



School of Allied Health Professions

Recorded Seminar 1.0 CE \$20

Playful Super Powers to Blast Away Anxiety: Using Play Therapy with Anxious Children

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Children of all developmental levels present with signs of anxiety, some of which may meet criteria for Generalized Anxiety Disorder, Separation Anxiety Disorder, Selective Mutism, and Social Anxiety Disorder. These children may benefit from play therapy techniques (Goodyear-Brown, 2010). Counselors may modify activities to include directive techniques that allow the child to gain mastery or esteem building thereby becoming more adaptive in their play. This workshop will include directive play therapy techniques and recommendations for how to work with parents.

Objectives

Participants will be able to identify how play therapy may support children presenting with signs of anxiety. Participants will be able to identify the role and importance of parental consults in play therapy. Participants will be able to identify the SOOTHE strategies in play therapy.