 32839 Woodward Ave.
Royal Oaks, Michigan 48073.

TLC, 13725 Starr Commonwealth Road Albion, MI 49224. © Starr Commonwealth 2015. [TLC@starrtraining.org](mailto:TLC@starrtraining.org)


QUESTIONS & CLOSING THOUGHTS
HANDOUTS

• Treating Problems of Dysregulation Through the Targeted Use of Creative Interventions

• Ten Favorite Parenting Techniques
  Liana Lowenstein, MSW
  www.lianalowenstein.com
  Contact Info: Phone: (416) 575-7836
  Email: liana@globalserve.net

• Children and Tantrums: Why They Do It. How to Get Through it.
  Katrinca Ford, MS, MFT
  http://lianalowenstein.com/Children_and_Tantrums.pdf also found at:
TLC
Trauma Intervention Program
The National Institute for Trauma and Loss in Children
Mind Body Skills:
Activities for Emotional Regulation

TLC 2014
www.starr.org/tlc
Mind Body Skills:
Activities for Emotional Regulation

TLC 2014
www.starr.org/tlc
HANDOUTS

- TLC Child and Adolescent PTSD Questionnaire
  - The National Institute for Trauma and Loss in Children
  - [www.starttraining.org/tlc](http://www.starttraining.org/tlc)
  - TLC 2012, Revised 2013

- TLC Child and Adolescent PTSD Questionnaire Scoring Form
  *Subscale I: Re-experiencing of Sensations and Memories of the Trauma(s)*
  - The National Institute for Trauma and Loss in Children
  - [www.starttraining.org/tlc](http://www.starttraining.org/tlc)
  - TLC 2012, Revised 2013
SURVEY

Everyone has problems and worries. This activity will help us understand what your worries are so we can help you. Read each question below and place a dot on the ones that apply to you. You can put more dots if it's a bigger worry.

13. I have trouble falling asleep _________________________
14. I have bad dreams _________________________
15. I have scary memories of bad things that happened _________________________
16. I feel nervous a lot _________________________
17. I find it hard to cry and feel sad _________________________
18. I find it hard to concentrate on my school work _________________________
19. I am afraid something awful will happen _________________________
20. I am worried about someone in my family _________________________
21. I feel sad a lot _________________________
22. I hurt myself on purpose sometimes _________________________
23. Sometimes I wish I was dead _________________________
24. I think I will have an unhappy life _________________________
25. I get stomach aches because I feel upset _________________________
26. I get into trouble a lot _________________________
27. I feel like I did something bad _________________________
28. I'm worried I'm not doing well in school _________________________
29. I get teased by other kids _________________________
30. I do not like the way I look _________________________
31. Someone is hurting me but I am afraid to tell _________________________
32. I feel loved by my family _________________________
33. I'm glad I'm getting help now _________________________