



November 2022 Mining Report

APT Publications

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

1. How might mental health professionals assist children with pediatric chronic kidney disease (CKD) and their families?

“... given the condition’s effects on this vulnerable patient population’s physical and emotional well-being, steps must be taken to provide intensive and ongoing psychological support for children with CKD and their families” (Aier et al., 2022, p. 223).

- Advocated multi-dimensional mental health support services for children with CKD and their family members.
- Summarized research findings about mental health interventions with and psychometric tools for these children and family.
- Provided an intervention plan coordinating services for children with CKD, their family members, and siblings.

Aier, A., Pais, P., & Raman, V. (2022). Psychological aspects in children and parents of children with chronic kidney disease and their families. *Clinical and Experimental Pediatrics*, 65(5), 222-229.
<https://doi.org/10.3345/cep.2021.01004>

Contributor: Laura Tejada, PhD, LMFT, LCPC, RPT-STM, Chicago, IL

2. Is intensive developmental play therapy effective for treating children with autism spectrum disorder?

“The intensive, interactive, and individual (3i) intervention approach aims to decrease the severity of autism spectrum disorder (ASD) using intensive developmental play therapy (3i). We performed a retrospective study of 90 children who were enrolled for 2 years in the 3i approach to assess changes and predictors of changes in ASD severity at follow-up (FU)” (Brefort et al., 2022, p. 1).

- Reported 90 (out of 119) children with ASD stayed through the 3i method.
- Described applying the 90-minute intervention per session for 20-30 hours weekly by parents/volunteers.
- Found measured sub scores decreased significantly with half of the participants showing lower ASD severity.

Brefort, E., Saint-Georges-Chaumet, Y., Cohen, D., & Saint-Georges, C. (2022). Two-year follow-up of 90 children with autism spectrum disorder receiving intensive developmental play therapy (3i method). *BMC Pediatrics*, 22(1), 1–13. <https://doi.org/10.1186/s12887-022-03431-x>

Contributor: Anissa Howard, PhD, LPC, LMFT, RPT-STM, ACS, NCC, CAADC, Warner Robins, GA

3. How does sexual/gender minority children’s mental health associate with parental reactions?

“This study suggests that there are distinct subgroups of parents defined by how they respond to their sexual or gender minority (SGM) child, and these subgroups are associated with SGM children’s recent mental health and social difficulties. We identify parents who might require additional support navigating the significant process of accepting their child’s SGM identity to improve SGM youth mental health” (Clark et al., 2022, p. 300).

- Explored parental responses to their child’s sexual/gender minority status and identified at-risk families (with three unique classes of parental responses).
- Reported children of parents displaying negative responses were associated with anxiety, bullying, substance use, and depressive symptoms.
- Reiterated the need for supportive parents and how this is a critical aspect of mental health.

Clark, K. A., Dougherty, L. R., & Pachankis, J. E. (2022). A study of parents of sexual and gender minority children: Linking parental reactions with child mental health. *Psychology of Sexual Orientation and Gender Diversity*, 9(3), 300-308. <https://doi.org/10.1037/sgd0000456>

Contributor: Rebekah Byrd PhD, LPC, (TN), LCMHC (NC), NCC, ACS, RPT-STM, Marshall, NC

4. What are the needs of parents whose children have sensory sensitivities?

"The aim of this study was to explore the lived experiences of parents/caregivers who have a child displaying both sensory processing differences and picky eating behaviours utilising Interpretative Phenomenological Analysis (IPA)" (Cunliffe et al., 2022, p. 1).

- Defined and differentiated clinical and nonclinical behaviors of picky eaters.
- Identified three main themes of concern from parents' experiences: control, stigma, and positivity.
- Offered approaches to support parents and encouraged practitioners to become more aware of these caregivers.

Cunliffe, L., Coulthard, H., & Williamson, I. (2022). The lived experience of parenting a child with sensory sensitivity and picky eating. *Maternal & Child Nutrition*, 18(3), 1-11. <https://doi.org/10.1111/mcn.13330>

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

5. How is multidimensional poverty associated with adolescent mental health?

"Extensive research suggests that poverty is associated with adolescent mental health problems. However, studies typically focus on monetary poverty and have not examined how other dimensions of poverty relate to adolescent mental health. This study examines the association between multidimensional poverty and mental health among adolescents using a Multidimensional Poverty Index" (Diaz et al., 2022, p. 1).

- Reported adolescents living in multidimensionally poor (vs. non-poor) households are more likely to have mental health issues.
- Examined how direct deprivations associate with human capital linked to school, healthcare access, health issues, work, etc.
- Suggested multidimensional poverty associated with adolescents' human capital accumulation is necessary for understanding their mental health needs.

Diaz, Y., Hessel, P., Avendano, M., & Evans-Lacko, S. (2022). Multidimensional poverty and adolescent mental health: Unpacking the relationship. *Social Science & Medicine*, 311, 1-9. <https://doi.org/10.1016/j.socscimed.2022.115324>

Contributor: Rebekah Byrd, PhD, LPC (TN), LCMHC (NC), NCC, ACS, RPT-STM, Marshall, NC

6. What suicide risk factors should be considered in children aged 6-12 presenting ADHD symptoms and emotion dysregulation?

"... this study suggests that particular clinical attention should be given who present to psychological outpatient clinics with hyperactivity in combination with low emotion dysregulation as these children may be at particular risk for suicide. Although current leading treatments for youth suicidal behavior are primarily validated in adolescent populations, discussion regarding the mechanisms of change in these treatments may prove beneficial for younger youth. Current suicide prevention treatments focus specifically on suicidality and are usually employed regardless of co-occurring psychopathology; however, behavior management techniques for parents may be particularly beneficial for these youth" (Doyle & Fite, 2022, p. 734).

- Reported hyperactivity/impulsivity is positively associated with suicidal behavior; however, inattention is negatively associated with suicidal behavior.
- Revealed that with low levels of sadness and worry, dysregulation/hyperactivity is positively associated with suicide risk.
- Revealed that with high levels of sadness and worry, dysregulation/hyperactivity is not related to suicide risk.

Doyle, R. L., & Fite, P. J. (2022). Indicators of suicidal outcomes among 6- to 12-year-old treatment seeking youth. *Child Psychiatry & Human Development*, 53, 725-736. <https://doi.org/10.1007/s10578-021-01162-1>

Contributor: Tisha Way Gaynor, MSSA, LISW-S, RPT-STM, Cincinnati, OH

7. What kinds of adverse childhood experiences are associated with specific symptoms of psychosis later in life?

“Previous research has demonstrated significant associations between adverse childhood experiences (ACEs) and risks of psychosis. Further research has examined underlying mechanisms to understand the relationship between these variables. This review aimed to explore the associations between various ACEs and the development of different psychotic symptoms in adulthood” (Grindey & Bradshaw, 2022, p. 883).

- Found delusions significantly correlate with poverty, fostering, adoption, childhood neglect, physical, sexual, and emotional abuse.
- Found significant relationships exist between hallucinations and childhood sexual abuse, along with childhood physical abuse.
- Found paranoia correlates with violent adversities, including childhood physical abuse, assault, and witnessing killing.

Grindey, A., & Bradshaw, T. (2022). Do different adverse childhood experiences lead to specific symptoms of psychosis in adulthood? A systematic review of the current literature. *International Journal of Mental Health Nursing*, 31(4), 868-887. <https://doi.org/10.1111/inm.12992>

Contributor: Tisha Way Gaynor, MSSA, LISW-W, RPT-S™, Cincinnati, OH

8. How can solution-focused play therapy (SFPT) be applied to set goals with children in school?

“This article will provide an introduction to SFPT, goal setting in schools, and creative interventions for helping children set and achieve goals in school settings” (Hartwig & Taylor, 2022, p. 131).

- Reviewed outcome studies in solution-focused therapy with children and adolescents.
- Offered three approaches for setting goals; using the magic wand, sandtray, and puppets, etc.
- Described premises, stages, useful questions during SFPT, and a case study illustrating goal setting procedure.

Hartwig, E. K., & Taylor, E. R. (2022). Small steps lead to big changes: Goal setting in schools using solution-focused therapy. *International Journal of Play Therapy*, 31(3), 131–142. <https://doi.org/10.1037/pla0000179>

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

9. How might mental health providers effectively integrate caregivers of Latinx/Hispanic children and teens with suicidal thoughts and/or behaviors (STB) into treatment?

“Integrating Latinx/Hispanic caregivers into the treatment of adolescents with suicidal thoughts and/or behaviors (STB) is crucial for various reasons including assessing protective and risk factors at home, having caregivers as allies monitoring teen’s symptoms, and putting in place a realistic safety plan with the family” (Jimenez-Colon & Duarte-Velez, 2022, p. 31).

- Highlighted stressors, especially acculturation stress, faced by Latinx/Hispanic immigrant children and caregivers with different levels of acculturation.
- Proposed psychoeducation treatment, including communication-skill enhancement, to support caregivers of L/H youth exhibiting STB.

Jimenez-Colon, G., & Duarte-Velez, Y. (2022). Raising children in different cultures: Working with Latinx youth with suicidal behaviors and their families. *Rhode Island Medical Journal*, 105(4), 31-35. <http://www.rimed.org/rimedicaljournal/2022/05/2022-05-31-suicide-jimenez-colon.pdf>

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

10. How can school counselors support trans and bi parents within American education?

“The parents did not just want to be allowed in the school but also wanted to be represented in the curriculum. They wanted to be supported and valued members of the school community” (Kappus et al., 2022, p. 2095).

- Discussed the potential impact of family hegemony and gender biases on LGBTQ+ parent engagement in American education.
- Reported four themes that emerged from the experiences of bi and trans parent participants.
- Presented recommendations for school personnel to support trans and bi parents and their children.

Kappus, B. D., Lucero, L., Cascalheira, C. J., & Ijebor, E. E. (2022). Invisible stories: A phenomenological study of bi and trans parent experiences within elementary schools in the southwestern United States. *Journal of Homosexuality*, 69(12), 2084-2103. <https://doi.org/10.1080/00918369.2021.1987746>

Contributor: Alyssa M. Swan, PhD, LCPC, RPT™, NCC, Bloomington, IL

11. How do caregivers' adverse childhood experiences (ACEs) relate to adolescent child's PTSD symptoms?

"Caregiver ACEs were significantly associated with their child's PTSD symptoms but were not related to their child's depression scores" (Leslie et al., 2022, p. 1).

- Surveyed 273 caregiver-adolescent dyads from low-income urban communities in the Southeast part of the United States.
- Reported these caregivers were scored higher per ACEs item than that of general USA population.

Leslie, C. E., Walsh, C. S., & Sullivan, T. N. (2022, July 28). Implications of intergenerational trauma: Associations between caregiver ACEs and child internalizing symptoms in an urban African American sample. *Psychological Trauma: Theory, Research, Practice, and Policy*. Advance online publication. <https://doi.org/10.1037/tra0001334>

Contributor: Cathi Spooner, LCSW, RPT-S™, Mesquite, NV

12. How effective could sandplay therapy be with college students?

"The overall score, somatization, interpersonal connection, depression, paranoia, and psychosis were all significantly different between the experimental and control groups in the independent sample *t*-test ($P < 0.05$)" (Li & Wu, 2022, p. 1).

- Pre-tested students (17 in experimental and 17 in control group, respectively) showing no significant difference on selected measures.
- Provided students in experimental (rather than control) group with 30-minute individual sandtray therapy for 6-weeks.
- Indicated a significant reduction in most post-test subscales in the experimental group but no change in the control group.

Li, G., & Wu, X. (2022). Effect of sandplay therapy on the mental health level of college students. *Computational and Mathematical Methods in Medicine*, 2022, 1-4. <https://doi.org/10.1155/2022/3716849>

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

13. Which creative counseling strategies are efficacious for adolescents working through grief?

"A review of literature revealed eight themes and six associated subthemes about the ways that creativity has helped grieving adolescents cope with the death of a loved one" (Matthews et al., 2022, p. 262).

- Identified eight modalities demonstrating positive results with adolescent clients experiencing grief.
- Reviewed visual arts, photography, storytelling, dance/movement, song writing, planting, grief camps, and equine assisted therapy.

Matthews, D., Finney, N., Owens, D., Gordon, F., & Morgan-Swaney, C. (2022). Creative counseling strategies for adolescents working through grief. *The Family Journal: Counseling and Therapy for Couples and Families*, 30(3), 261-267. <https://doi.org/10.1177/10664807221090946>

Contributor: Stephanie Pratola, PhD, LCP, RPT-S™, Salem, VA

14. How to improve the communication between police officers and children who have witnessed or experienced domestic violence?

"...children fear that the police will be unable to protect them from the offender, especially in the more serious kinds of abuse, or fail to help them understand what happened and gather information about the crime" (Millar et al., 2022, p. 1072).

- Encouraged stakeholders to view domestic violence/abuse from a multicultural perspective as it relates to policing.

- Discussed strengths and weaknesses of police training.
- Highlighted the importance of provisioning police officers for skillfully building trusting relationship with child domestic violence victims/witnesses.

Millar, A., Saxton, M., Overlien, C., & Elliffe, R. (2022). Police officers do not need more training; but different training. Policing domestic violence and abuse involving children: A rapid review. *Journal of Family Violence*, 37(7), 1071-1088. <https://doi.org/10.1007/s10896-021-00325-x>

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

15. Does exposure to family and domestic violence correlate with lower attendance and higher suspension in school children?

The authors intended to “investigate the impact of FDV [Family and Domestic Violence] exposure on school attendance and suspension in Aboriginal and non-Aboriginal children” (Orr et al., 2022 p. 1).

- Analyzed existing data (from Washington State government agencies, etc.) with genealogical linkage between mothers and children.
- Defined “Exposure to FDV” in children whose mothers were victimized by male perpetrators charged for the offence in a domestic relationship.
- Discovered children exposed to FDV are more likely to be suspended than non-exposed children.

Orr, C., Fisher, C., Bell, M., O'Donnell, M., Martin, K., Glauert, R., & Preen, D. (2022). Exposure to family and domestic violence is associated with lower attendance and higher suspension in school children. *Child Abuse & Neglect*, 105594. <https://doi.org/10.1016/j.chiabu.2022.105594>

Contributor: Gail Rizzo, EdD, LPCC-S, RPT-S™, CCAT, Deerfield Beach, FL

16. Why do adoptive parents seek Child-Parent Relationship Therapy (CPRT) for their adopted children?

“The purpose of this qualitative study was to explore the experiences of adoptive parents of preadolescents which prompted self-referral to CPRT services” (Swan et al., 2022, p. 119).

- Interviewed 18 adoptive parents of preadolescent children aged 8 – 14 years old.
- Reported that these parent participants were all obtained from foster care.
- Concluded four reasons for seeking services: adoption experiences, relationship/attachment components, parenting stress, and child factors.

Swan, A. M., Bratton, S. C., Hughes, L., Walker, K., & Frawley, C. (2022). What experiences prompted adoptive parents of preadolescents to self-refer for child–parent relationship therapy? *International Journal of Play Therapy*, 31(2), 119–130. <https://doi.org/10.1037/pla0000167>

Contributor: Cathi Spooner, LCSW, RPT-S™, Mesquite, NV

17. What assessment tool can counselors use to identify barriers to mental health treatment among Latina/o/x children?

“The BTQ-LC aims to provide an additional tool that can be used to quantify barriers to youth MHS [mental health services] among Latina/o/xs” (Vázquez et al., 2022, p. 858).

- Discussed the rationale for and the use of the *Barriers to Treatment Questionnaire for Latina/o/x Caregivers (BTQ-LC)*.
- Presented the factor analysis results of the BTQ-LC with 598 participants in the United States.
- Provided implications for identifying barriers to mental health treatment unique to Latina/o/x caregivers.

Vázquez, A. L., Culianos, D., Flores, C. M. N., De La Caridad Alvarez, M., Barrett, T. S., & Domenech Rodríguez, M. M. (2022). Psychometric evaluation of a barriers to mental health treatment questionnaire for Latina/o/x caregivers of children and adolescents. *Child Youth Care Forum*, 51(4), 847-864. <https://doi.org/10.1007/s10566-021-09656-8>

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