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Study Materials for:
Types of Counseling used for children

Some Different Types of Counseling

Cognitive Behavioral Therapy (CBT)
Dialectal Behavioral Therapy (DBT)
Family Therapy
Group Therapy
Interpersonal Therapy
Paly Therapy
Art Therapy
Music Therapy

Counseling used with Children

Art Therapy
Music Therapy
Play Therapy
Dialectal Therapy
Family Therapy

Art Therapy

What is Art therapy?

a type of psychotherapy that encourages the expression of emotions through artistic activities such as painting, drawing, or sculpture; psychotherapy based on the belief that the creative process involved in the making of art is healing and life-enhancing.

It is not only for children

Art Therapy cont.

How can it benefit a child?

It can help a child process and express emotions that might feel scary or difficult
It can be helpful for children because they do not have a large vocabulary of words or don't speak the language of the country they live in
Children are more creative and can draw pictures more easily than answer questions

When Art Therapy can be helpful

Death of a family member or friend
Childhood trauma involving physical, mental, or sexual abuse
Learning disabilities
Emotional issues like fear of abandonment or phobias
Deal with the challenges of serious diseases like cancer
Help children understand and deal with physical disabilities

- Because art therapy is complex, children can all have an individual plan that fits what they need.

- One of the goals of art therapy with autism is to help the child communicate
- Case study on a boy named Tom, 12 years old who received art therapy for severe sensory dysfunction and self-regulatory issues
- The first 10 sessions lasted 30 min each. It took a few sessions to get Tom familiarized with the art and to get him to actually start.
- After 6 months, Tom was sitting at the table for 30 min at a time with the whole session lasting 1 hr.
- Tom's communicative abilities had improved drastically. Not only was he able to choose medium, color, and mode of application by grabbing the tools that he wanted, he was also able to indicate when he wanted to end the session and go home by humming his goodbye song and waving his hand. He had also learned to say "no" to indicate rejection.
- It appears that art therapy helped him to engage in an activity that was pleasurable to him

Music Therapy

What is Music Therapy?

Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.

Music Therapy cont.

Music Therapy can help children who are behind in development

It can help autistic children in language development and other skills

"therapy through music establishes a contact between educators and persons with a compromised psychophysical condition, unlocking and activating communication channels that connect them with the world around, succeeding to improve the quality of life, to develop the capacity of self-control, concentration, creative expression and relaxation" (Filimon, 2014).

Play Therapy

What is Play Therapy?

Play therapy involves the use of toys, blocks, dolls, puppets, drawings and games to help the child recognize, identify, and verbalize feelings.

A therapist will watch how the children play and can identify patterns or themes from the play to understand what the child is feeling or problems

Play Therapy cont.

It can help children better understand and manage their feelings, behaviors and conflicts

It is one of the therapies used most by counselors (Lin & Bratton, 2015)

"Play therapy provides children with a nonverbal and universal means of expression that allows them to bridge the gap between concrete and abstract thought" (Lin & Bratton, 2015)

- Example: a little boy saw a hold up at a grocery store and his parents took him to see a play therapist. At the first session he picked up two dolls and a dart gun and repeatedly shot the dolls. Second session he did the same thing but instead of doing that the whole time he played with other toys and periodically came back and shot the dolls again. The third session he set up the dolls and got the dart gun

and then turned to the therapist and said he didn't need these anymore because he was doing a lot better. Play was something really helped him make sense of his thoughts, feelings and life experiences. (YouTube video, https://www.youtube.com/watch?v=UIdVJ_nG2as)

Family Therapy

What is Family Therapy?

“focuses on helping the family function in more positive and constructive ways by exploring patterns of communication and providing support and education”

(“Psychotherapies...”, 2013)

The child along with any family, like parents, siblings, or grandparents can all be part of the session

Dialectical Behavioral Therapy (DBT)

What is Dialect Behavioral Therapy?

This type of therapy is used with adolescents who have chronic harmful thought (suicide, self harm), engaging in self harming behaviors, and for those who have Borderline Personality Disorder

“DBT emphasizes taking responsibility for one's problems and helps the person examine how they deal with conflict and intense negative emotions”

(“Psychotherapies...”, 2013)

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