Creative Ways to Adapt Traditional Board Games for Play Therapy

Presented by Pam Dyson, MA, LPC-S, RPT-S
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12:30pm – 2:00pm

Learning Objectives

- Understand the rationale for using traditional board games in play therapy
- Learn how to adapt traditional board games to have therapeutic value
- Identify how play therapy games can be applied to various populations

Use of Techniques

- Theory is important but theory without techniques is basically philosophy.
- Techniques are valuable but without theory are reckless, and could be damaging.

(Sweeney, Baggerly, Ray, 2014)
Use of Techniques

Ask Yourself Three Questions:

- Is the technique developmentally appropriate?
- Does the technique have a theoretical basis?
- Does the use of this technique have specific therapeutic intent?

(From Sweeney, Baggerly Ray, 2014)

Why Use Traditional Board Games?

- Inexpensive
- Easy to adapt
- One game can be used multiple ways
- Can use them with different populations

Types of Games

- Engagement
- Assessment
- Emotional Expression
- Coping Skills Development
How to Adapt Traditional Board Games

- Create a color code
- Write up question/situation cards
- Alter the board/pieces
- Add elements from other games

Supplies

Pick Up Sticks

(McDowell, 2002)
Ants in the Pants

(Carlson, 2011)

Candy Land

(Yorke, 2011)

Break the Ice

(Kenney-Noziska, 2008)
Connect Four

Tips for Effective Therapeutic Game Play

- Resist the urge to win
- Resist the urge to let the child win
- Stay alert for opportunities to interpret and teach
- Role play new skills
- Engage in therapeutic conversation

(Dodge, 2008)

Tips for Effective Therapeutic Game Play

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(Yorke, 2011)

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References


References


References


Suggested Readings
