Across the Ages: Utilizing Play with Adults in Crisis Situations

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Play Therapy

What is Play Therapy?

- “The systematic use of a theoretical model to establish an interpersonal process wherein trained play therapists use the therapeutic powers of play to help clients prevent or resolve psychosocial difficulties and achieve optimal growth and development.” (A4PT.org)

- What are YOUR experiences with Play Therapy?

- The Southeast Missouri State Play Therapy Center:
  - [https://www.youtube.com/watch?v=ZnprNq-oWJA](https://www.youtube.com/watch?v=ZnprNq-oWJA)
  - One of 30 Approved Centers of Play Therapy Education in the United States!
Play Therapy With Adults

- Play therapists are trained to help adolescents, adults, and even the elderly relearn the values of play.

- Playful exploration has been proven to enhance both cognitive and physical behaviors, and there is a significant amount of research from the fields of neurophysiology and molecular biology that supports play therapy as a valid therapeutic technique for those past childhood. A growing number of organizations and experts are dedicated to play research and advocacy, believing that play is important for people of all ages.

- Play is a natural and enduring behavior in adults.

  - By adulthood, most people have lost their ability to playfully explore by themselves.

  - It has healing powers for the mind and spirit that we are only beginning to appreciate and learn to use.

- For adults, play continues as an important vehicle because it fosters numerous adaptive behaviors including creativity, role rehearsal, and mind/body integration.
A Closer Look at Play Therapy With Adults…

- Sand Play:
  - Dr. Barbara Turner
    - https://www.youtube.com/watch?v=wnBjv-v4G74
  - Dr. Gita Morena
    - https://www.youtube.com/watch?v=V9stXffcQIs
Sand Tray Expressive Technique

Introducing the Tray
“Create a scene of your life the way it is now…”
- Take 5 minutes or so to allow participant to create his/her world in the sand
- Notice facial expressions, gestures, experience of making choices
  - If you notice a feeling that seems to be present ask about it or reflect it
    - You seem to be sad right now

Process the world- “Tell me about what you created”
- “What was it like to create this scene?”
- “Who and what is important within this scene?”
Deeper Processing:
- “If you could change this scene, what would it look like?”
- “What would you say to “this one” if you could say what you wanted to say?”
- “What feelings do you have when you look at your scene?”
Closure:
- “What are you taking from this experience?”
- “What did you learn about yourself?”
Story Stones Expressive Technique

- **Introduce the opportunity** as a way to create and paint something that is meaningful for the participant to assist in telling a story about him/her. Invite participant to reflect on what that might be:
  - What do you think you might want to put on your stone?
  - Utilize/showcase examples of other story stones as visual aids (if needed)
- **Present** participant with materials for creating stones (Paint, stones, brushes)
- **Allow** participant the space and time to paint/create stones and share his/her “story” with you
- **Invite** participant to utilize other pre-created stones to continue telling story
Response to Ferguson Crisis:
Story Stones and Sand Trays
as
Creative Expressive Techniques
Community Storytelling Through Sand Tray
Imagery with Story
Announcements

- For all conference related information, download the Conference Yapp App. The Yapp ID is MSCA17.
- Please complete the Workshop Evaluation: [http://tinyurl.com/mscaworkshop17](http://tinyurl.com/mscaworkshop17)
- Please complete the Full Conference Evaluation: [http://tinyurl.com/MSCAeval17](http://tinyurl.com/MSCAeval17)
- Support this year’s Annual Project through raffles, Monday reserved seating, poker run, project walk, and service project.
- Make plans to participate in evening activities:
  - Hospitalities & Poker Run from 5:00 to 7:00 p.m.
  - Service Project Activity beginning at 7:00 p.m.
  - Trivia Night beginning at 7:00 p.m.
  - Project Walk beginning at 9:00 p.m.
  - Evening Social & Live Music beginning at 10:00 p.m.
- For more information on MSCA, like us on Facebook (mymsca) and follow us on Twitter (@myMSCA).