

Play Therapy with Sexually Traumatized Children

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for Chesapeake Beach Professional Seminars
SUNY Oswego
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book for
who want to
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Freakishly Well-Behaved Kids

Dr. Mullen shares BLISSFUL PARENTING principles for raising freakishly well-behaved kids. She has learned the principles directly from children. Listen in to get straight talk about parenting from a different perspective-- ...

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Strategies that will Help Children when they're Angry

Strategies that will Help Children when they're Angry in families anger can be contagious. As parents and caregivers, it is upsetting to when your children react with anger towards you, siblings, others and even themselves. In this show will...

by **Freakishly Well Behaved Kids** in **Parents** 4 weeks ago

How YOGA can help kids (and parents).

How can the elements of YOGA practice benefit kids? Is it just hype or does it really help? In this podcast I will interview Penny Lupio, Mental Health Counselor, Play Therapist, and Yoga Instructor. She will help us understand how...

by **Well Behaved Kids** in **Parents** 2 months ago

Helping kids cope with grief & loss.

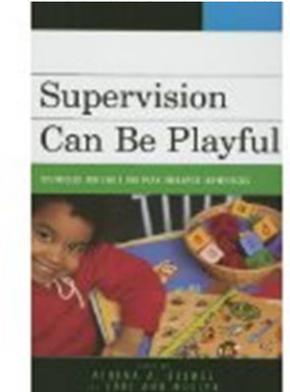


Play Therapy Basic Training Workbook:

A guide to learning and living the Child-Centered Play Therapy philosophy

Jodi Ann Mullen PhD LMHC NCC RPT-S

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PLAYTHERAPY.

Volume 8, Issue 3 • September 2013

10 TIPS FOR GROWING A PLAY THERAPY PRIVATE PRACTICE

Top Ten Ways to Reduce Client Drop-Outs and No-Shows

Playing with Words

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Jodi J. Fiorini
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Why Play Therapy? General

- **Primary way of communicating**
- **Emotions can be visually & actively expressed & processed**
- **Emotions children experience may be too complex to describe within the developmental limits of their vocabulary**
- **An effective and concrete method for revealing Many aspects of their inner worlds**
- **Play is healing**
- **Provides a corrective experience**
- **Empowering techniques of play therapy can relieve the emotional burden**
- **Through the use of play, children can address the trauma symbolically without having to verbalize frightening experiences and feelings**



PLAY!

What is Sexual Trauma?

- ◎ **Sexual abuse is any sexual contact with a child or the use of a child for the sexual pleasure of someone else. This may include exposing private parts to the child or asking the child to expose him or herself, fondling of the genitals or requests for the child to do so, oral sex or attempts to enter the vagina or anus with fingers, objects or penis.**





Why Play Therapy? Child-Centered

- ⦿ Establishing rapport and trust is at the core of the relationship
- ⦿ Child is in control, has the power
- ⦿ The choices related to how and what to play are the child's
- ⦿ Unconditional positive regard and acceptance are the building blocks of CCPT



Using Child-Centered Approach: Altered Structuring

- **You can say anything in here, even if someone told you...**
- **... that they would hurt someone you love**
- **... not to**
- **... that you would get in trouble**
- **... that they would hurt you**
- **... that it's a secret**



Disclosure

- **Children often do not tell us with words that they have been sexually abused. There are many reasons children might hesitate or be afraid to tell us about what has happened, including their relationship to the offender, fear of the consequences, retaliation or uncertainty about whether or not they will be believed.**
- **Should a disclosure of the trauma result, either verbally or symbolically, there is often an accompanying regression in treatment as the client needs to once again overcome the fear associated with the disclosure of the trauma.**

If they don't typically verbally disclose, what do they say...

- ◉ **Do sex to me**
- ◉ **I've sucked on bigger tits than yours**
- ◉ **I'll pull down my pants so you can suck on my penis**
- ◉ **Let's kiss like in the movies**
- ◉ **Girls lick other girls privates**
- ◉ **I have a Barbie, I put her in my booty**
- ◉ **Pretend the snake spits white blood all over you**
- ◉ **Take off your pants**

Indicators in Child



- Sudden reluctance to go someplace or be with someone
- Inappropriate displays of affection
- Sexual acting out
- Sudden use of sexual terms or new names for body parts
- Discomfort or rejection of typical family affection
- Sleep problems, including: insomnia, nightmares, refusal to sleep alone or suddenly insisting on a night light
- Regressive behaviors, including: thumb-sucking, bed-wetting, infantile behaviors or other signs of dependency

- Extreme clinginess or other signs of fearfulness
- A sudden change in personality
- Problems in school
- Unwilling to participate in or change clothing for gym class at school
- Runs away from home
- Bizarre or unusual sophistication pertaining to sexual behavior or knowledge, including sexual acting out
- Reports sexual assault by parent or guardian



What it looks like in Play Therapy?

- **Precarious Hygiene**
- **The dark**
- **Use of masks, puppets**
- **Trickery**
- **Hide and seek**
- **Secrets**
- **Good vs. Evil**
- **Feeling creeped out**
- **Confusion hurt/love**
- **Dissociation**
- **Passivity**
- **Masturbation**
- **Inserting objects**
- **Cleansing/Washing**



- **Messes, Wet messes**
- **Eating poison, dirt, poop, pee, vomit, people**
- **Toleration of feelings**
- **Back alive**
- **Devouring**
- **Toilet breaks**
- **Hypervigilance**
- **Aggression, Regression, Expression**
- **Sexual simulation**
- **Nuturance**
- **Sexual Artwork**
- **Precarious Boundaries**

If it feels creepy , it is creepy!

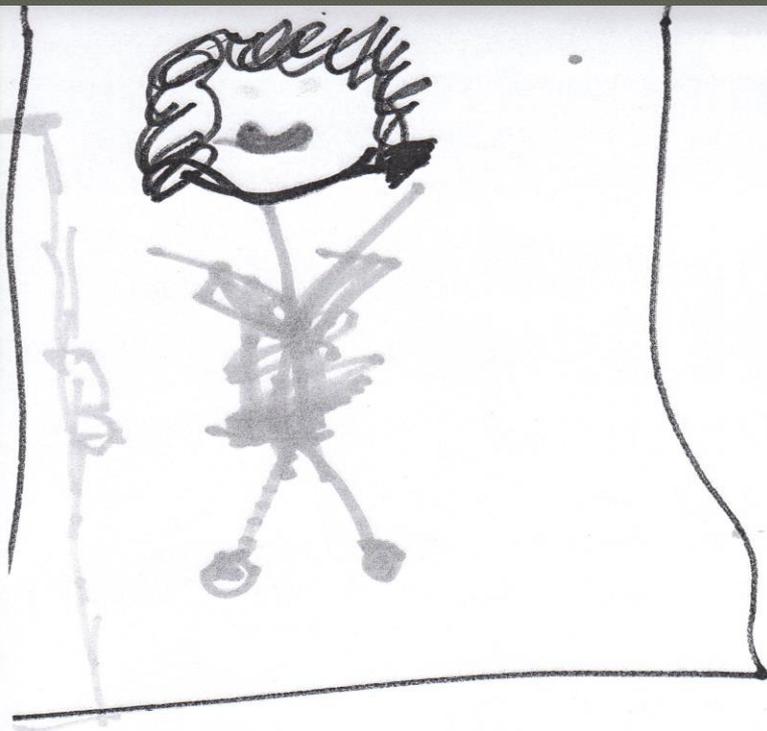


What do they feel?

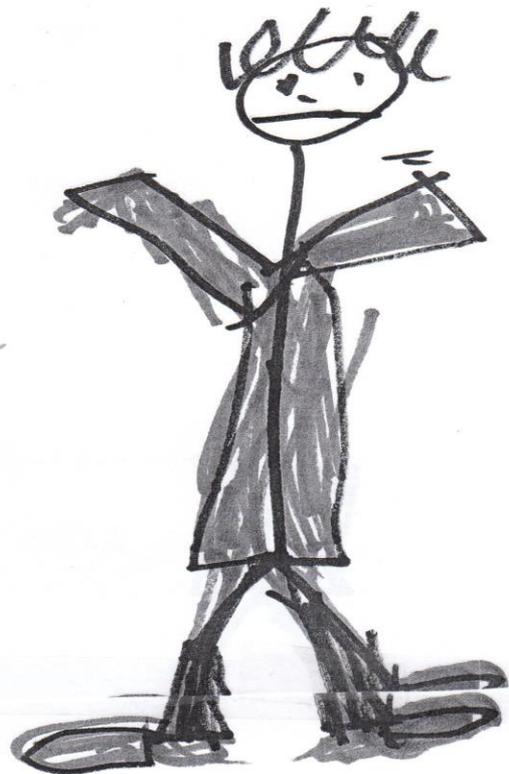
- Hurt
- Sad
- Shame
- Guilty
- Confused
- Depression
- Rejection
- Anxiety
- Responsibility

- Self-loathing
- Disconnection
- Vulnerable
- Betrayed
- Unloved
- Doubt
- Mistrust
- Fear
- Brave





every night
I wake up
I ~~see~~ a
shadow
I can't get up.



Consultation: Tips

- ◉ Empathy
- ◉ Hypothesis
- ◉ Listen
- ◉ Parent as expert
- ◉ Time
- ◉ Support



Boundaries, Boundaries, Boundaries

- ◉ Time
- ◉ Personal Space
- ◉ Showing
- ◉ Touching defining private parts
- ◉ Repetition Compulsion

Hearted Snake



Push

blowing

FisherPrice

How to find me...

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