

# Play Therapy Treatment Plan Template

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**Demographic information:** James Doe is a 13-year-old African American male. He lives with his mother, Stepfather, and his five-year old brother. He is currently in the eighth grade and due to graduate in June 2023. He has taken specialized high school exams, pending results. His interests are math, science, basketball, and video games.

**DSM 5 Diagnosis:** Dysthymia

Child's strengths: He shows a great attachment to his grandmother and the desire to play sports.

Child barriers to progress: The ability to express feelings and emotions currently.

**Psychosocial Formulation of Child's situation (Please summarize it from the case example you created):** James Doe appears to be troubled by the separation from his father and the verbal abuse of his stepfather. He has problems concentrating and making decisions. He constantly challenges his mother and the same with his teachers. James exhibits nervousness of constantly playing with his locks in his hair. No hx of physical abuse.

## **Problem 1**

**Child and parent (Guardian)'s view of the problem** James's mother does understand why he has lost interest at home and in school. He is disengaged.

**Child Goal 1- Child/parent's words:** To assist the client with better coping skills and help the parents better understand the child with separation of a biological parent.

**Play therapy theory the therapist chooses:** non-directive. Non-directive will leave the responsibility and direction of the therapeutic process to the client.

**Non-directive:**

**Toys and play setting:** Letting the child choose his toy. Maybe having male and female figurines and animals or insects of different species.

**Treatment goal:** Being empathic, understanding the client's world, having unconditional acceptance of the client.

- **Objective 1**
  - **What do you want to achieve from play therapy?** Giving the client the tools to be able to interact with others.

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- **Detailed plans to achieve this objective:** If he chooses 2 male figurines, he may show how he interacts with his stepfather or expresses how he feels about the separation of his biological father.
- **What techniques you plan to use:** Reenactment Play Therapy
- **Objective 2**
  - **What do you want to achieve from play therapy?** Ways in which the client can build skills in problem solving.
  - **Detailed plans to achieve this objective:** To allow the client to self-discover and become accepting of who they are, allowing their own experiences using art materials, toys and methods which children play.
  - **What techniques you plan to use:** **Drawing** would be one technique used, This would allow the client to explore the external world and a way to communicate complex ideas that are complex and expressed verbally, because of the lack of verbal skills.
- **Objective 3**
  - **What do you want to achieve from play therapy?** To help the client develop coping skills.
  - **Detailed plans to achieve this objective:** To reduce anxiety by letting the child choose to play of the choice without being judged by the caregiver, parent, or therapist.
  - **What techniques you plan to use:** Using blocks, blocks can help to become self-reliant, how to cope with others, increase attention span, and develop self-esteem.

## Problem 2

**Child and parent (Guardian)'s view of the problem:** James comes home from school and chooses to stay closed in his room. James is argumentative and easily annoyed, There is no interaction with family members.

**Child Goal 1- Child/parent's words** To find why he spiteful and vindictive, and challenges authority. To remove any negative thoughts that might be aiding in his current behavior. To help the parent to understand and is happening the child's world as he sees it. Enabling both parent and child to have a more open relationship and conversation.

**Play therapy theory the therapist chooses:** It may include structured, focused, prescriptive, or non-humanistic.

## Directive

**Toys and play setting:** Card Games,

**Treatment goal:** Helping the client become more aware and responsible of their behavior under stressful events.

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- **Objective 1**
  - **What do you want to achieve from play therapy?** To have the client to learn how to have respect other and one's self
  - **Detailed plans to achieve this objective.** By using a directive Will help identify situations that come up frequently that they are most upset about and what they are thinking about.
  - **What techniques you plan to use:** Calming Affirmation Cards, this can regulate a clients emotions and gain control over their thoughts. This can be empowering and positive.
- **Objective 2**
  - **What do you want to achieve from play therapy?** To have the client learn some appropriate ways to express feeling and emotions.
  - **Detailed plans to achieve this objective:** Have the client act out a moment when he becomes stressed by his parents or a school situation.
  - **What techniques you plan to use:** Stress Inoculation Play, Filial Therapy
- **Objective 3**
  - **What do you want to achieve from play therapy?** Helping the client to understand and take responsibility for his behavior.
  - **Detailed plans to achieve this objective:** To try and shift the way he thinks when he is in a stressful situation.
  - **What techniques do you plan to use:** Filial therapy to have parents engaged with their child in play therapy and at home. Parents will learn structuring, imaginary play, and empathic listening.