

University of Louisiana at Monroe  
COUN 5027- Intro to Play Therapy  
Web Course

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Office Hours: Mon-Wed 2:00 pm -3:30pm

Course Description

This course is an introduction to child centered play therapy with an emphasis on developing counseling skills using play therapy as a means of communication and understanding. Includes background, history, and various CCPT techniques. Note: The Association 4 Play Therapy has its annual conference in October this year.

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The Counseling Program is committed to making reasonable efforts to assist individuals with disabilities in their efforts to avail themselves of services and programs offered by ULM. To this end, ULM will provide reasonable accommodations for persons with documented qualifying disabilities. If you have a disability and feel you need accommodations in this course, you must present a letter to me from the Self-Development, Counseling, and Special Accommodations Center at ULM indicating the existence of a disability and the suggested accommodations. If you need accommodation because of a known or suspected disability, you should contact the Director for Disabled Student Services at 318-342-5220 or [click here](#) for the Self-Development, Counseling, and Special Accommodations Center website. ULM's official accommodations guidelines and policies are found [here](#).

#### Course Objectives:

- a. Review essential people, theorists, and organizations that shaped the history and profession of (CCPT) play therapy
- b. Understand the developmental stages of children and children's play
- c. Appreciate and understand the most widely accepted play therapy models and formats most commonly offered.
- d. Identify developmentally appropriate play therapy toys and materials that can be incorporated into either a permanent or traveling playroom for the purposes of both assessment and treatment.
- e. Be able to conceptualize a client's presenting clinical problem(s) developmentally and theoretically.
- f. Demonstrate an understanding of the role of the play therapist and play therapy in context of the client's broader clinical and non-clinical system.
- g. Identify elements of, and stages within the play therapy relationship, from intake to termination.
- h. Understand the person of the play therapist and how it impacts the unfolding relationship with the client.
- i. Appreciate the evolving body of research in the field of play therapy
- j. Understand issues of diversity and the impacts it may have on play therapy.

#### Instructional Methods:



Participation (Forums & Video ac	.45 pts
Development of a Playroom	20 pts
Play Therapy Video & Paper or Case.	20 pts

Assignments:

1. Development of a traveling playroom. **Midterm Project / Due Week 7/March 3**  
0 points

You are to develop a traveling (mobile) playroom that you can bring with you to when you see your child clients. Or if you have the space you may design a playroom. Write a paper that describes your playroom and addresses the following:

- a. What you will use to house/store your materials and toys or location of playroom...if a location is used describe the location/area.....4 points
- b. Description of

3. Participation: 45 pts total. Students should logon to Moodle at least twice a week and complete all activities and discussion forums. Video Reaction Forms will be completed as assigned. In the forum discussions, you must answer all parts of the forum and respond to two of your classmates' posts. You must cite at least once reference and apply the necessary ethical code. No partial credit will be given. The forum posts are a major part of this participation grade. 6@ 5 pts . A video reaction form must be completed for each
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- points each.

Live forums will be on Thursdays at 4:00-5:00pm central time. The link is the Zoom link posted on the course. This link will be used throughout the semester.

### Forum Guidelines

Respond to the posts of at least two learners. **Initial posts should be at least 250 words and reply posts at least 100 words.** Your responses are expected to be substantive in nature and reference the assigned readings, as well as other theoretical, empirical, or professional literature to support your views and writings. In your response, do at least one of the following:

- Ask a probing question.
- Offer a suggestion.
- Elaborate on a particular point.
- Provide an alternative opinion.
- Cite a reference

4. Play Therapy Paper and Video/Practice of Play Therapy ----- -final project- **Due May 3 NOON** 20 points.

You must submit to the instructor a video approx. 30 minutes of you doing a mock play therapy session with a child. You must also write a paper describing your child-centered play therapy approach in the video. The paper must address the following:

- a. Demographic info of child client and issue/presenting problem .....4 pts
- b. Choice of toys utilized and category of toys used and why.....4 pts
- c. *Play therapy techniques* utilized and what you specifically did to

Also include in the paper a discussion of your imagined/anticipated play therapy practice or setting:

**Imagining a Play Therapy Practice/Setting. This should be discussed at the end of the play therapy paper as a separate section of the paper and is worth 10 points as part of paper.**

Reflect on your plans to practice play therapy. Where do you imagine you will establish your practice? Will you be in an independent office or part of a group practice? In a school setting? Hospital setting? Urban clinic setting? If you will be in another type of setting, identify it. Describe the type of client you would like to treat. Include age range, specific problems in living that interest you, or other client attributes you find relevant. Share the URLs of a Web site related to play therapy contexts and populations you found similar to what you would like to do.

### Discussion Forum 1: **Play in Childhood**

Reflect on your memories of playing as a child. Choose two memories, one when you played alone and one when you played with another child or in a small group of friends. Use the following questions to reflect on and share both the stories and memories.

Describe the feelings you remember having while playing in each of the situations and the degree to which you felt pleasure and presence in the moment.

Describe any problems that you encountered in each of the situations and how you resolved them. How have these situations shaped your problem-solving skills and interpersonal skills as an adult?

Share anything you believe to be important about these experiences that these questions have not addressed.

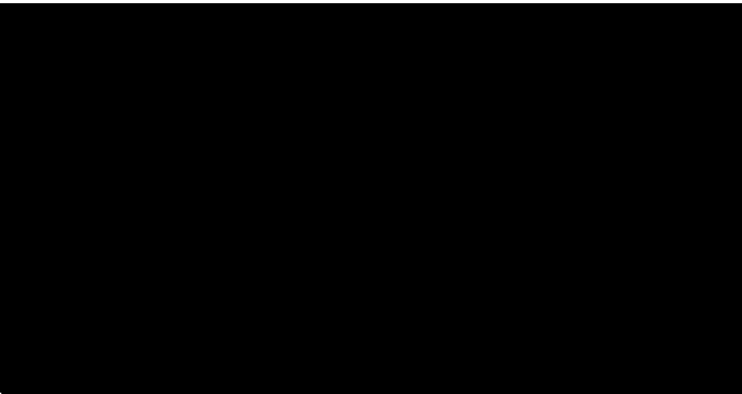
Rather than posting to the forum, students can choose to join a live forum Thu 1-18 at 4:00 pm-5:00 pm central time.

Remember if you join the live forum, please post the following on ***“I participated in the live forum Thursday 1-18.”***

*Begin reading Dibs: In Search of Self ,Ch. 1-2 (including the Intro)*

Week 3	Chapter 4: A View of Children Chapter 5: Child-Centered Play Therapy Video: <a href="https://www.youtube.com/watch?v=JIMWOOIR_9g">https://www.youtube.com/watch?v=JIMWOOIR_9g</a>  Play therapy Preview-Dr. Garry Landreth  <i>Dibs, Ch. 3-4</i>	Complete video reaction form Due Sunday 11:55 pm
Week 4	Chapter 7: The Play Therapist Chapter 8: Supervision  <i>Dibs, Ch. 5-6</i>	Due-15 pts by 11:55 pm

Week 5





Week 10

Chapter 16: Issues in Play Therapy

<p>Week 14</p>	<p>Chapter 19: Research Evidence for CCPT</p> <p>Read Urquiza's 2010 article, "<a href="#">The Future of Play Therapy: Elevating Credibility Through Play Therapy Research</a>," in the <i>International Journal of Play Therapy</i>, volume 19, issue 1, pages 4-12.</p> <p><b>Discussion Forum: 6</b></p> <p>Review the articles in your assigned readings (under Resources on Moodle) for this week. <b>Also find one article pertaining to play therapy research/evidence based practice. Post the citation for article found. Do not post an article that a classmate has already posted!</b> Discuss: why it is so important to use evidence-based practices in play therapy. What are some of the early criticisms of play therapy, and how might we address those criticisms with research?</p> <p>Provide the complete reference citation for article you found. You cannot post an article already posted by a classmate.</p>	<p>Due Sunday by 11:55 pm</p>
<p>Week 15</p>	<p>Video of mock play therapy session and Paper due (Or Case Study) <u>May 3 NOON</u></p>	<p>Video and Paper Due-May-3 at Noon</p>