

## HOW CAN CHILDREN-CENTERED PLAY THERAPY HELP TO REGULATE CHILDREN'S EMOTIONAL AND BEHAVIORAL ISSUES?

### WHAT IS CHILDREN-CENTERED PLAY THERAPY (CCPT)?

- Emphasize the therapist-child relationship
- Non-directive
- Focused on abreaction rather than catharsis
- Centered around children

(Landreth, 2012; Parker et al., 2021; Ray, 2011), (Schaefer, 2011)

#### | 3 FUNCTIONS OF CCPT

- ✓ Promotion of freer self-expression
  - ✓ Wish fulfilment
  - ✓ Mastery of traumatic event
- (Freud, 1909)

#### | 25 THERAPEUTIC FACTORS

- ✓ Abreaction
  - ✓ Counterconditioning of negative effect
  - ✓ Access to the unconscious
- (Schaefer, 2011)

#### THERUPEUTIC APPROACHES AND THEORIES BEHIND CCPT

##### PSYCHOANALYTIC THEORY



- Adopted from Freud's theory
  - Allow unconscious material to surface
  - Therapist interpret the repressed wishes and conflicts
- (Klein, 1955), (Axline, 1947)

##### PERSON-CENTERED THEORY



- Three necessary conditions for therapeutic change:
    1. Unconditional positive regard
    2. Empathic understanding
    3. Authenticity
- (Axline, 1947)

##### ATTACHMENT THEORY



- Emphasize the significance of early caregiver-child traction quality
  - Believe that attachment relationship is key to form communication and perception to the external world
- (Bowlby 1969), (Holmes & Farnfield, 2014)

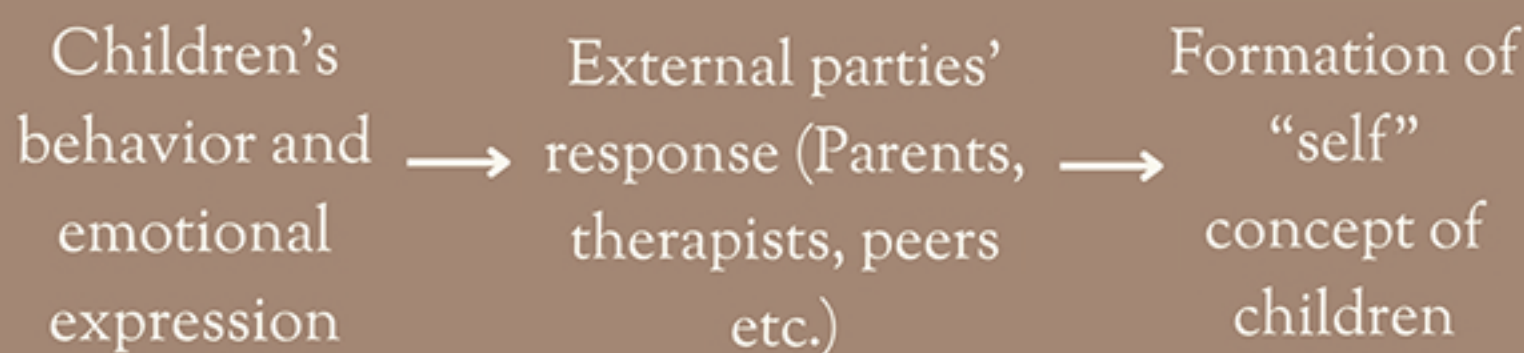
#### COMMON BEHAVIORS OF CHILDREN HAVING EMOTIONAL AND BEHAVIORAL ISSUE

- Aggression
- Non-cooperation
- Inattentive to rules
- Hyperactivity
- Defiance
- Destructive

(Liu, 2004; Olivier et al., 2020; Petersen & LeBeau, 2021)

#### HOW CCPT WORKS?

##### STEP 1:



##### STEP 2:



#### CASE STUDY: INTERNSHIP EXPERIENCE

Children with down syndrome are able to express the feelings of hungry by taking up a spoon or fork after 6 months of play session

### COMPARISON BETWEEN CPPT AND OTHER MAJOR PLAY THERAPIES

#### CPPT

#### CBPT

#### ADLERIAN PT

#### APPROACH

- Self-actualizaing tendency innate in all human beings

- Individual are predisposed to cognitive vulnerabilities that lead to psychological distress

- Children hold mistaken beliefs of inferiority or even experience the absence of belief

#### ROLE OF THERAPIST

- Supporter
- Unconditional positive regard

- Direct education role

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(Beck & Weishaar, 2008), (Ray & Dee, 2011)

