

Link It!

Scenario 1:

4 year old boy.

Goal: Increase verbal and social engagement as child is withdrawn and just does own thing.

Session: Non-verbal most of time. Built a “tree house” out of blocks and put a person figure inside. The “treehouse” only had a very small opening to get in and out of.

Set up/Offering: Isolated and alone. Do I exist?

Scenario 2:

6 year old boy with health issues.

Goal: Increase his willingness to take his medication with less anger, resistance and tantrums expressed towards his family when giving it to him.

Session: Set up army men in the sandtray and then had a shark swimming around taunting the army men.

Set Up/Offering: I am scared and don't feel safe. I don't know how to protect myself and worried that something bad is going to happen to me.

Scenario 3:

3 ½ year old boy adopted from Korea. Adopted when almost 3.

Goal: Decrease his “clinginess” (holding onto adoptive mom and following around house)

Session: Airplanes and cars repeatedly crashed. Not sure if people died or not?

Set Up/Offering: So much confusion. High levels of hyperarousal in the play. Don't know what is happening and don't know if I am safe and if the people around me are safe?

Later Session: Brought in stuffed animal and buried it in the sand. Uncovered and buried again, repeated.

Set Up/Offering: High levels of hypoarousal in the play. So much sadness and heaviness.

Scenario 4:

7 year old girl.

Goal: Reduce rage escalations and overall intensity when gets mad- generalized anger/staying intense for a long period of time

Session: Shared that she “has a monster that lives inside of her”. Therapist used puppets to dialogue with the monster. Monster shared that she is “so mad” but not sure why. They gave the monster a name.

Set Up/Offering: I want to connect but not sure how. Am I doing it right? Self doubt and judgement.