CREATIVE INTERVENTIONS TOOLBOX: COUNSELING CHILDREN AND ADOLESCENTS
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Texas Counseling Association Conference 2017

LEARNING OBJECTIVES:
1. Participants will be able to apply the theories behind creative counseling interventions.
2. Participants will learn how to utilize various interventions through role-play activities.
3. Upon the completion of the workshop, participants will be able to apply the various interventions with current or future clients.

WHY CREATIVE INTERVENTIONS?

THE HOW-TO OF CREATIVE INTERVENTIONS...

BUILDING YOUR TOOLBOX...

PROPS (Schimmel, 2007; Harvill et al., 1984)
- Toy Shields
- Coffee Filters
- White boards
- Soda Geyser
- Rubber Bands
- Princess Wand (Kurz, 2017)
- Puppets

HUMOR (Berg et al., 2009; Foster, 1978; Goldin et al., 2006; Goldin & Bordan, 1999; Maples et al., 2001)

SAND PLAY
- Constructivist Approach
  - Allow the child to play out the story in the sand with various characters. Then the counselor uses the same characters to play out the story. This time, the counselor provides an alternative ending.

MEMORY BOOKS (Kurz, 2017)
Cup-O-Feelings

My Cup-O-Feelings

Color inside this cup to show how much of each emotion you're feeling right now.

YELLOW - Happy  RED - Angry  PINK - Hopeful  PURPLE - Scared
ORANGE - Nervous  GREEN - Excited  BLUE - Sad  BROWN - Surprised

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Anger Journal
Use this worksheet to keep track of your anger!

What day did this happen? _______________________

What made me angry? (Anger Trigger)

How did I handle it? (Coping Skill)

What ended up happening? (Outcome)

What should I do differently next time?

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Bibliotherapy: Children’s Literature

Career Development

Personal/Social Development
Disabilities


Feelings
(This author makes a series of these books: When I’m Feeling Happy/Angry/Sad/Lonely/Kind/Jealous/Scared/Loved)

Problem-Solving/Decision-Making

Self-Esteem


Thinking of Others

More Children’s Literature in Counseling Ideas
- Pinterest Boards
  - School Counseling and Children’s Books
  - School Counseling Resources

Digital Storytelling (Sawyer & Willis, 2011; Leggett, 2009)
- Websites and Apps
Toolbox Reflection

**What will you take with you today?**
References


