

Helping the Wild Child: Creative Play Therapy Interventions for Problems of Dysregulation



Paris Goodyear-Brown, LCSW, RPT-S
Licensed Clinical Social Worker
Registered Play Therapist-Supervisor
www.parisandme.com
E-mail: paris@parisandme.com
615-397-9480

Dysregulation: abnormality or impairment in one's ability to adjust, organize or control something



Skill sets in which we see problems of dysregulation:



- Overall coping abilities
- Emotional literacy
- Impulse Control
- Attention
- Anger management
- Stress/anxiety management
- Social relatedness
- Attunement
- Narrative building
- Cognitive processing
- Self-esteem

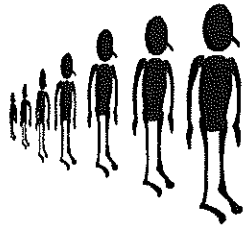
Factors that may contribute to a child's dysregulation:



- Physiological factors
 - Temperament
 - Genetic predisposition
 - Neurochemical imbalances
 - TBI
- Environmental factors
 - Chaotic home life
 - "goodness of fit" issues
 - Modeling
 - Media Influences
- Trauma/ maltreatment
 - Type I
 - Type II

Disorders of Dysregulation

- ADHD
- ODD/CD
- PTSD
- Bi-Polar Disorder
- Anxiety Disorders
- PDD's
- Attachment-Based Difficulties



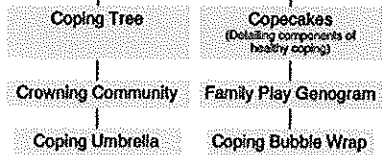
Managing Disorders of Dysregulation: A Team Approach

- Careful evaluation
- Education of the client and family
- Possible psychopharmacology intervention
- Practical systems for organization, homework, and behavior management
- Increasing and coordinating the support network (communication between systems)
- Skill Building
- Shoring up the child's self-esteem



Treatment Goal/ Interventions

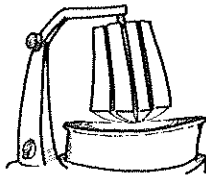
Assessment of coping and augmentation of positive coping strategies



Copecake Mixer

Helpful coping choices should:

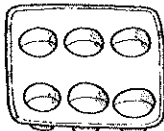
- 1) Be good for you
- 2) Be good for others
- 3) Be easy to do
- 4) Make you feel better



Copecake Tin

Describe six coping choices that include all 4 ingredients.

Write them in the baking tin and use each of them 2-3 times between sessions.



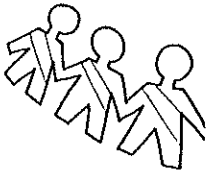
Cooling Copecakes

Once you've tried each of the coping choices, decide which ones help you the most.

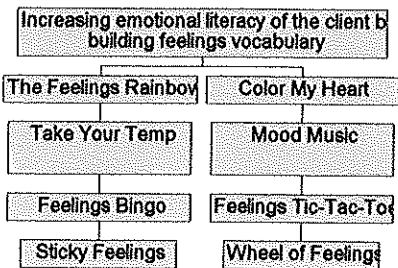
Write these on the copecakes, decorate them and put them somewhere as a reminder of the helpful ways you can cope.

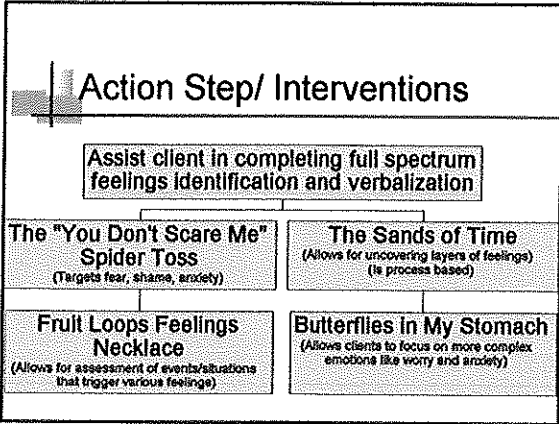


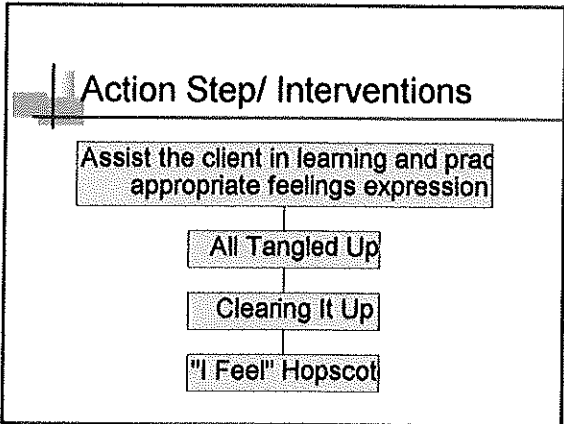
Gathering a Team

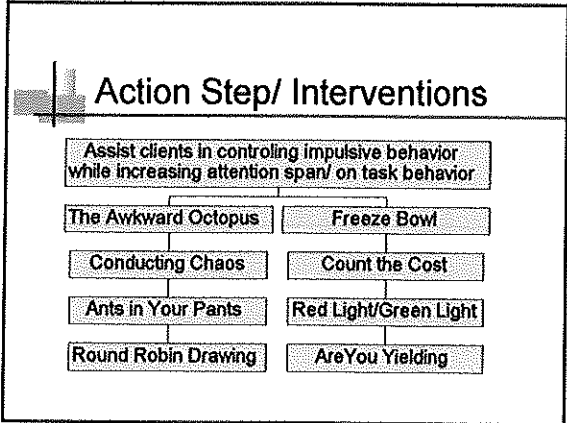


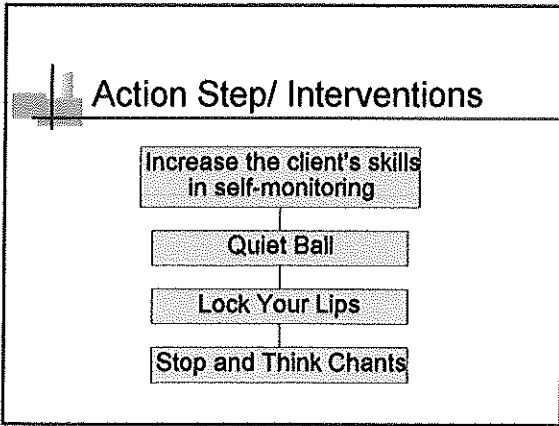
Action Step/ Interventions





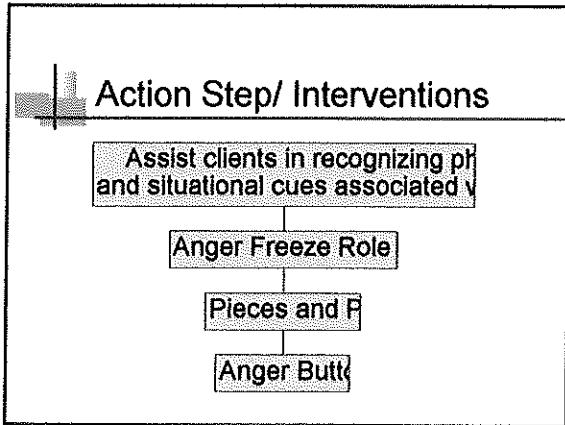


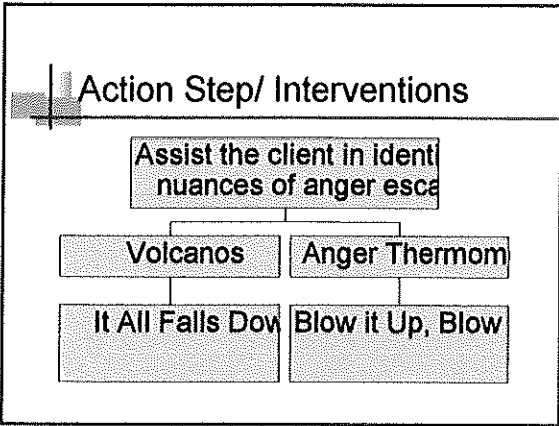




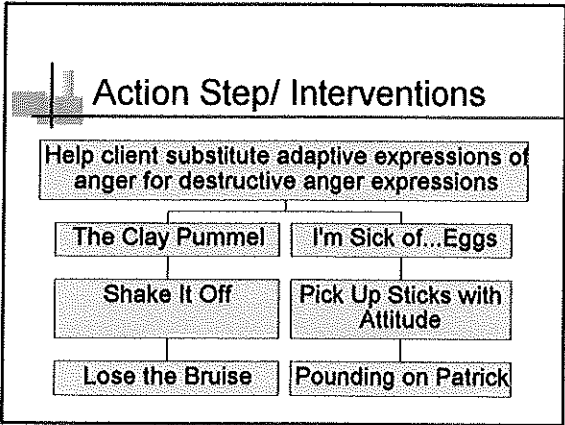
“Anyone can be angry, that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose and in the right way-this is not easy.”

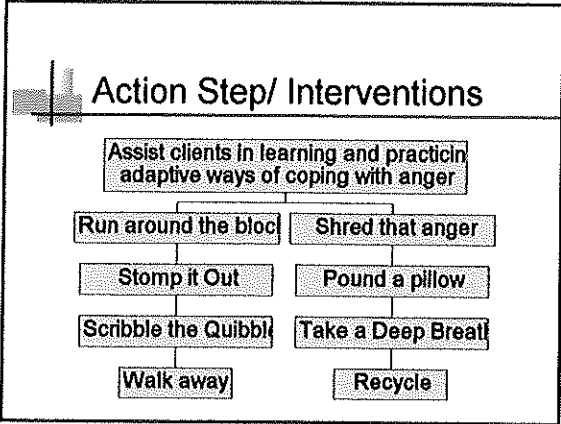
-Aristotle





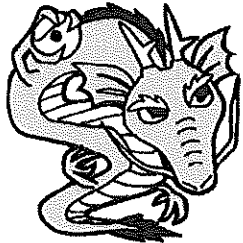
I understand the fury in
your words,
But not the words.
-William Shakespeare





Taming the Dragon

- Puppet play-the dragon speaks the angry/anxious thoughts and the client "tames" the dragon by combating these with restructured thoughts
- The client can create concrete methods of containment as a therapeutic aid



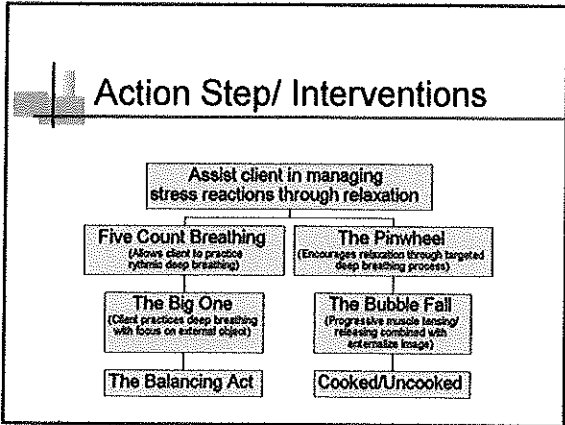
Assessing Physiological Dysregulation

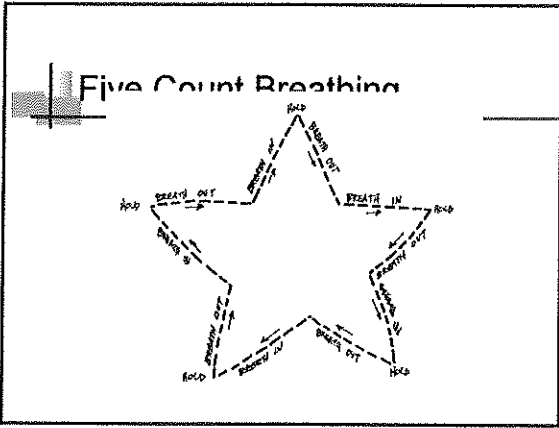
What's going on in the child's body?

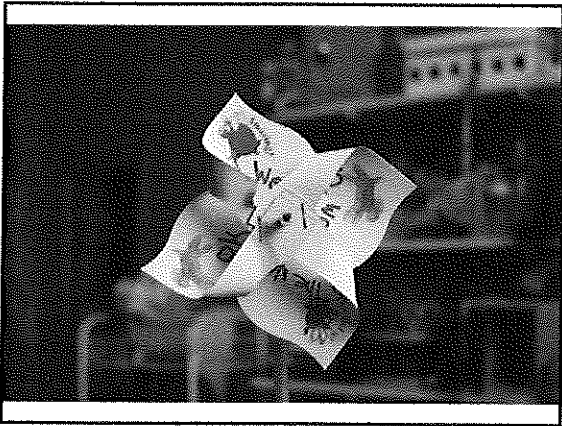
Physiological Cues

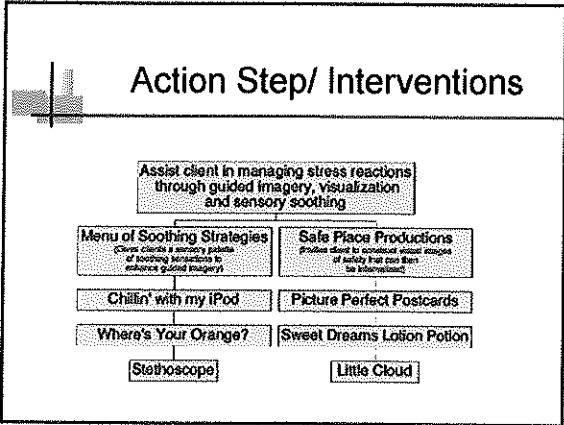
Chum Chants

Codifying self-regulation skills in song and dance.





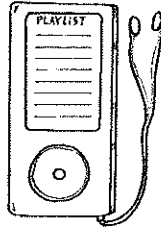




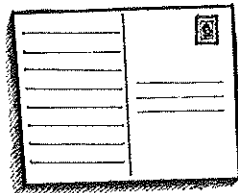
Chillin' with my iPod

List three songs that help you feel happy.

List three songs that help you feel calm.



Picture Perfect Postcard



SOOTHE!!!

S-soft tone of voice

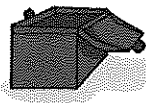
O-organize

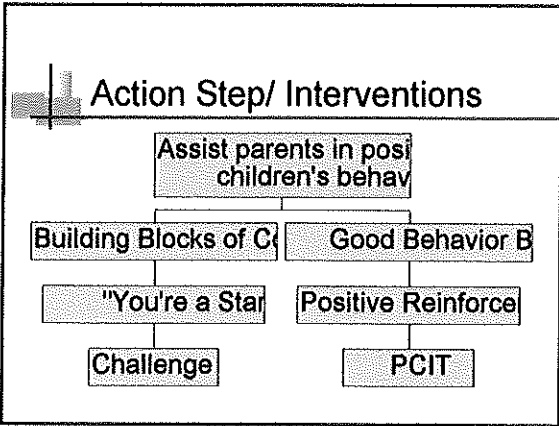
O-offer

T-touch

H-hear

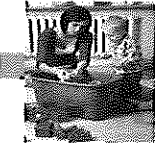
E-end






Parent-Child Interaction Therapy (PCIT)

- PCIT was originally designed and studied for caregivers and children (aged 2-7) with non-compliance, oppositionality, and externalizing behavioral problems. (Dr. Sheila Eyberg of the University of Florida ; late 1970s).
- Eyberg's PCIT protocol integrates behavioral therapy, play therapy, family systems, and social learning theory.



PCIT Goals

- Increase positive parent-child relationship
- Decrease behavior problems
- Increase positive parenting skills
- Decrease parenting stress



PCIT : What Is IT?

- PCIT is:
 - Evidence based; manualized
 - Highly specific; step by step approach
 - Live-coached sessions with caregiver(s)/child dyads
 - Skill-based learning through interacting in specific play with child
 - Didactic sessions to introduce skills
 - Specifically measured with pre-post treatment measures

PCIT

- The key to PCIT is direct coaching of parents in selective positive attention, strategic ignoring, and discipline
- Parenting classes do not change the behavior of caretakers
- **Coached and supported skill building does change the behavior of caretakers**
- Research shows that PCIT is far more effective than informational or supportive parent or caretaker training

PCIT sessions include two major stages:

- Relationship enhancement or Child Directed Interaction (CDI)
- Child behavior management or Parent Directed Interaction (PDI)

PCIT-How do the 2 stages work?

- To change children's behavior and enhance the parent-child relationship, caregivers are taught positive parenting strategies; they give all their attention to positive behaviors, and ignore all but clearly dangerous negative behaviors (CDI)



- In order to improve children's compliance, caregivers are taught to give clear directions, consistently reward compliance with praise, and use time-outs for noncompliance (PDI)

CDI introduces the PRIDE skills:

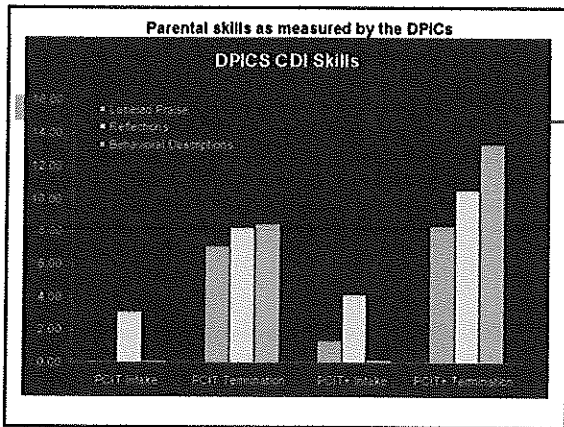
P=praise

R=reflection

I=imitation

D=description

E=enthusiasm

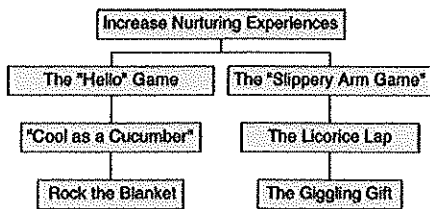


PDI teaches giving good commands...

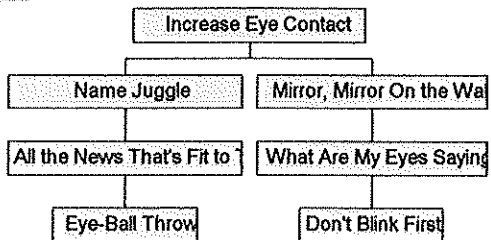
- Be direct
- Be specific
- One at a time
- Positively Stated
- Age Appropriate
- Polite
- Neutral
- Limit explanations
- Give choices
- Chose battles wisely
- Always provide a consequence

... and a time-out procedure.

Treatment Goal/ Intervention



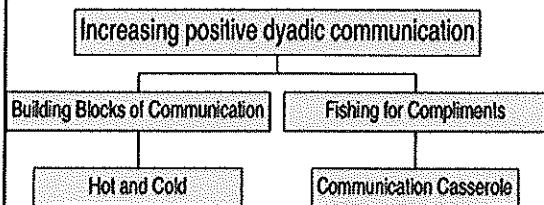
Treatment Goal/ Intervention



All the News That's Fit to Tell

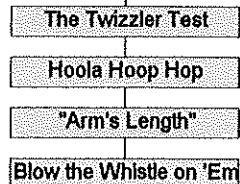
- How are you feeling today?
- What's helping you feel that way?
- What's one goal that you're going to work on today?
- (Optional) How are you going to work on that goal?
- What's one thing you like about yourself?
 - Interviewer: "Thank you for sharing."
 - Interviewee: "Thank you for listening."

Treatment Goal/Intervention

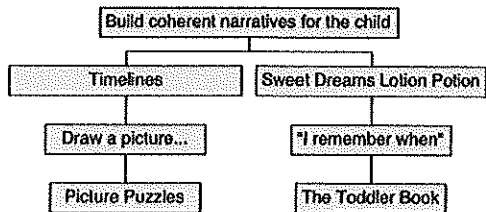


Action Step/ Interventions

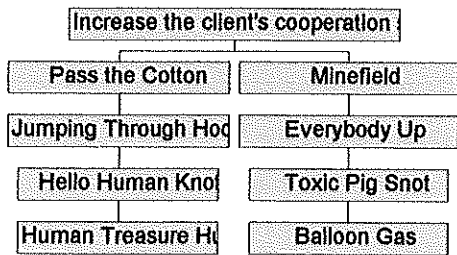
Assist clients in learning and practicing appropriate physical and verbal boundaries



Treatment Goal/ Intervention

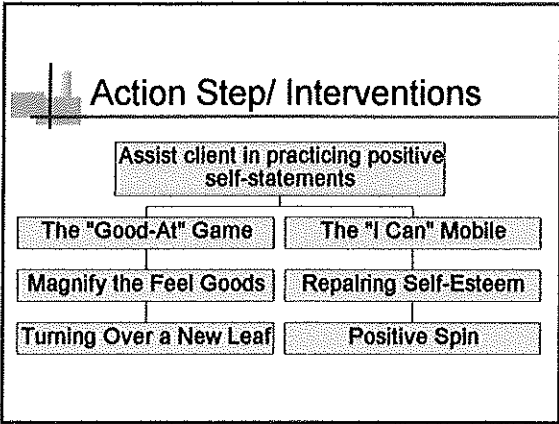


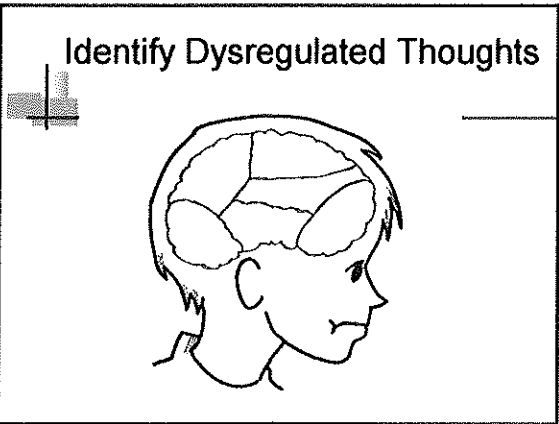
Action Step/ Interventions

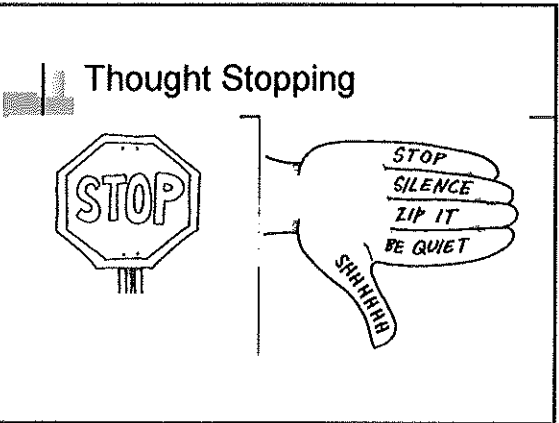


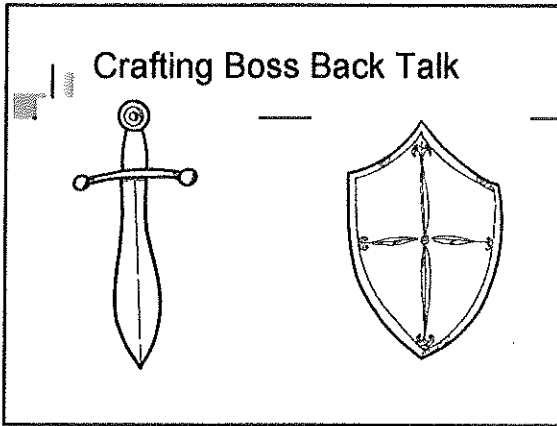
I have to remember to tell
the negative committee that
meets in my head to sit
down and shut up.

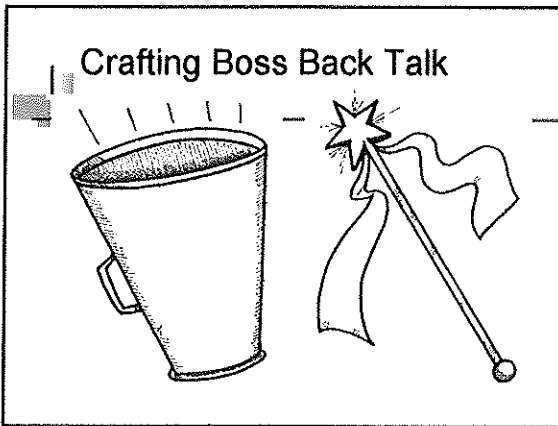
-Kathy Kendall












Skill sets in which we see problems of dysregulation:

 A stick figure person is shown in a crouching, distressed pose with a starburst above their head and motion lines around them, indicating a state of dysregulation or emotional outburst.


- Overall coping abilities
- Emotional literacy
- Impulse Control
- Attention
- Anger management
- Stress/anxiety management
- Social relatedness
- Attunement
- Narrative building
- Cognitive processing
- Self-esteem

 **Any Questions????**

Paris Goodyear Brown, LCSW, RPT-S
provides supervision, consultation and
training.

Check out Paris's website:
www.parisandme.com

e-mail Paris at paris@parisandme.com
or contact by telephone at 615-397-9480.

 **Helping the Wild Child: Creative
Play Therapy Interventions for
Problems of Dysregulation**

Paris Goodyear-Brown, LCSW, RPT-S
Licensed Clinical Social Worker
Registered Play Therapist-Supervisor
www.parisandme.com
E-mail: paris@parisandme.com
615-397-9480
