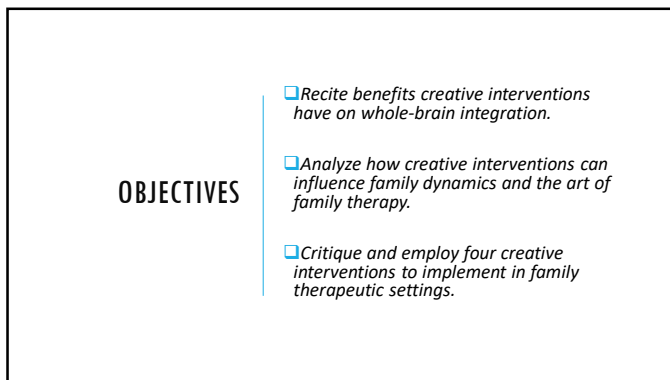
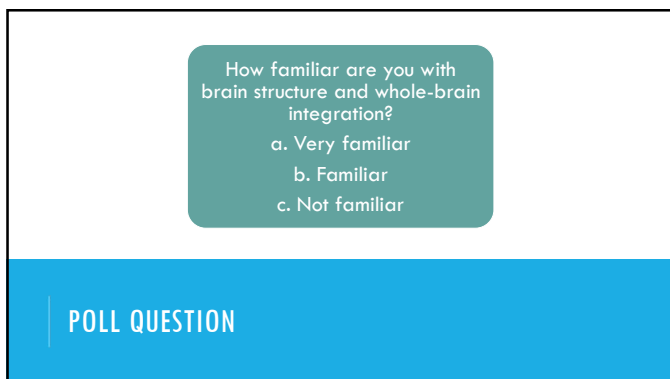


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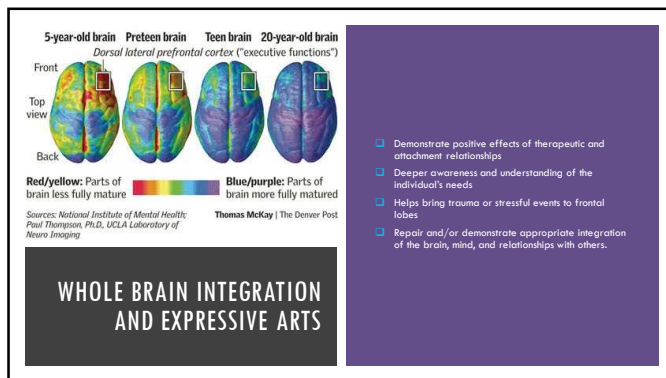
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WHAT IS WHOLE-BRAIN INTEGRATION

- ❑ There exist **9 DOMAINS** of whole-brain integration
- ❑ Integration is like making a fruit salad, not a smoothie.
- ❑ Create a sense of heterogeneous functioning with a sense of harmony.
- ❑ Activities identified are intended to provide individual integration of each domain to then identify means to integrate all domains cohesively.

"Integration creates health and expands our sense of who we are in life, connecting us to others and a wider sense of ourselves (Siegel, 2012)."

4



5

POLL QUESTION

How often do you utilize creative interventions with your clients?

- A. All the time
- B. Occasionally
- C. Never

6

- Due to brain development, integrating children into family therapy would HAVE to look different than traditional family therapy approaches.
- Play Therapy interventions offer a unique opportunity for children and families to engage in therapy that fosters whole-brain integration and improved attachments
- There exist **TWO** forms of play therapy, directive and non-directive
- Creative interventions **INCREASE** a child's talk time in the therapeutic process

HOW TO INTEGRATE CHILDREN INTO FAMILY THERAPY

7

Focus on the enrichment of family **ATTACHMENTS**

Deepens emotional bonds

Enhances abilities to communicate more effectively

Taps into heightened awareness and development of **MEMORY**

Allows new problem-solving techniques/strategies

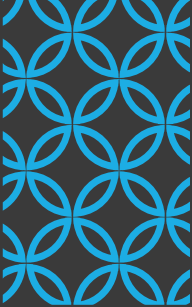
Promotes children and adults to gain a sense of increased **AUTONOMY**

Laughter and play release endorphins that help to establish a sense of trust and safety in self-expression

Helps individuals establish their own **IDENTITY**

INCLUDING FAMILIES IN PLAY THERAPY

8



FISHBOWL

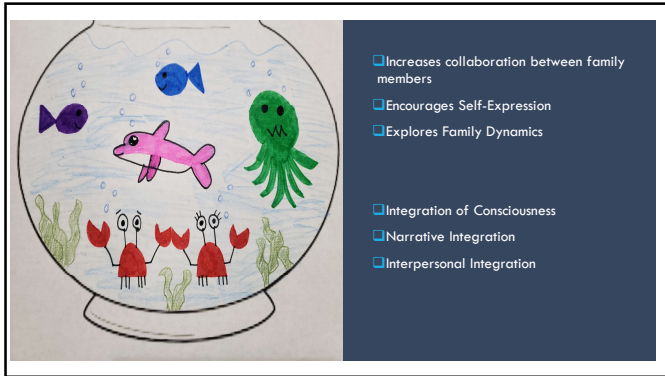
Materials Needed:
Poster Board, Coloring Supplies
Optional Materials: tin foil, tissue paper, cardboard, glitter.

Directions:
Invite the family to draw each family member as a fish inside of their fishbowl without any additional directives. All family members should participate.

Instruct family to identify special features or activities each fish would have that would make them reflect the family member.

Prompt family in active reflection of what activity was like to engage collaboratively, characteristics that they observe about each fish family member, and personal perceptions relating to activity.

9



10

STRAW HOCKEY

Materials Needed:
 Straw for each person
 Various small objects (cotton ball, penny, m&ms, etc.)
 "Get to know you" questions

Directions:
 Place the small object in the middle of a table
 Instruct two participants to try to blow the object off the other side of the table, blowing only from their straws
 First person to get it off the table wins and asks the other person a "get to know you" question

Who do you admire and why?

What makes you unique?

What can you do if you don't feel good about something you see or hear?

What would you do if you were being bullied? If you saw someone else being bullied?

Which superhero would you most like to be? Why?

Which 3 words best describe you?

11



12

BOAT-STORM-LIGHTHOUSE

Materials Needed:

- Poster Board
- Markers/Coloring Supplies

Directions

- Instruct the family to draw a picture together on the poster board that includes a boat, a storm, and a lighthouse
- After drawing, have each family member create a story depicting the drawing
- Prompt the family in discussion regarding different perceptions; we build on each other's thoughts; and areas of safety (such as the boat/lighthouse).

13

- ☐ Share feelings that underlie conflict within the family
- ☐ Promotes self-expression
- ☐ Explores family dynamics (who makes the decisions, can parents encourage child's ideas, was family able to negotiate, did any dysfunctional patterns emerge).
- ☐ Improves collaboration amongst family members

- ☐ Integration of Consciousness
- ☐ Narrative Integration
- ☐ Interpersonal Integration



14

WHAT WOULD THEY SAY?

Materials Needed:

- Sentence completion prompt index cards
- Paper
- Marker/Pen/Pencil
- Jenga

Directions

- Place prompted index cards face down so that each family member can access them easily.
- Instruct the family to play each round of Jenga quickly (make it a game to go fast but be successful).
- When the tower falls, the last person to go draws an index card and reads the sentence aloud.
- That person writes down his/her answer.
- Other family members guess aloud what the member wrote down.
- After the game, discuss with family members what the game revealed.

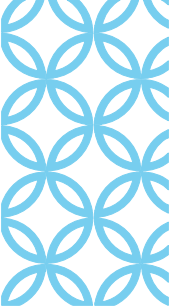
15

☐ Encourages appropriate communication
☐ Explores underlying family dynamics
☐ Promotes positive self-expression
☐ Identify interactional patterns that may be contributing to problematic concerns

☐ State Integration

MY FAVORITE COLOR IS...	MY FAVORITE FOOD IS...	MY FAVORITE FRUIT IS...
MY FAVORITE VEGETABLE IS...	MY FAVORITE ICE CREAM FLAVOR IS...	MY FAVORITE ANIMAL IS...
MY FAVORITE TELEVISION SHOW IS...	MY FAVORITE THING TO DO IS...	IF CHOOSING BETWEEN ICE CREAM AND APPLE PIE I WOULD CHOOSE...
BETWEEN GOING FOR A WALK AND WATCHING A GOOD MOVIE I WOULD CHOOSE...	MY FAVORITE ROOM IN OUR HOUSE IS...	BETWEEN A BATH AND SHOWER I PREFER...
IF I COULD CHOOSE TO HAVE ANY HAIR COLOR I WOULD CHOOSE...	IF SOMEONE CALLS ME A NAME I FEEL...	WHEN I HAVE A BAD DREAM THE FIRST PERSON I WOULD TELL ABOUT IT WOULD BE...
THE PERSON IN MY FAMILY WHO HELPS OTHERS THE MOST IS...	THE PERSON IN MY FAMILY WHO GETS ANGRY THE EASIEST IS...	THE PERSON IN MY FAMILY WHO CRIES THE MOST IS...
THE PERSON IN MY FAMILY WHO LAUGHS THE MOST IS...	MY FAVORITE THING TO DO WITH MY FAMILY IS...	ONE THING I AM REALLY GOOD AT IS...

16



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17