



# **Creative Play Therapy Interventions**

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## About the Presenter

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**Beth (Batsheva) Hartstein**, MSW, LCSW-C, RPT is a licensed clinical social worker and Registered Play Therapist who graduated from University of Maryland School of Social Work with her MSW. She is an empathic and passionate therapist who strives to work collaboratively with her clients to craft effective and meaningful interventions for achieving success. Beth specializes in working with children and adolescents and utilizes a holistic, person-centered approach, with an emphasis on expressive therapies including play therapy, sand tray and art therapy.

Beth's creative style and engaging teaching techniques will inspire you and teach you skills that will translate into immediate practical application as you work with your clients. You will quickly learn how Beth has earned the respect and accolades of her colleagues and clients alike for her effective and brilliantly creative applications of play therapy principals for outstanding counseling results.



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## Play Therapy



Play therapy is more than just play,

It facilitates growth in a child-like way.

Through toys and costumes, puppets and art,

Children learn to function better and make decisions that are smart.



The playroom creates an environment and space,

To work through issues in a way that is safe.

Often children who have experienced a trauma,

Play out their feelings through art and/or drama.



Play therapy encourages accountability,

And empowers the child to take responsibility.

There is no judgement, just a listening ear,

It's a place to express both strengths and fears.



Play therapy is so much more than play.

It's therapy for kids in a child-like way!



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# Play Therapy

'In play therapy toys are like the child's words and play is the child's language'.

Gary Landreth

# Selecting Toys

<http://cpt.unt.edu/about-play-therapy/recommended-toy-list>

## **Real-life and Nurturing**

Doll family, doll house, baby bottle, variety of puppets, animal families, cars, money, cash, register, kitchen food, medical kit, phone, etc.

## **Acting-out, Aggressive, Scary Toys (or not?)**

Toy soldiers, guns (colored plastic-not real looking!), scary/aggressive puppets and animals (alligator, shark, etc), rubber knife, foam sword, handcuffs, etc.

## **Creative expression and emotional release:**

Sand, water, paints, craft materials, clay, musical instruments, magic wand, dress-up clothes, etc.

“Toys should be Selected, Not Collected.” --Landreth



# Part I: Child Centered Play Therapy

A young girl with blonde hair in a ponytail, wearing a white long-sleeved shirt, is sitting at a table and playing with wooden blocks. She is focused on her play. In the background, there is a wooden dollhouse with a red roof and some other toys on the table. The setting appears to be a playroom or a therapy session.

“Nondirective play therapists are trained to trust that children are capable of directing their own process rather than the therapist imposing their own ideas of what the child needs to do in therapy to work through any challenges they may be facing.”

# **Don't Ask Questions**





# Tracking

- “You look overwhelmed. You’re not sure what to play with first.”
- “You are so excited! You’re trying to play fast so you have a chance to play with each toy.”
- “You know exactly what you want to do. You’re going straight for the dolls.”
- “You are trying on the princess shoes.”





You can discover more about a person in an hour of play than in a year of conversation. - Plato



PlayDrMom

# Trusting The Process







# Goals of Non-Directive

- ✓ Empowering problem solving
- ✓ Increase self-awareness
- ✓ Self regulation
- ✓ Practice tolerating feelings
- ✓ Connecting thoughts, feelings, and action





# Problem Solving





# We Don't Label Toys



# The Therapist's Role in Non-Directive Play Therapy

- Structuring
- Tracking
- Facilitating problem solving and accepting accountability
- Building self-esteem
- Engaging in role play
- Setting Limits



# 4 Common Play Room Situations



# 1. Child Spills, Drops, or Breaks Something



## **2. Child Begs To Take A Toy Home**

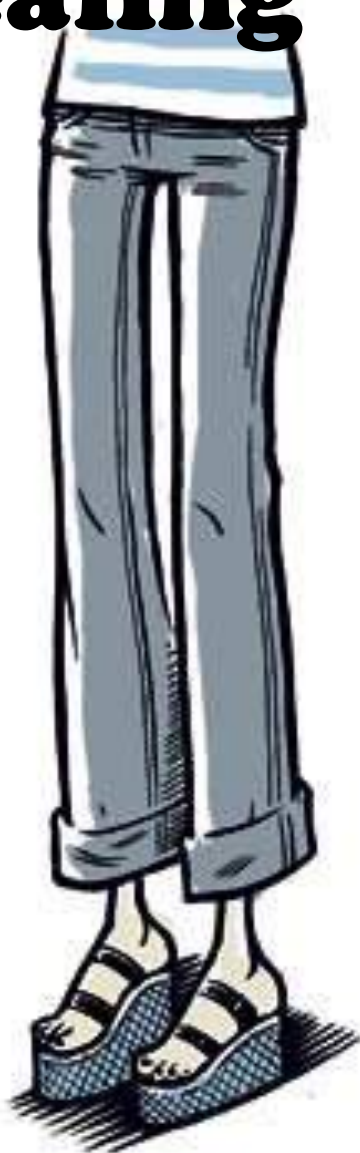
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### **3. Child Refuses To Leave At The End of Session**

# 4. "Stealing"





# **Setting Boundaries**





# Cleaning Up





**What Does the  
Process Look  
Like?**



March 2017



**Let's**

**Practice**



33333





**CHILD  
CENTERED  
PLAY  
THERAPY  
WORKBOOK**



A SELF-DIRECTED  
GUIDE FOR  
PROFESSIONALS

JODI ANN MULLER  
JUNE M. RICKLE

# The Age for Child Centered Play Therapy





# **Filial Play Therapy**

# When Play Is Just Play



# **Questions/Comments about Child Centered Play Therapy**



# Part II: Directive Play Therapy



- More structure
- Led by the therapist
- Worksheets, Games, Activities, Songs

# Worksheets







# Feelings Change Over Time

## Feelings Change Over Time

Event #1 \_\_\_\_\_



Event #2 \_\_\_\_\_



Event #3 \_\_\_\_\_



# Activities



# Balloons: An Anger Metaphor

## Step 1

Take one breath at a time into the balloon naming an anger trigger for each breath

## Step 2

Talk about how uncomfortable it is to hold the balloon closed just like it is uncomfortable to hold in angry feelings

## Step 3

Demonstrate, discuss, and explain the different ways to release the air of the balloon, comparing in to releasing anger

## Step 4

Talk about what happens when the balloon is overfilled and what happens when people are overloaded with angry feelings

## Step 5

Pretend to demonstrate how one feels when a balloon is popped in one's face and talk about how others feel when someone explodes in anger

## Step 6

Give different examples of anger provoking situations and have them blow up the balloon to show how upsetting/triggering each situation is.



Wrap up: Sometimes it's fun to end with a punch balloon as a prize and talk about how it's safe to punch a balloon but not people

# Doll Families



# Story Books

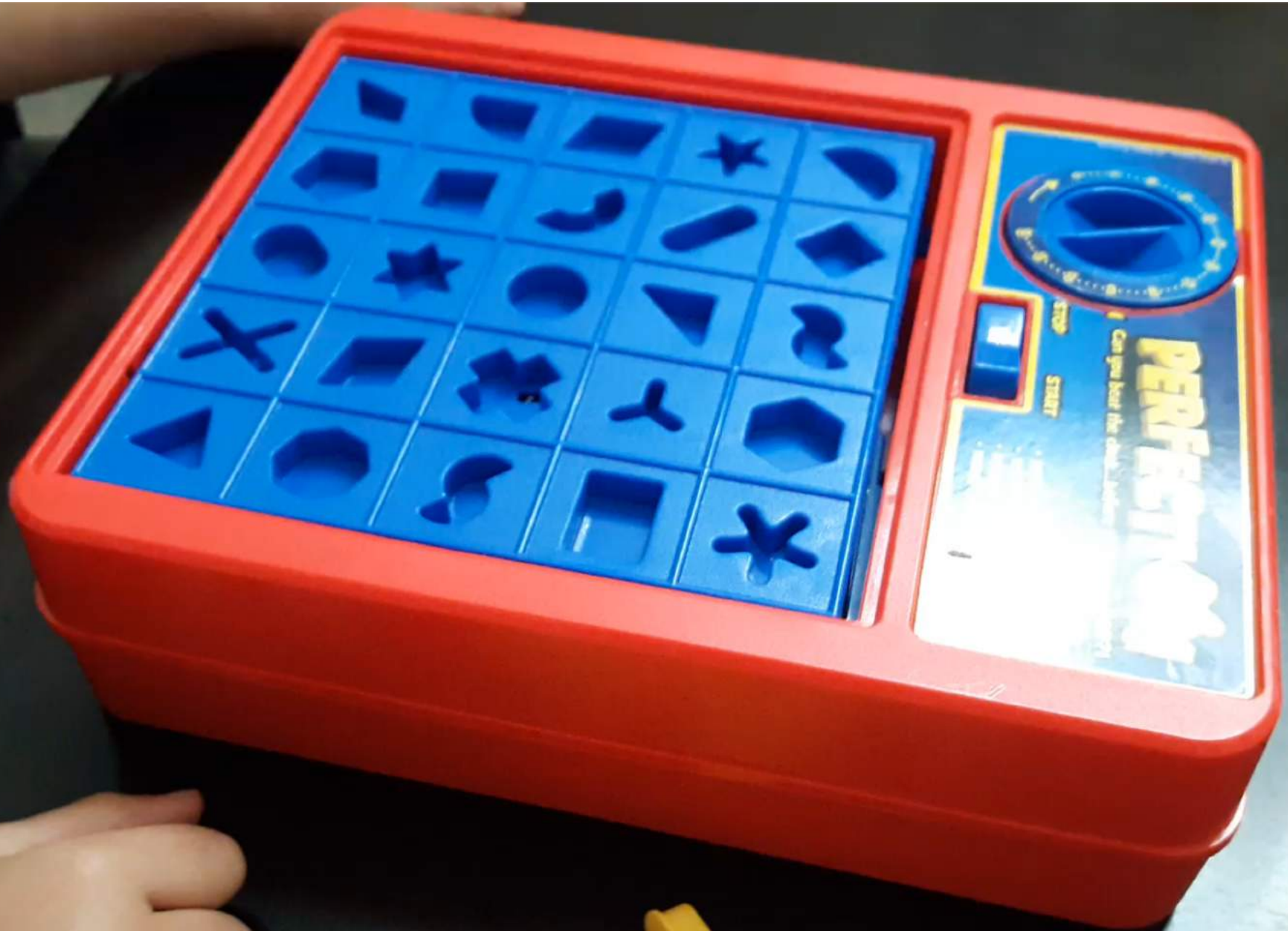


# Games in Play Therapy



# Perfection

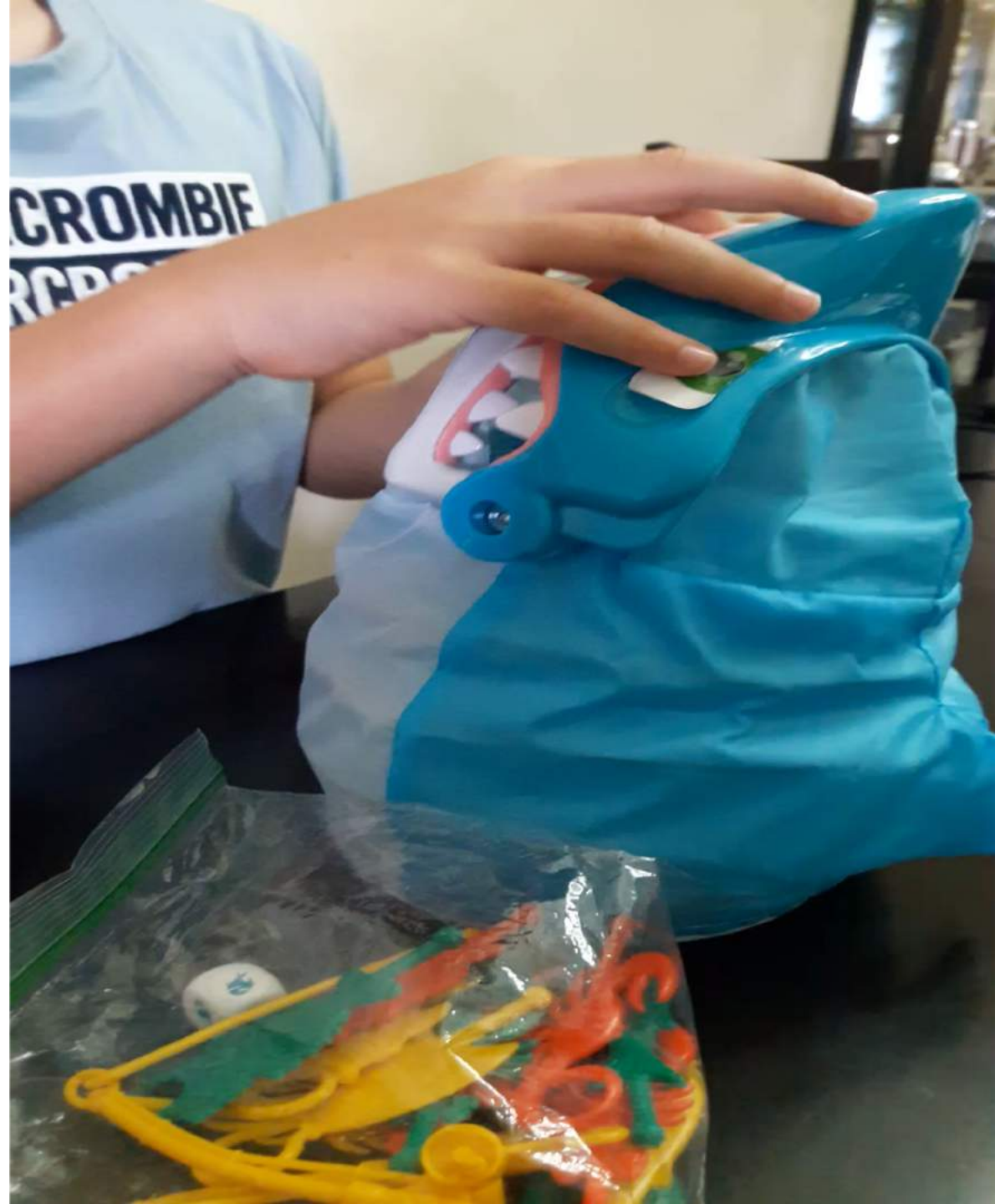






# Shark Bite





# Bugs in the Kitchen





# **Songs in Play Therapy**





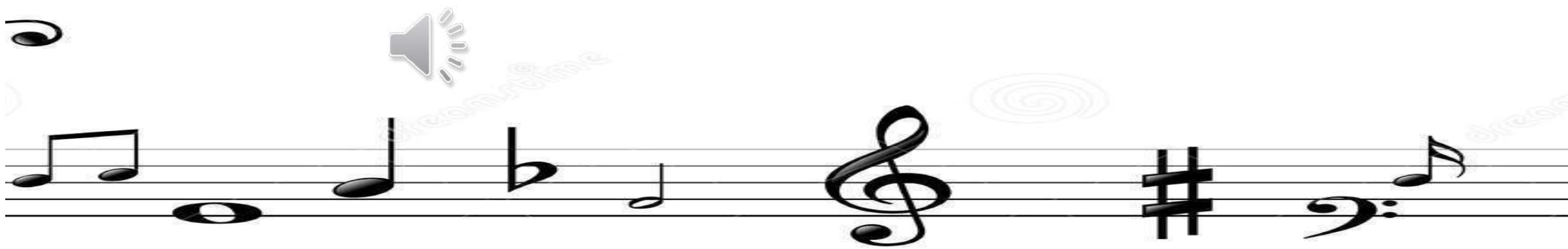
# Calming Down

Tune: Hokey Pokey

You take a deep breath in.  
You take a deep breath out.  
You take a deep breath in,  
And you get your anger out.  
No hitting, yelling, kicking.  
You are much better than that...  
That's what it's all about.  
Hey!

You need to slow yourself down.  
You need to calm yourself down.  
You need to slow yourself down,  
And you get your anger out.  
No hitting, yelling, kicking.  
You are much better than that...  
That's what it's all about.  
Hey!


You can count forwards.  
You can count backwards.  
You can count forwards,  
And you get your anger out.  
No hitting, yelling, kicking.  
You are much better than that...  
That's what it's all about.  
Hey!



A decorative border of musical notation, including treble and bass clefs, staves, and various notes, surrounds the central text.

# Appropriate Reactions

Tune: The Wheels On the Bus

A small grey speaker icon with sound waves emanating from it, positioned in the center of the page.

If someone's hands are on you,  
Take them off, off, off,  
The right way.

If someone takes your toy,  
Tell them stop, stop, stop,  
The right way.

If someone yells at you,  
Tell them how you feel,  
How you feel, how you feel,  
The right way.





**You**  **Tube**



# What If **Everybody** Did That?

by **Ellen Javernick**



# Directive vs. Non-directive

Five year old lost his father.

Ten year old refuses to do his chores

Three year old in foster care.

Nine year old with frequent outbursts.

Six year old who grabs and doesn't share.

Four year old with selective mutism.

# Resources

Child-Centered Play Therapy DVD Preview. (2012, May 16). Retrieved from [https://www.youtube.com/watch?v=JIMWOOIR\\_9g](https://www.youtube.com/watch?v=JIMWOOIR_9g)

Petruk, Leslie H., (2009, Nov 10). *An Overview of Non-Directive Play Therapy*. Retrieved from <http://www.goodtherapy.org/blog/non-directive-play-therapy/>

Play Therapy- Andrew's Day (2014, October 2). Retrieved from <https://www.youtube.com/watch?v=D8meTxxXeEw>

Recommended Toy List. Retrieved from <http://cpt.unt.edu/about-play-therapy/recommended-toy-list>

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