

My Playbook

Created by Marrina Alvarez LMHC

Goals:

- Verbally identify and express challenges
- Identify support group
- Identify themes to be explored in later sessions
- Increase self-awareness

Materials:

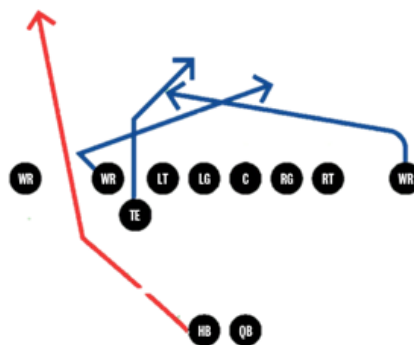
- Paper
- Pencil or Pen

Description:

Client will create books of plays to help him/her face challenges in their life. The client will create his/her football (or any sports) team with people that support them in their life. Then ask the client to identify the opposing team with challenges or struggles he/she is facing in life and/or construct titles for each play with the stressors or obstacles they are trying to overcome. After creating their teams, the client will be instructed to create game plays to help them maneuver through these obstacles. Client will then be able to place their team players in different positions and each move that they make will be a coping skill that will help them get closer to the goal/touchdown. Client can then draw his/her plays in action.

Possible process questions to ask:

- What position are you playing?
- Which team members are in play and what position are they playing?
- Would you switch any players out?
- Who is on the side lines and why?
- How would this play out in real life?
 - Would you fumble or get a touchdown?
 - Is there any flags or penalties?
- How would you want your game to play out?



A New Hope Therapy Center