

“Individual or Family Therapy: How does one decide which modality to use with children?”

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WHAT.....

WHY.....

WHAT....

WHEN...

HOW....



I. WHAT? – “What modality do we use?”

A. Grown-up

B. Couple

C. Kid

1. Play

2. Family



II. WHY? – “Why do we choose that modality?”

What determines our choice?

- A. Training
- B. Presenting problem
- C. Experience
- D. Our bias (counter–transference)



III. WHAT? – “What are choices in family / individual?”

A. Family

1. Directive
2. Non-directive

B. Individual (Play)

1. Directive
2. Non-directive



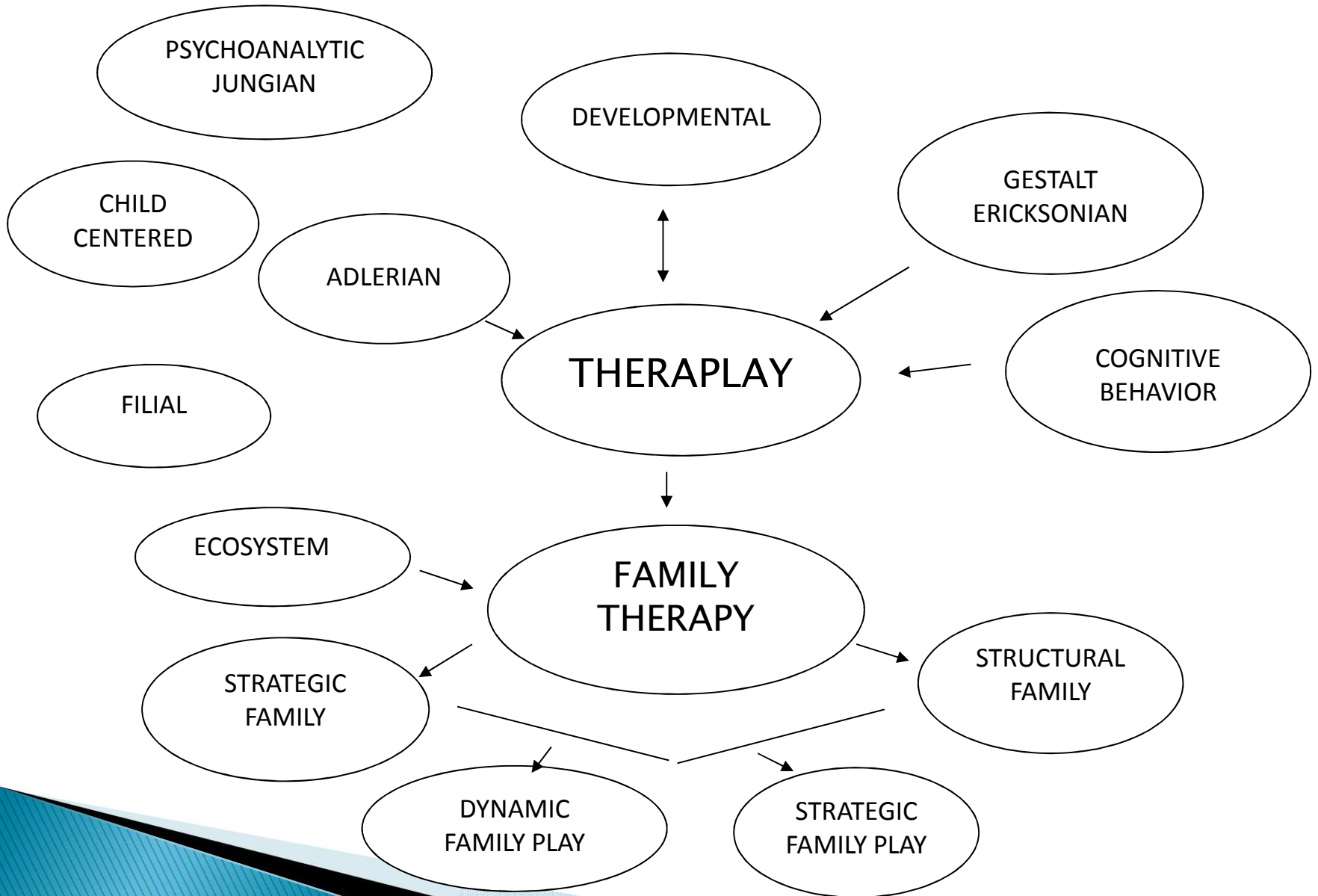
Theory of Play

NORMAL PLAY	PARENTING (PSYCHOSOCIAL DEVELOPMENT)	“KID”ING (DEVELOPMENTAL AGES OF CHILD)
DEVELOPMENT (PLAY) PERSONAL	TRUST VS. MISTRUST AUTONOMY VS. SHAME	ORAL
INTERPERSONAL		ANAL
PARALLEL	INITIATIVE VS. GUILT	PHALLIC
SOCIAL	INDUSTRY VS. INFERIORITY	PRE/LATENCY
ORGANIZED ACTUALIZED	IDENTITY VS. ROLE CONFUSION	

Theory of Play Therapy

THERAPEUTIC PLAY (ACTING OUT)		GUERNEY/ NORDLING CCPT
THERAPY and DIAGNOSIS	<ul style="list-style-type: none"> ❖ ACTION ❖ PLAY ACTION ❖ FANTASY 	<p>WORKING STAGES</p> <p>Warm Up Stage</p> <p>Aggressive Stage</p>
GOALS	<ul style="list-style-type: none"> ❖ ACTION FANTASY ❖ ADAPTIVE 	<p>Regressive Stage</p> <p>Mastery Stage</p>

Theories



IV. WHEN? – “When do we choose which modality?”

A. From Intake

1. Family
2. Individual
3. Just Parents
4. Child Guidance Center Model

B. In Session

1. Family
2. Individual
3. Just parents

C. The Process



Intake Session

Role of....

- Parent
- Individual
(Child)
- Family
- Toys
- Toy Room
- Therapist

Items to discuss:

- A. Phone Call
- B. Presenting Problem
- C. Waiting room to therapist's office
- D. Role of each
- E. Relationship of each category
- F. Examples

First Session

Role of....

- Parent
- Individual (Child)
- Family
- Toys
- Toy Room
- Therapist

Items to discuss:

- A. Parent first
- B. Child
- C. Depending on theory,
introduction of
child to play room
- D. Wrap Up
 - 1. With child
 - 2. With parent

V. HOW? – “How do you use these modalities?”

- A. Why the change?
- B. How do you change?
- C. How do you integrate?
- D. When do you change? Process

