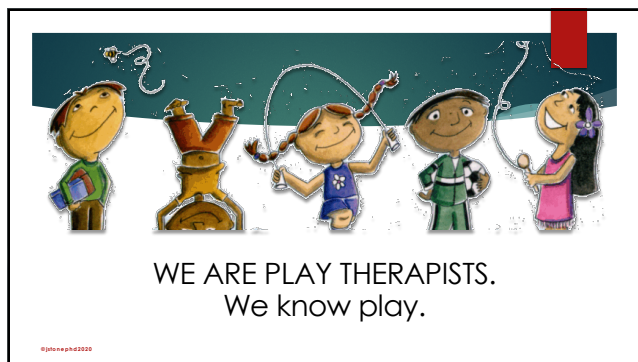




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2



3

Play Interests Change Over Time



Play - Kick The Can

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4

When interests change,
play therapists work to find
therapeutic value in the
new item(s).

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I wrote about these
changes and how to
incorporate tools into
play therapy.

Stone, J. (2020). Digital Play Therapy. Routledge.

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Therapeutic benefits of introducing DPT in your practice

- ▶ Speaking your client's language
- ▶ Entering your client's world
- ▶ Connections with your client's real-world behaviors and culture
- ▶ Familiar and comfortable medium
- ▶ Hearing them
- ▶ Interest in their interest(s)
- ▶ Client mastery
- ▶ Allows use with sensory/tactile defensive clients
- ▶ Allows use with severely traumatized clients
- ▶ Allows use with differently-abled clients
- ▶ Some tools are quite culturally flexible

7

How can Digital Play Therapy be integrated into the therapeutic process?

"HOW TECH SAVVY DO I REALLY NEED TO BE?"

8

3 levels of incorporating DPT

- 1) Talking about the use of digital anything in the session
- 2) Incorporating phones, tablets, songs, google searches, YouTube, etc.
- 3) Playing games, using programs, etc. in session; hardware and software

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Level 1
talking about the
use of anything
digital

THIS INCLUDES CONVERSATIONS ABOUT
ANY TYPE OF DIGITAL TOOL USE,
METAPHORS, ETC.

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Leaning Lifford

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Level 2:
Incorporating
devices to
learn more,
communicate,
share, etc.

INCORPORATING PHONES,
TABLETS, SONGS, GOOGLE
SEARCHES, YOUTUBE, ETC.

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Level 3
Direct use

PLAYING GAMES, USING
PROGRAMS, ETC.,
DIRECTLY IN SESSION



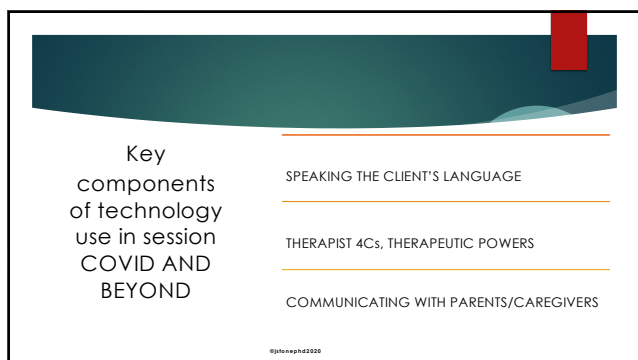
NOISE TO SIGNAL
@CatherineLifford

©10/25/2020

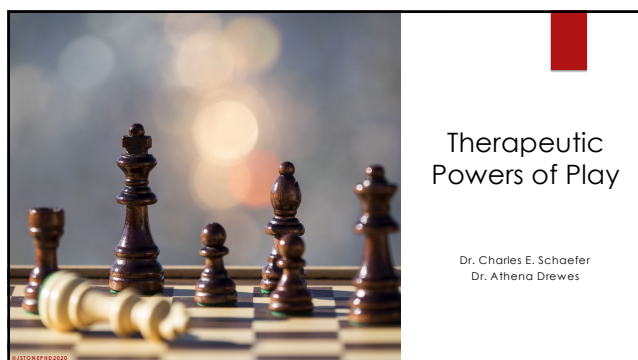
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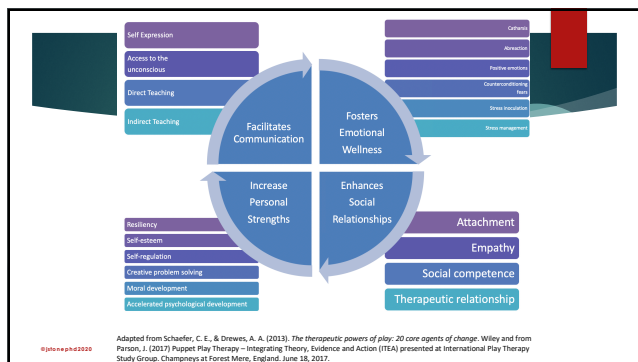
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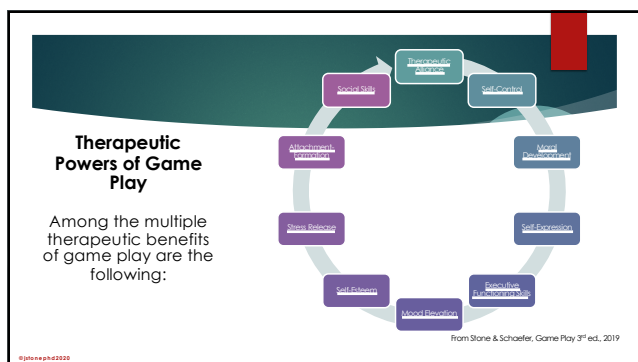
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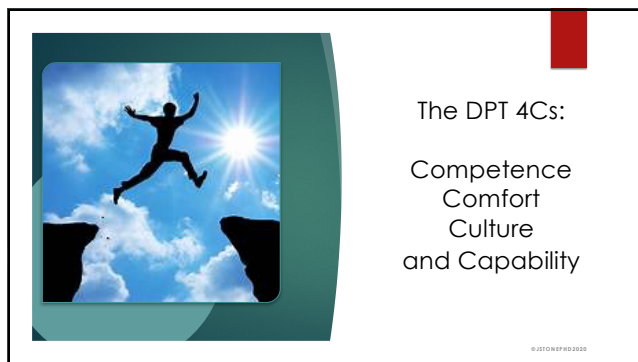
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Competence

Merriam-Webster defines competence as

“the quality or state of having sufficient knowledge, judgment, skill, or strength (as for a particular duty or in a particular respect)” and “the knowledge that enables a person to speak and understand a language”.

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Comfort

Free from vexation or doubt; stress or tension (Merriam Webster, 2019b).

“When a therapist achieves a level of comfort, or is comfortable professionally, it is palpable to the therapist, client, family, and any collateral contacts. Moving forward without doubt, stress, or tension, allows the clinician to focus on the important aspects of the play dynamic.” Stone, 2020

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Culture

“Culture is the characteristics and knowledge of a particular group of people, encompassing language, religion, cuisine, social habits, music, and arts”

(Zimmerman, 2017).

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Capability

Capability is the "extent to which individuals can adapt to change, generate new knowledge, and continue to improve their performance. Capability is an extension of competence and includes adaptation of existing skills and the ability to generate new knowledge to improve their performance."
(Fraser & Greenhalgh, 2001).

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How do we achieve the 4Cs?



PRACTICE/USE SUPERVISION CONSULTATION

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Tips and Techniques #2

PROTECTION

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Frontloading and Informed Consent

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Hardware Protection



- ▶ Anti-virus Protection as needed
- ▶ Run it
- ▶ Use it
- ▶ Set it

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Protect yourself

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Security!

- 1) When playing any online web-based program - communicate ONLY through your HIPAA compliant platform. See each other, talk to each other through this HIPAA compliant way exclusively
- 2) Do NOT use the chat feature in a game or program, these are frequently monitored, and you cannot ensure privacy
- 3) Use private rooms whenever available/appropriate
- 4) Be aware of friend lists - if they are public then consider friending and unfriending clients per session so usernames are not seen by others associated with you



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Think about:

Personal Information

Your digital footprint
As a therapist – name? birthday?
As a digital citizen

Your client's digital footprint
As a client – name?
As a digital citizen

As a child – Birthday? Personal information?
Talk with caregivers in advance, consent, frontloading.

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Exercise #1

CREATE A PROFILE



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Grab a piece of paper and a pencil:

- ▶ 1) What email will you use?
- ▶ 2) What username will you use?
- ▶ 3) What birthday will you use?
- ▶ 4) What security question will you use?
- ▶ 5) What profile picture, if any, will you use?

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Tips and Techniques #3

IDENTIFY WHAT GAMES, APPS, AND PROGRAMS HAVE IDENTIFIABLE THERAPEUTIC COMPONENTS

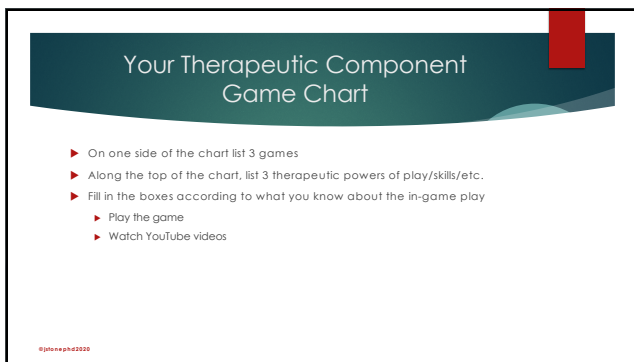
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Name of Game/App/Program	Hardware Type	Software Type	Nurture	Frustration Tolerance	Strategy	Interactive/Social Skills	Coping Skills	Re
Animal Crossing	Switch	store download	y	y	y	y	y	y
Bogo	VR	VR program	y	n	m	y	m	m
Bubbles	phone/tablet	app	n	m	m	n	m	y
Colin	phone/tablet	app	n	n	n	n	m	y
Castle Story	phone/tablet	app	y	m	y	m	y	m
Chicken Scream	phone/tablet	app	n	y	y	m	m	y
Fluidity	phone/tablet	app	n	n	n	n	n	y
Henry	VR	VR program	y	y	n	y	y	y
June's Journey	phone/tablet	app	n	y	y	m	n	m
Nature Treks	VR	VR program	n	m	m	n	y	y
Plants vs Zombies 1	phone/tablet	app	m	y	y	y	y	m
Puppet Pals 2	phone/tablet	app	m	m	y	y	m	m
Storybird	phone/tablet	app	m	m	m	y	m	m
theBlu	VR	VR program	m	m	n	n	y	y
TiltBrush	VR	VR program	n	m	m	n	m	y
Van/Job Simulator	VR	VR program	m	y	y	y	y	y
Vader Immortal 1-3	VR	VR program	n	y	y	y	y	y
Virtual Sandtray	IPad	app	m	m	m	m	m	y
Wander	VR	VR program	m	m	n	n	m	m
Zelda BOW	phone/tablet	store download	n	y	y	y	y	y
Zones of Regulation	phone/tablet	app	n	m	m	m	m	y

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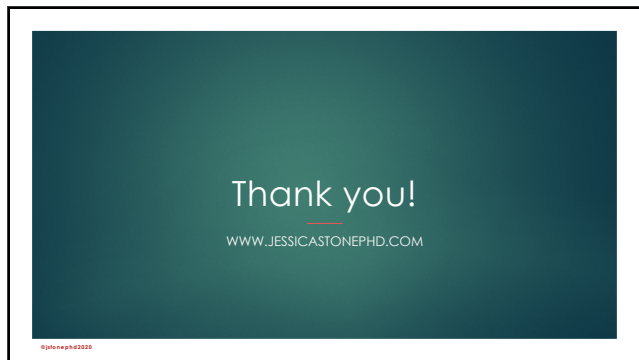
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