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NON-DIRECTIVE OR DIRECTIVE PLAY THERAPY

Non-Directive play therapy

- Child-Centered – ages 3-11
- Child Leads the way
- Therapist follow the lead of the child
- Self-guided and self healing process
- Virginia Axline 8 principles describes process

Directive play therapy

- Therapist prescribes interventions based on presenting problems
- Examples:

Gestalt, Jungian, Child-Centered, Psychodynamic, Adlerian & others

Gestalt Therapy

Gestalt (German word): sum is greater than its parts as long as relationship between the parts remain

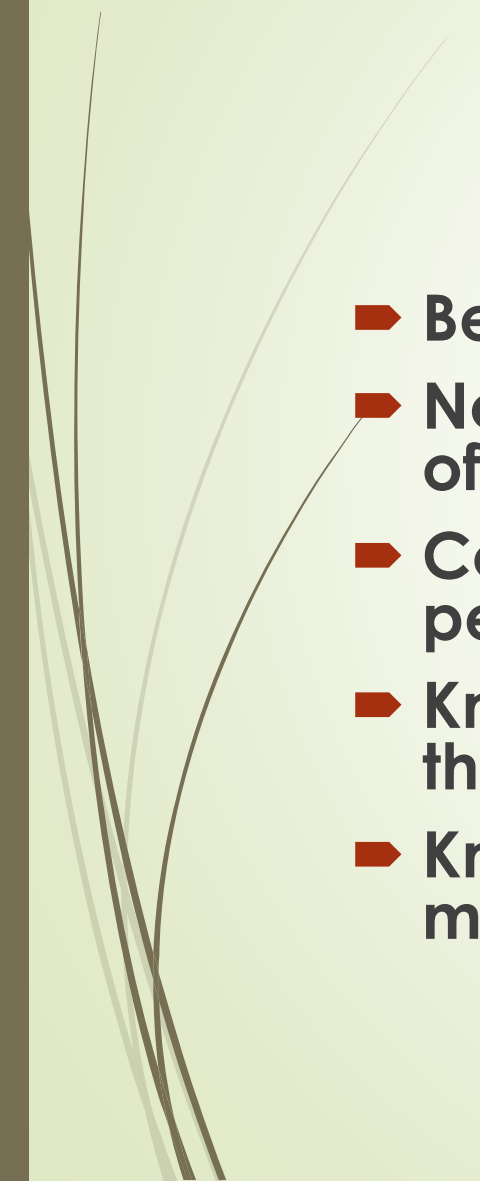
- Originally developed in 1940s by Frederick Fritz & Laura Perls
- *Humanistic*
 - To really understand man, need to look at whole - not just parts
 - Relationship with the environment
- *Process-oriented*
 - Step by step guide
 - Focus on WHAT and HOW, not **WHY**



Gestalt Therapy

Perls, Clarkson and
Mackewn, 1994

Awareness is the capacity to:

- Be in touch with own experience
 - Notice what is happening around or inside of you
 - Connect with the environment, other people, or yourself
 - Knowing what you are feeling, sensing, or thinking
 - Knowing how you are reacting at this very moment
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Violet Oaklander, PhD., RPT-S

Child
Psychologist,
retired



- **Originator of Gestalt Play Therapy with Children**
- **Wrote book,**
“Windows to Our Children”
 - **Translated into 13 different languages**
 - **Book inspired wide-use of Play Therapy**
- **Conducted training for many years in Santa Barbara, California**
 - **Attended by participants world-wide**

Child's Process

- Become aware of:
 - Who they are
 - What they feel
 - What like and don't like
 - What need is, what want is
 - What do and don't do
 - What behaviors are revealed and how
- Don't focus on *WHY*
 - Make aware of what *IS*
 - Child then can decide to maintain or discontinue behavior



Gestalt Play Therapy With Children

SEVEN Principles

- I/Thou Relationship
- Organismic Self-Regulation
- Contact & Resistance
- Contact-Boundary Disturbance
- Sense of Self
- Self-Nurturing
- Inappropriate process



Projective Techniques

- Origins in psychoanalytic psychology
 - Conscious and unconscious motivations are beyond or hidden from awareness
 - Client is asked to respond to ambiguous stimuli
 - Purpose of projections:
 - Reveal hidden emotions
 - Reveal internal conflicts that are projected unto others
- Examples:
 - Kinetic Family Drawing
 - Graphic Family Portrayal (Venter, 1980)
 - Winnicott Squiggle game
 - Rosebush drawing
 - Safe Place Drawing
 - Animal Cards
 - OH Cards
 - Iyanla Vanzant Tips for Daily Living cards
 - Therapeutic Storytelling
 - Power Animal Oracle Cards



PROJECTIVE TECHNIQUE

FOUR PART SEQUENCE OF OAKLANDER'S THERAPEUTIC PROCESS

- a. Imaginary experience**
“Imagine it”
- b. Sensory expression**
“Make it”
- c. Metaphoric Narrative Articulation**
“Be it”
- d. Sense making application**
“Does it fit for you?”



IMAGINE A ROSE



Sister's Rose Bush



MOTHER'S ROSE BUSH



Father's Rose



ROSE AMONG WEEDS



Son's rose got ran over by a lawn mower



Dear Rose, mistaken for a weed!



References

- Blom, R (2006). The Handbook of Gestalt Play Therapy. Philadelphia: Jessica Kingsley publishers.
 - Oaklander, V (1978). Windows to Our Children. Goldsboro: Gestalt Journal Press.
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