

Connecting to your own inner child

How to use therapeutic, play-based
interventions and other resources
with young people

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Agenda

- Welcome & Introductions
- Learning Objectives
- Inner Child Worksheet
- Inner Child, Countertransference, and Play-Based Interventions
- Activity Stations
- Create a Play-Based Intervention Plan
- Assessing Effectiveness of Play-Based Interventions
- Mindfulness Activity



Learning Objectives

By the end of this workshop, participants will be able to:

- Define and explain play-based interventions and give three examples
- Apply at least one play-based intervention in their setting with their population
- Examine countertransference as it relates to the inner child
- Create an individual session plan for a young person using a therapeutic game
- Assess the effectiveness of their use of play-based interventions with young people

Inner Child Worksheet

“Deep down within each of us there is a child who is joyful to simply be alive. A child who is excited for everything that life has to offer. A child who wants to simply ‘play’ through life. Embrace that inner child. Be present. Express yourself. Let yourself ‘play.’”

-Jennifer Wardowski



Inner Child & Countertransference

- Inner child is a person's supposed original or true self, especially when regarded as damaged or concealed by negative childhood experiences.
 - Example: as an adult you may still be acting out the pain suffered by your inner child
- Countertransference is when a client brings up unconscious feelings in us.
 - Example: a student reminds you of your brother or daughter.
 - This brings about the risk that as professionals we will be reactive when conflicts arise and not responsive or reflective.
 - For example, we may treat and react to the student as if they were our daughter or brother instead of the unique individual that they are.
- These two concepts are related because at times we experience countertransference directly connected to our inner child
 - Example: a student describes an experience that triggers an emotional reaction within you because as a child you experienced this too
 - Example: a student reminds you of your brother and brings up memories of your childhood and how you related to him

“Your inner child is the echo of the child you once were. We each have our own history and we have all been influenced by our environment, events, and the significant people around us. Our inner child has stored those memories, and their impact upon us.”

-Maxine Harley
[Inner Child Article](#)



Play-Based Interventions

- Play Therapy is a form of counseling or psychotherapy in which play is used as a means of helping children express or communicate their feelings
- Play-based interventions are practices designed to support a student's development through guided interactive play
 - This has become an “umbrella” term that includes not only Play Therapy, but also sandplay therapy, expressive art therapy, music therapy, drama therapy, dance therapy, art therapy, and others
- Play Based Interventions are beneficial for children because they help children:
 - Become more responsible for behaviors and develop more successful strategies.
 - Develop new and creative solutions to problems.
 - Develop respect and acceptance of self and others.
 - Learn to experience and express emotion.
 - Cultivate empathy and respect for thoughts and feelings of others.
 - Learn new social skills and relational skills with family.
 - Develop self-efficacy and thus a better assuredness about their abilities.



Activity Stations

- Mandala Coloring
- Card Games - Mindfulness, What Do You Stand For
- Act It Out & Worksheets
- Games in the Jar
- The Mask I Live In Activity
- Worry Stones and Box

Create Your Own Play-Based Intervention Plan

Pick a station. Identify all the different ways you can use the activity at the station to engage students therapeutically. Think about what the presenting issues are and what you're treating with this activity. Then create a plan. You can use the worksheet. Be prepared to share out.



Assessing the Effectiveness of Play-Based Interventions

- When exploring the assessments that reflect the effectiveness of play therapy we found that there is not a specific tool that is being used.
- It is suggested that you find your own method to measure the positive outcomes of the interventions that you are implementing.
 - For example: Therapist observations, teacher reporting, child self assessments, monitoring skills used in session during roleplays and child practice of skills learned both at home and in school.
 - Be mindful and aware that change is a process and that we might need to advocate for our students within our practice settings.



Mindfulness Activity

We are going to complete a guided visualization meditation.





Resources

https://search-alexanderstreet-com.ezproxy.cul.columbia.edu/view/work/bibliographic_entity%7Cvideo_work%7C2875236

Epdf.tips_healing-the-inner-city-child-creative-arts-therapi.pdf

<https://www.guilford.com/excerpts/drewes.pdf>

https://www.counseling.org/docs/default-source/vistas/article_18.pdf?sfvrsn=10

<https://www.guilford.com/excerpts/schaefer.pdf>

https://www.amazon.com/School-Based-Play-Therapy-Athena-Drewes/dp/0470371404/ref=sr_1_1_sspa?ie=UTF8&qid=1526823588&sr=8-1-spons&keywords=school+based+play+therapy&psc=1