



May 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. Can play, art, music, and exercise therapy be effective for children diagnosed with diabetes?

"Play is normal behaviour for children, and play therapy specifically has been found to be an effective care strategy for chronically ill children" (Bacus et al., 2022, p. 1).

- Reviewed literature (n=11) of the effects of different non-pharmacological modalities in the treatment of childhood diabetes.
- Evaluated the effectiveness of play, art, music, and exercise therapy in the treatment of diabetes through use of various databases.
- Concluded that each type of therapy had a positive impact on children with diabetes however, additional research is needed.

Bacus, I.P., Mahomed, H., Murphy, AM., Connolly, M., Neylon, O., & O'Gorman, C. (2022). Play, art, music and exercise therapy impact on children with diabetes. *Irish Journal of Medical Science*.
<https://doi.org/10.1007/s11845-021-02889-5>

Contributor: Anissa Howard PhD, LPC, LMFT, RPT-S, ACS, NCC, CAADC

2. What factors need to be considered when helping children develop social competence in play therapy?

"...this quantitative review examined the significance of early temperamental reactivity for social competence with peers compared with the strength of this association with attachment" (Borowski et al., 2021, p. 1125).

- Completed a meta-analysis of 127 articles focused on early temperament reactivity and social competence in children.
- Found early temperament reactivity and lowered social competence was significant and decreased over time.
- Advocate future research for early temperament and attachment to explore this social competence relationship.

Borowski, S. K., Groh, A. M., Bakermans-Kranenburg, M. J., Fearon, P., Roisman, G. I., van IJsendoorn, M. H., and Vaughn, B. E. (2021). The significance of early temperamental reactivity for children's social competence with peers: A meta-analysis review and comparison with the role of early attachment. *Psychological Bulletin*, 147(11), 1125-1158. <https://doi.org/10.1037/bul0000346>

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

3. Can Child-Centered Play Therapy be effective in treating childhood depression?

"The occurrence of depression among children bears implications for socioemotional and behavior problems, poor academic functioning, and mental health challenges which may sustain into adulthood" (Burgin & Ray, 2022, p. 2).

- Recruited 71 elementary school aged children from economically disadvantaged backgrounds.
- Assigned participants to either a twice-weekly CCPT experimental groups or a waitlist condition.

- Reported statistically significant results indicated an improvement in depressive symptoms according to parent rating and objective measures.

Burgin, E.E., & Ray, D.C. (2022). Child-centered play therapy and childhood depression: An effectiveness study in schools. *Journal of Child and Family Studies*, 31, 293–307. <https://doi.org/10.1007/s10826-021-02198-6>

Contributor: Anissa Howard, PhD, LPC, LMFT, RPT-S, ACS, NCC, CAADC

4. How do caregiver behaviors impact child distress during the trauma narration and processing sessions of Trauma Focused Cognitive Behavioral Therapy (TF-CBT)?

“More caregiver blame/criticism was associated with more in-session child distress ... Caregiver avoidance was associated with more child negative emotion and hopelessness” (Canale et.al., 2022, p. 64).

- Assessed 71 parent-child dyads in a community mental health setting.
- Reported caregiver trauma history predicted more in-session avoidance and processing.
- Shared implications for treatment planning when working with caregivers in TF-CBT.

Canale, C. A., Yasinski, C., Grasso, D. J., Webb, C., & Deblinger, E. (2022). Caregiver behaviors and child distress in trauma narration and processing sessions of trauma-focused cognitive behavioral therapy (TF-CBT). *Behavior Therapy*, 53(1), 64–79. <https://doi.org/10.1016/j.beth.2021.06.001>

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

5. What are the psychological effects of domestic violence (DV) on children?

“The goal of this research is to examine the psychological effects of domestic violence on children, to comprehend the influence it has on them, and to determine how these implications lead to juvenile delinquency” (Chauhan, 2022, p. 1).

- Found the short-term effects of domestic violence or immediate effect of domestic violence on children often vary by age.
- Hypothesized that when teens experience DV, it can potentially create a cycle of violence which tends to be repeated by the child when he/she becomes an adult.
- Reported DV can often lead to other forms of abuse for the child.

Chauhan, S. (2022) *Psychological impact of domestic violence on children and its link with further victimization and delinquency*. *Journal of Law & Legal Studies*, 2,1-18. <https://doi.org/10.17613/k42m-jd91>

Contributor: Gail Rizzo, EdD, LPCC-S, LICDC, CCAT, RPT-S, Amelia, OH

6. How effective are Eye Movement Desensitization and Reprocessing (EMDR), Brainspotting (BPS), and Body Scan Meditation (BSM) in decreasing distress?

“Another possible explanation of the effectiveness of, in particular, EMDR and BSP in reducing SUD scores connected to distressing memories may be connected to imaginative exposure. Indeed, although not to the same extent as with other techniques such as exposure therapy, these two techniques imply a kind of imaginative exposure to the distressing memories, and this can contribute to their adaptive re-processing” (D’Antoni et al., p. 12).

- Provided a brief review of the interventions.
- Examined effects of a 40-minute session with non-clinical participants.
- Reported EMDR and BPS were comparable in efficacy.

D’Antoni, F., Matiz, A., Fabbro, F., & Crescentini, C. (2022). Psychotherapeutic techniques for distressing memories: A comparative study between EMDR, brainspotting, and body scan meditation. *International Journal of Environmental Research and Public Health*, 19(3). <https://doi.org/10.3390/ijerph19031142>

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

7. Do symptoms of anxiety, depression, and neurodevelopmental disorders at age 9 predict internalizing symptoms at age 15?

“Our results indicate that only a small amount of internalizing symptoms at age 15 can be explained by symptoms of anxiety, depression, and NDDs at age 9” (Doering et al., 2022, p. 5).

- Discussed results of the Child and Adolescent Twin Study in Sweden which included data from 4,492 twins.
- Reported how much variance in internalizing symptoms at age 15 can be explained by childhood symptomology.
- Presented clinical and research implications of studying internalizing symptoms of children and adolescents.

Doering, S., Larsson, H., Haldner, L. et al. (2022). Internalizing symptoms in adolescence are modestly affected by symptoms of anxiety, depression, and neurodevelopmental disorders in childhood. *BMC Psychiatry* 22, 1-8. <https://doi.org/10.1186/s12888-022-03875-6>

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

8. How can maternal history of trauma impact children's functioning due to parent-child insecurities?

“Yet, the intergenerational link between maternal and child somatization has not been sufficiently explored in a longitudinal study in order to understand the potential impact of maternal trauma history and related psychopathology on subsequent child somatization and psychopathology” (Glaus, et al., 2022, p. 1).

- Conducted a longitudinal study of data for 64 mother-toddler dyads with and without histories of interpersonal violence.
- Reported maternal PTSD was significantly associated with increased somatization which influenced parenting capacity during early childhood.
- Children of mothers with PTSD demonstrated increased somatization and thought problems later in childhood.

Glaus, J., Moser, D. A., Serpa, R. S., Jouabli, S., Turri, F., Plessen, K. J., and Schechter, D. S. (2022). Families with violence exposure and the intergenerational transmission of somatization. *Frontiers in Psychiatry*, 13:820652, 1-14. <https://doi.org/10.3389/fpsy.2022.820652>

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

9. Can an online interactive kindness curriculum impact parental resilience and empathic pro-social behavior in preschoolers ?

“Results showed a whole group increase in resilience levels of mothers and mother-reported empathic pro-social behaviors in their children. This study supports the notion that practicing kindness can be a useful tool to help mothers become more resilient” (Johnson et al., 2022, p.6).

- Studied an online kindness training protocol for parents titled, “Kind Minds with Moozie”
- Comprised of five online modules designed to be completed in 10 minutes or less.
- Parents implemented activities while interacting with their preschool children.

Johnson, M. T., Fratanoti, J. M., Tate, K., & Moran, A. S. (2022). Parenting with a kind mind: Exploring kindness as a potentiator for enhanced brain health. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.805748>

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

10. What impact does brief single session online mental health interventions have on LGBTQ+ youth?

“Ultimately, results suggest that the Project YES SSIs are useful and acceptable for youths regardless of gender identity or sexual orientation. These anonymous SSIs are freely accessible online, which may increase their appeal as a resource for youths facing barriers to mental health care” (McDanal et al., 2022, p. 338).

- Noted LGBTQ+ and non-LGBTQ+ students equally find online brief interventions suitable.
- Report factors such as self-hate, agency, and hopelessness improved across groups according to pre and post information.
- Concluded although more research and supports are needed to address needs of LGBTQ+ youth, SSIs evaluated here were helpful to address needs of accessibility, acceptability, and suitable interventions for the underserved LGBTQ+ youth population.

McDanal, R., Rubin, A., Fox, K. R. & Schleider, J. L. (2022). Associations of LGBTQ+ identifies with acceptability and efficacy of online single-session youth mental health interventions, *Behavior Therapy*, 53(2), 376-391. <https://doi.org/10.1016/j.beth.2021.10.004>

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

11. How do new parents experience mental well-being and coping strategy use during their transitions to parenthood?

"Parents' perceived stress was negatively associated with their mental well-being and their use of active coping strategies, and positively associated with their use of behavioral disengagement" (Russell et al., 2022, p. 8).

- Discussed how the mental well-being of 188 new parents in this study was related to use of behavioral disengagement and active coping strategies.
- Presented explanations of findings in context of normative parent responses to soothing and identifying needs of infant children.
- Provided implications in supporting and assessing needs of parents during transition to parenthood.

Russell B., Adamsons K., Hutchison M., Francis J. (2022). Parents' well-being and emotion regulation during infancy: The mediating effects of coping. *The Family Journal*, 30(1), 4-13. <https://doi.org/10.1177/10664807211022230>

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

12. How does positivity play a protective role in child shyness during COVID-19 pandemic?

"Given the challenges experienced by children during the first wave of the COVID-19 pandemic (e.g., closure of school and confinement), we aimed to test the potential protective role of positivity and how it may link child shyness and indices of internalizing problems (i.e., anxiety, depression, loneliness) during the first wave of the pandemic" (Sette et al., 2022, p. 91).

- Assessed 236 children from England, Spain, and Italy in early 2020 on shyness, positivity, depression, anxiety, and loneliness using online self-evaluation indices.
- Found shyness positively related to anxiety, depression, loneliness; positivity negatively related to study variables; Italy and Spain had higher levels of anxiety and positivity but lower levels of loneliness compared to UK.
- Concluded positivity may protect children from a negative mood but not from worrying and the anxiety that ensues.

Sette, S., Zuffiano, A., Lope-Perez, B., McCaugh, J., Caparara, G. V., & Coplan, R. J. (2022). Links between child shyness and indices of internalizing problems during the COVID-19 pandemic: The protective role of positivity. *The Journal of Genetic Psychology*, 183(2), 91-106. <https://doi.org/10.1080/00221325.2021.2011093>

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

13. How has the pandemic affected children and adolescents?

"This study focuses on exploring the lived experiences of children and adolescents in the United States during the pandemic" (Swank et al., 2022, p.184).

- Interviewed 12 children from 6 to 15 years old regarding their experience during the pandemic in six domains: education, family life, friends, extracurricular activities, spirituality/religion, and health and wellness.
- Reported themes: (a) change in school environment, (b) connection, (c) creative celebrations, and (d) hope.

- Discussed how children made meaning of these themes and their implications for intervention.

Swank, J., Weaver, J. L., & Prikhidko, A. (2022). Children and adolescents' lived experiences during the COVID-19 pandemic. *The Family Journal*, 30(2), 184-190. <https://doi.org/10.1177/10664807211052303>

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

14. What situations may aggravate children's psychosocial vulnerability during the COVID-19 pandemic?

"We conducted a large-scale cross-sectional population study of Hong Kong families with children aged 2–12 years. Parents completed an online survey on family demographics, child psychosocial wellbeing, functioning and lifestyle habits, parent–child interactions, and parental stress during school closures due to COVID-19" (Tso et al., 2022, p. 161).

- Reported psychosocial problems were higher in children with special educational needs and acute or chronic disease.
- Concluded high risk children also come from mothers with mental illness, single-parent families, and low-income families.
- Found delayed bedtime, inadequate sleep or exercise duration, and extended electronic device usage worsen children's issues.

Tso, W. W. Y., Wong, R. S., Tung, K. T. S., Rao, N., Fu, K. W., Yam, J. C. S., Chua, G. T., Chen, E. Y. H., Lee, T. M. C., Chan, S. K. W., Wong, W. H. S., Xiong, X., Chui, C. S., Li, X., Wong, K., Leung, C., Tsang, S. K. M., Chan, G. C. F., Tam, P. K. H., Chan, K. L., Kwan, M. Y. W., Ho, M. H. K., Chow, C. B., Wong, I. C. K., & Ip, P. (2022). Vulnerability and resilience in children during the COVID-19 pandemic. *European Child & Adolescent Psychiatry*, 31(1), 161–176. <https://doi.org/10.1007/s00787-020-01680-8>

Contributor: Yih-Jiun Shen, DEd, NCC, CSC, Edinburg, TX

15. Does domestic violence increase a child's chances of being bullied?

"This article aims to explore the relationships between experiencing domestic violence and bullying behavior, and being peer victimization by focusing on child mental health and intervention efforts" (Turhan, 2022, p. 52).

- Examined the available evidence on the relationship between bullying incidence at schools and exposure to domestic violence by focusing on interventions.
- Applied Inquired how interventions apply sources and tools to reduce and stop bullying as well as the consequences of domestic violence.
- Explored the correlation between DV and bullying.

Turhan, Z. (2022) Child mental health and bullying within the exposure to domestic violence: Literature review. *Journal of Happiness and Health*, 2(1), 52-60 <https://doi.org/10.47602/johah.v2i1.18>

Contributor: Gail Rizzo, EdD, LPCC-S, LICDC, CCAT, RPT-S, Amelia, OH

16. How are mothers experiencing the policing of their adolescents?

"...by both overlooking the consequences of police stops and by overlooking the consequences for the parents of those enmeshed in the criminal justice system, prior research underestimates the role of the criminal justice system in structuring inequalities in population health" (Turney, 2022, p. 1165).

- Described the concept of stress process perspective that relates to mothers' mental health and further influences upon the family.
- Provided examples of various examples of policing stops that can be traumatizing.
- Encouraged the development of support networks for mothers to openly express worries about adolescent policing and develop coping skills for resilience.

Turney, K. (2022). Mental health consequences of vicarious adolescent police exposure. *Social Forces*, 100(3), 1142–1169. <https://doi.org/10.1093/sf/soab035>

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

17. What happens when child and adolescent clients do not like their treatment plan?

"Establishing such [therapeutic] relationships must start with a shared view of the care that is needed. It means that patients' perspectives on their care needs should be taken seriously. It also means seeking shared goals and making decisions on interventions collaboratively – together with patients, not for them" (Vijverberg et al., 2022, p. 12).

- Examined the variables that created discord in treatment collaboration with the clinician and the child/adolescent client; the clinician and the parent, and the child and parent.
- Discussed how differences in presenting issues (e.g. self-harm, rule-breaking behavior) can create a shift in how clinicians prioritize care.
- Encouraged clinicians to take a systemic approach to treatment needs and goals and shared several techniques to implement collaboration.

Vijverberg, R., Ferdinand, R., Beekman, A., & van Meijel, B. (2022). What if children with psychiatric problems disagree with their clinicians on the need for care? Factors explaining discordance and clinical directions. *Child & Adolescent Psychiatry & Mental Health*, 16(1), 1–14. <https://doi.org/10.1186/s13034-022-00448-z>

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

18. What are the facts of hospitalized U.S. children with COVID-19?

"Among children hospitalized with COVID-19, ~28% to 40% were admitted to an ICU, 6% to 18% required invasive mechanical ventilation, and up to 3% have died" (Woodruff et al., 2022, p. 38).

- Examined 2,293 U.S. children primarily hospitalized for COVID-19 between March 2020 and May 2021.
- Reported 30% of the hospitalized children had severe COVID-19.
- Discovered severe COVID-19 cases were highest among infants, Hispanics, and Black children.

Woodruff, R. C., Campbell, A. P., Taylor, C. A., Chai, S. J., Kawasaki, B., Meek, J., Anderson, E. J., Weigel, A., Monroe, M. L., Reeg, L., Bye, E., Sosin, D. M., Muse, A., Bennett, N. M., Billing, L. M., Sutton, M., Talbot, H. K., McCaffrey, K., Pham, H., Patel, K., Whitaker, M., McMorrow, M., & Havers, F. (2022). Risk factors for severe COVID-19 in children. *Pediatrics*, 149(1), 1–12. <https://doi.org/10.1542/peds.2021-053418>

Contributor: Yih-Jiun Shen, DEd, NCC, CSC, Edinburg, TX

19. What are racial and ethnic differences in ACES and associations with mental health in adolescents?

"This study suggests that adversities occur in meaningful clusters, and the likelihood of experiencing adversities, their clustering, and their association with depression and anxiety vary by race/ethnicity. Studies examining associations between ACEs and health outcomes that do not include economic adversity risk underestimating the role of childhood adversity on later life health, particularly among racial/ethnic minorities" (Zhang & Monnat, 2022, p.8).

- Examined patterns of exposure to adverse childhood experiences (ACES).
- Found ACE incidence was significantly higher among Hispanic and Black adolescents than that of white adolescents.
- Suggested if studies do not examine childhood economic adversity risk in their understandings of ACES and outcomes, then they underrate the role of ACES on racial/ethnic minority adolescents mental health.

Zhang, X., & Monnat, S.M. (2022). Racial/ethnic differences in clusters of adverse childhood experiences and associations with adolescent mental health. *SSM-Population Health*, 17. <https://doi.org/10.1016/j.ssmph.2021.100997>

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

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Reader feedback regarding how these Mining Reports might be improved and made more helpful for play therapy practitioners, instructors, and supervisors is welcomed. Mining Reports are archived in the Members Only section of the APT website (www.a4pt.org).