

**Using Symbol and Story in Narrative Play Therapy**  
**MPTI 5th Annual Boot Camp Online**  
**August 7th, 2021 1:00-4:00pm**  
**Christina Scott MEd, LPCC-S, Registered Play Therapist, NCC**

**Program Description:**

There is something pure and authentic about the language of play; it is a conversation undiluted by societal expectations and demands. Merging beautifully into this language is that of the narrative. Representing the client's *truth*, the narrative is often illustrated through symbols and story, told through the child's play as well as through established stories, such as fairy tales and fables. With the therapist serving a supportive role in the client's story, "fairy tale carries us back to this primordial kind of attention, the attention we gave the world when everything was 'for the first time'." Living in a society that revolves around modernity, the post-modern narrative play therapy approach provides a refreshing lens from which to work with child and adolescent clients as they explore, and re-write, their own life narratives. Narrative Play Therapy allows the play therapist to choose between using a child-centered approach as well as pull from directive interventions.

**Learning Objectives:**

Upon completion of this training participants will be able to:

1. Demonstrate a basic knowledge of how to utilize storytelling and symbolism through both *directive play therapy* and *child-centered play therapy* approaches.
2. Examine the *core principles* of Narrative Play Therapy, including the view of *psychopathology* as well as treatment *goals*.
3. Demonstrate *six* specific play therapy interventions incorporating narrative play therapy principles.

**Course Agenda:**

1:00 – 1:20 p.m. Introduction Activity (Intervention #1); Review learning objectives.

1:20 -2:00 p.m. Lecture: Discuss narrative therapy principles through the major approaches of directive play therapy and child-centered play therapy. Engage in interventions to illustrate both directive and child-centered approaches. (#2 and #3)

2:00– 2:30 p.m. Lecture: Educate on core principles of narrative play therapy, examining psychopathology as well as therapeutic goals of this orientation. Engage in examining the therapist's role in using a narrative play therapy approach. Discuss and practice counseling skills within a narrative play-based context.

2:30 - 3:00 p.m. Review case studies of using narrative play in clinical practice and discuss interventions utilized (#4 and #5).

3:00 – 3:45 p.m. Examine common narrative examples found in diverse geographical areas and in different cultures. Explore narrative themes corresponding to various client populations and identify potential uses for these narratives in play therapy work with clients ( #6).

3:45 – 4:00 p.m. Closure, Questions

## Resources:

- Association for Play Therapy. (n.d.). Retrieved from <https://www.a4pt.org/>
- Cattanach, A. (2002). *The story so far: play therapy narratives*. London: Jessica Kingsley Pub.
- Faoite, A. T. de. (2011). *Narrative play therapy: theory and practice*. London: Jessica Kingsley Publishers.
- Schaefer, C. E., & Kaduson, H. (2008). *Contemporary play therapy: Theory, research, and practice*. New York: Guilford Press.
- Schaefer, C. E. (2010). *International handbook of play therapy: advances in assessment, theory, research, and practice*. Lanham, MD: Aronson.
- Spitz, E. H. (2015, December 28). The Irresistible Psychology of Fairy Tales. Retrieved from <https://newrepublic.com/article/126582/irresistible-psychology-fairy-tales>

*3 CEs will be awarded to those individuals who are present for the entire presentation, complete, and return an evaluation form. APT Approved Provider #15-422*



**Christina Scott** graduated from Lindsey Wilson College with a Master's degree in Mental Health Counseling and Human Development. Christina is a Licensed Professional Clinical Counselor Supervisor in Ohio. With a history in school-based therapy, she has been providing telecounseling and teleplay therapy since March 2020. Christina is a Registered Play Therapist, certified in Trauma-Focused Cognitive Behavioral Therapy, and she is a Nationally Certified Counselor. A proud geek therapist, Christina co-authored a chapter in the book, "Using Superheroes and Villains in Counseling and Play Therapy: A Guide for Mental Health Professionals" (edited by Lawrence C. Rubin). Her newest ventures include starting an online solo private practice and teaming up with her pal Elise Gambill in starting the Two Nerdy Counselors YouTube channel where they share free interventions. Christina strives to help her fellow geeks reach their full potential.