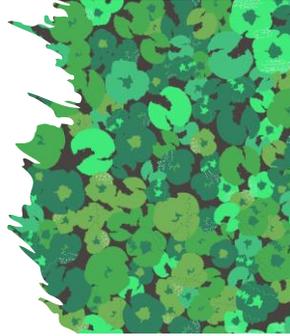


Facilitating Trauma Informed Play to Facilitate Healing

Dr. Barbara Sorrels
Connected Kids



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Definition of Trauma

• Trauma can be defined as *an actual or perceived danger that undermines a child's sense of physical or emotional safety or poses a threat to the safety of the child's parents or caregivers, overwhelms their coping ability, and affects their functioning and development.*

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**Adverse Childhood Experiences (ACE)
10 RISK FACTORS
THAT IMPACT HEALTH & QUALITY OF LIFE**

1. Recurrent & severe physical abuse
2. Recurrent & severe emotional abuse
3. Recurrent physical neglect
4. Recurrent emotional neglect
5. Contact sexual abuse

and growing up in a household with:

6. An alcoholic or drug user
7. A family member imprisoned
8. A mentally ill, chronically depressed or mother who had been in jail
9. The mother being treated violently
10. Divorce or abandonment

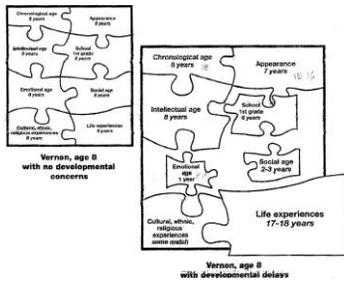
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Beyond the ACE's

- Prenatal exposure to alcohol and drugs
 - Prematurity
 - Difficult birth
 - Early medical trauma
 - Post partum depression
 - Deployment
- Surrogacy
 - Witnessing violence
 - Catastrophic injury
 - Immigration
 - Adoption/foster care
 - Racial Discrimination
 - Relational Poverty

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Skewed Development



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Trauma is a Multi-System Failure

- Brain Development
- Attachment
- Sensory processing
- Self Regulation
- Social Skills
- Cognitive Development

6

What is "child like" or "child directed play?"

Freely chosen by the child

The sheer pleasure of the experience motives children to continue

There are unspoken rules created by the children

7

Play and Healthy Children



Healthy children are always playing or looking for the next opportunity to play.



It reinstates a sense of wholeness and well-being.

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How does trauma impact play?

- Trauma and stress is restrictive, focused on self protection and confining; play is imaginative, expressive and expanding by nature.
- Children can become focused on winning and losing.
- Can become very repetitive and unimaginative.
- Control can become critical.
- Can become focused on rules.
- Struggle to get along with others.

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Play is treatment in its purist form.

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Types of Play

- Active, gross motor play
- Dramatic play
- Manipulative play
- Sensory play
- Rhythmic play
- Creative play
- Rough and tumble
- Construction
- Cause and Effect
- Language play
- Symbolic play
- Rules based play
- Closed ended play

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Active Play

- "Brain derived neurotrophic factor" (BNF) or Miracle Grow
- Repairs the hippocampus which is the seat of short-term memory and information processing.



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Dramatic Play

- Expression of innermost thoughts and deepest emotions.
- A way of processing strong emotions in a safe context.
- Cathartic
- Develops perspective taking.

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Doll House

- Dramatic play happens here



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Manipulative Play

- Putting things together and taking them apart



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Sensory Play



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Rhythmic Play



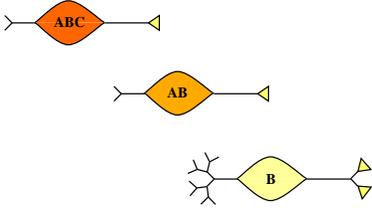
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Why Rhythm?



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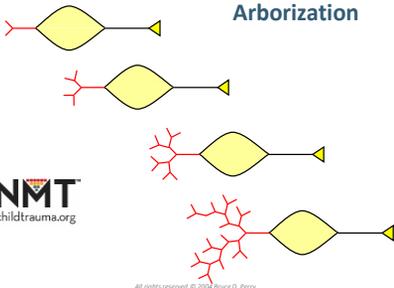
Differentiation



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Arborization

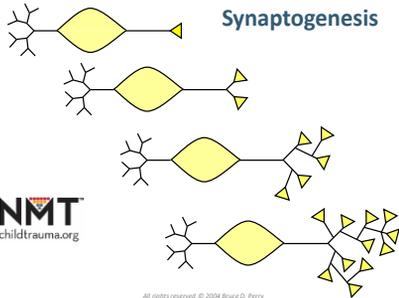


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Synaptogenesis



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Rocking Equipment

- Rocking chairs
- Rocking horses
- Rocking hammocks
- Rocking boats
- Glider rockers



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Circle Games



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Rough and Tumble



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Construction

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No Building Zone



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Block Organization



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Cause and Effect

- Gears
- Levers
- Pulleys
- Pendulums
- Ramps



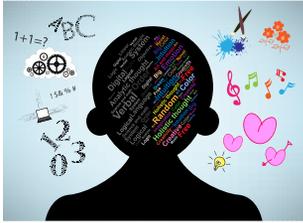
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Ramping System



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Hemispheric Integration

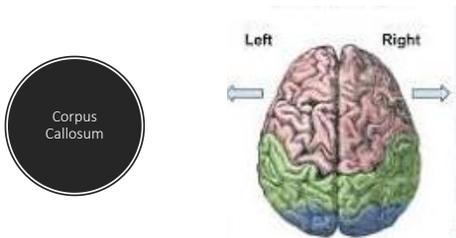


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The Two Hemispheres of the Brain

- Linear
 - Emotional
 - Non-verbal
 - Experiential
 - Autobiographical
 - Holistic
 - Big picture
 - Meaning
 - Memories
 - Intuitive
- Logical
- Language
- Literal

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Language Play



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Symbolic Play

- Loose parts
- Dramatic play



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Rules Based Play



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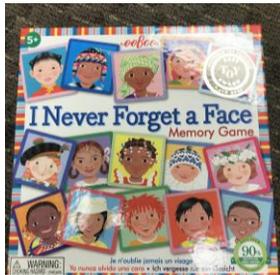


Closed Ended Play

Non-threatening way to introduce play

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Memory Games



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Nature Play



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Forms of Play

- Solitary play
- Parallel play
- Associative play
- Cooperative play



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Introducing Different Forms of Play

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- Never put anything in the hands of a child without instruction on how to use it and take care of it.
- Model
- Become a child's play partner

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Coaching from the Inside

- The adult becomes the child's play partner and scaffolds the play.

45

Coaching from the Outside

Pay attention.

Give the child instruction when he gets stuck.

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Turn Taking

- Sign up sheet
- Eeny Meeny Miney Moe
- Pick a name
- Role a die
- One potato, two potato

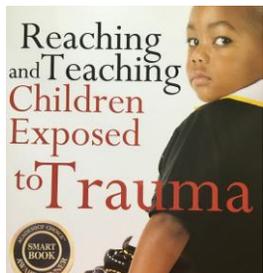
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Conflict will Happen!!!!

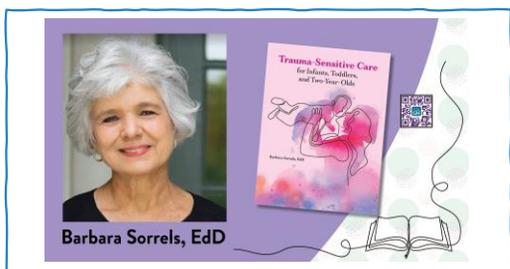
- Teach children conflict resolution skills.
- Solving conflict is as important as learning academic skills.

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