



Mining Report – February 2020

Which *change drivers* might rock the play therapy world? APT *mines* recent mental health *intelligence* (i.e. publications) and disseminates quarterly Mining Reports with cutting-edge trends, emerging wisdom, and other information to play therapy practitioners, instructors, and supervisors. Consult the publications or links displayed for answers to the questions.

Intelligence

How can we keep parents involved during the high school IEP process?

"Parents wanted school staff to take the time to explain their reasons for their decisions and the process by which they arrived at them." (Carlson, Hock, George, Kumpiene, Yell, McCartney, Riddle, & Weist, 2020, p. 108).

- Provided barriers high school students and their families still face when getting their needs met.
- Identified benefits of having parents and children involved in the school activities beyond IEP meetings.
- Emphasized options schools could utilize to empower parents during IEP process.

Carlson, R., Hock, R., George, Kumpiene, G., Yell, M., McCartney M., Riddle, D., & Weist, P. (2020). Relational factors influencing parents' engagement in special education for high school you with emotional/behavioral problems. *Behavioral Disorders*, 45(2), p. 103-116. doi:10.1177/019842991983216

Contributor: Kenisha Gordon, PhD, NCC, LPC-S, ACS, RPT-S, Clinton, MS

How well are we keeping children with autism safe?

"Parents had little knowledge about how to care for someone with autism or how to keep them safe and did not get the answers they needed from any healthcare professionals." (Celia, Freysteinson, Fredland, & Bowyer, 2020, p. 226)

- Provides qualitative data of parents' perspective of navigating important safety issues.
- Highlighted statements parents received when engaging with other family members or the public.
- Included strong recommendations for healthcare professionals to provide honest information about autism.

Celia, T., Freysteinson, W., Fredland, N., & Bowyer, P. (2020). Battle weary/battle ready: A phenomenological study of parents' lived experience caring for children with autism and their safety concerns. *Journal of Advanced Nursing*, 72, 221-233. doi: 10.1111/jan.14213.

Contributor: Kenisha Gordon, PhD, NCC, LPC-S, ACS, RPT-S, Clinton, MS

How might play therapy be integrated into treatment for a 5-year-old child with anorexia nervosa (AN) and major depressive disorder (MDD)?

"Overall, it is important to understand that children as young as 5-years-old are at risk for developing [anorexia nervosa]. Treatment of young children must be tailored to their developmental level" (Chatoor, Webb, & Kerzner, 2019, p. 1068).

- Successful treatment of a child with comorbid AN and MDD included family play sessions.
- Play therapy was integrated into Family-Based Treatment for eating disorders to meet child's developmental needs.

Chatoor, I., Webb, L.E., & Kerzner, B. (2019). Anorexia nervosa and depression in a 5-year-old girl: Treatment with focused family play therapy and medication. *International Journal of Eating Disorders*, 52, 1065-1069. doi: 10.1002/eat.23129

Contributor: Laura Tejada, PhD, LPFT, LCPC, RPT-S, Chicago, IL

How do exteroceptive sensory abnormalities relate to anxiety and obsessive-compulsive disorder in children and adolescents?

"The review found significant support for the notion that sensory abnormalities are common in children with anxiety disorders and OCD" (Houghton, Stein & Cortese, 2020, p.78).

- A critical review.
- Affirmed significant "epidemiological overlap between sensory processing disorders and anxiety and OCD" (Houghton, Stein & Cortese, 2020, p.82).
- Raised question of direction of cause and effect and need for additional research.

Houghton, D.C., Stein, D.J. & Cortese, B.M. (2020). Review: exteroceptive sensory abnormalities in childhood and adolescent anxiety and obsessive-compulsive disorder: A critical review. *Journal of the American Academy of Child & Adolescent Psychiatry*, 59(1):78–87. <https://doi.org/10.1016/j.jaac.2019.06.007>

Contributor: Stephanie Pratola, PhD, LCP, RPT-S, Roanoke, VA

Can enhancing parent-child attachment through psychodynamic play therapy and parental support be effective in treating somatic disorders in children?

"Clinicians who implement psychodynamic play therapy should consider the value of integrating simultaneous parent consultation to enhance their individual work with the child. Building rapport with both the child and the caregiver will be equally important to maintain throughout the treatment. Utilizing parent consultation to focus on improving the parent-child relationship, rather than improving the child's behavior or symptoms, is an important aspect of this treatment. Moreover, parent consultation which aims to provide the parent space to explore their own history and how it might be impacting their child is an essential piece of psychodynamically oriented parent consultation for GAD." (Kors, Toor, & Macfie, 2019, p. 428).

- Clinical case study.
- Parent consultation to enhance parent-child attachment along with 50 sessions of family psychodynamic play therapy.
- Highlights the "sleeper effect" in psychodynamic treatment.

Kors, S., Toor, S., & Macfie, J. (2019). Evidence for psychodynamic play therapy with parent consultation as a treatment for somatic complaints in childhood. *Clinical Case Studies*, 18(6), 415-431. <https://doi.org/10.1177/1534650119873967>

Contributor: Tisha Way Gaynor, MSSA, LISW-S, Registered Play Therapist-Supervisor, Cincinnati, OH

Is there really an impact on television exposure with children up to the age of 5 years?

"This paper investigated television exposure during early childhood by parental education and its consequences for the development of language, inductive reasoning, and different behavioral problems around the age of five. Thereby, we contributed to the debate on the role of children's leisure activities for differences in life course outcomes" (Kühhirt, & Klein, 2019, p. 10).

- Analyzes the influence that television exposure has on children's linguistic, cognitive, and behavioral outcomes.
- Association of television exposure with conduct problems and prosocial behavior.
- Quantitative study following analysis of 2678 children up to the age of five.

Kühhirt, M., & Klein, M. (2019). Parental education, television exposure, and children's early cognitive, language and behavioral development. *Social Science Research*, 102391. doi: 10.1016/j.ssresearch.2019.102391 <https://doi-org.library.capella.edu/10.1016/j.ssresearch.2019.102391>

Contributor: Jennifer L. Gregg, EdS, LPC, RPT, NCC, Cullman, AL

What are the use patterns of technological devices in children 0-3 years old and parental beliefs about this technology use?

"...[R]esults showed that parents allowed their children to use technological devices in order to do housework, silence the child when cried, to feed the child, to be able to make him/her sleep, to entertain her/him...and to spend some time with friends, respectively" (Kulakci-Altintas, 2020, p. 60).

- More than half of the children showed "bad temper" when not allowed to use technology.
- Half used technology 0-2 hrs per day, and half used devices 2-5 hrs. per day.
- Smartphones were the most commonly used devices (40.8%).

Kulakci-Altintas, H. (2020). Technological device use among 0-3 year children and attitudes and behaviors of their parents toward technological devices. *Journal of Child and Family Studies*, 29, 55 - 61. <https://doi.org/10.1007/s10826-019-01457-x>

Contributor: Laura Tejada, PhD, LPFT, LCPC, RPT-S, Chicago, IL

Should play therapists consider the presence of pediatric medical trauma when assessing young children?

"Children who experience frightening and painful medical procedures may become traumatized by these experiences" (Locatelli, 2020, p. 33).

- Discussed the ways in which emotional and behavioral problems masked medical trauma.
- Explored how pediatric medical trauma may be overlooked in outpatient play therapy settings.

Locatelli, M.G. (2020). Play Therapy Treatment of Pediatric Medical Trauma: A Retrospective Case Study of the Preschool Child. *International Journal of Play Therapy*, 29(1), 33-42. doi:10.1037/pla0000109

Contributor: Vanessa Gaona, MEd, NCC, LPC-S, RPT-S, Sugar Land, TX

Can Trauma-Focused Cognitive Behavioral Therapy be strengthened with attachment-based interventions?

"In a world that continually encourages social workers to utilize evidence-based models, many relational and psychodynamic therapists have struggled (Tosone 2013). By incorporating attachment-informed strategies and measures, TF-CBT will likely feel more accessible to psychodynamically oriented therapists and may even be able to help an even larger population of families" (Pleines, 2019, p. 350).

- Literature review related to attachment, trauma, and efficacy of TF-CBT.
- Case study integrating TF-CBT and attachment principles with a complex family.
- Emphasized the importance of assessing and treating parent attachment at trauma.

Pleines, K. E. (2019). An attachment-informed approach to trauma-focused cognitive behavioral therapy. *Clinical Social Work Journal*, 47(4), 343-352. <https://rdcu.be/b0tgJ>

Contributor: Tisha Way Gaynor, MSSA, LISW-S, Registered Play Therapist-Supervisor, Cincinnati, OH

Can intensive child – centered play therapy (CCPT)—decrease core symptoms and behaviors associated with autism spectrum disorder (ASD)?

".. Children in the CCPT treatment group demonstrated significant improvements in social behavior...and demonstrated significant reduction in externalizing, attention problems and aggression." (Schottelkorb, Swan & Ogawa, 2020, p.68).

- Children ages 4-10, randomized group assignment to treatment or waiting list control.
- Outcome measures: Social Responsiveness Scale – 2nd (SRS-2) and Child Behavior Checklist (CBCL).
- Sessions provided in school: 4 session/week for 6 weeks.

Schottelkorb, A, Swan, K.L. & Ogawa, Y. (2020). Intensive child-centered play therapy for children on the autism spectrum: A pilot study. *Journal of Counseling and Development*, 98 (1), 63-73. <https://doi.org/10.1002/jcad.12300>

Contributor: Stephanie Pratola, PhD., LCP, RPT-S, Roanoke, VA

What is the current status of play therapy in South Korea?

"The practice of play therapy has increased considerably over the past 43 years" (Shin, et al., 2020, p. 54).

- Discussed the history of play therapy in South Korea.
- Explored the future directions of play therapy in South Korea.

Shin, S.M., Choi, S. & Park, S.Y. (2020). Play therapy in South Korea: History, current practices, research, and future directions. *International Journal of Play Therapy*, 29(1), 54-64. doi:10.1037/pla0000109

Contributor: Vanessa Gaona, MEd, NCC, LPC-S, RPT-S, Sugar Land, TX

How do children with chronic illnesses respond to music, art, and play therapies in individual and in group sessions?

The objective of this study was to “highlight the impact of alternative therapies [music, art, and play therapies] on the emotional well-being of hospitalized children with chronic illnesses” (Vaduva & Balla, 2019, p. 148).

- Participants included 20 children in individual therapy and 302 children in group therapy for 13 sessions.
- Researchers analyzed facial expression, behavior, and emotions using observation scales.
- All participants demonstrated increased happiness with no differences between types of therapy or between individual and group.

Vaduva, L. P. & Balla, A. (2019). A study of the efficiency of music therapy, art, and play therapy on hospitalized children diagnosed with chronic illnesses. *Studia UBB Musica, LXIV*(2), 147-160. doi: 10.24193/subbmusica.2019.2.08

Contributor: Elizabeth R. Taylor, LPC-S, LMFT, RPT-S, Fort Worth, TX

Can CBT influence the parent-child relationship with anxiety-disordered children?

“Changes during parent-child interactions in mothers’ and fathers’ rejection and psychological control for treatment-seeking families were observed, apart from the targeted anxiety symptom reduction in children. CBT seems to effectively reduce criticism and hostility toward children, which is assumed to be an anxiety-enhancing parenting behavior” (Van der Giessen, Colonnese, & Bögels, 2019; pg. 785).

- Examines the impacts that CBT influenced parent-child has with children diagnosed with an anxiety disorder.
- Identified that CBT for anxiety-disordered children can assist in reduce parental rejection.
- Quantitative research of 128 children diagnosed with anxiety disorder and their families.

Van der Giessen, D., Colonnese, C., & Bögels, S. M. (2019). Changes in rejection and psychological control during parent-child interactions following CBT for children’s anxiety disorder. *Journal of Family Psychology, 33*(7), 775–787. doi: 10.1037/fam0000543. <https://doi-org.library.capella.edu/10.1037/fam0000543>

Contributor: Jennifer L. Gregg, EdS, LPC, RPT, NCC, Cullman, AL

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