

**Innovations in Counseling: Working With Minority Populations (Part 10 Session 1)
“Playing in de Yard”: Counseling Children and Families From the Caribbean**

Webinar Follow-up Question and Answer Session With
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Question from B. Kaplan:

What does the research specify regarding efficacy of the different play therapies?

Answer from Presenter:

- Most of the research notes that [Theraplay](#); [Adlerian Play Therapy \(AdPT\)](#); [Child Parent Relationship Therapy \(CPRT\)](#); [Filial Family Therapy](#) and [Child-Centered Play Therapy \(CCPT\)](#) are effective in addressing issues that children may present.

References

- Bratton, S., Ray, D., Rhine, T., & Jones, L. (2005). The efficacy of play therapy with children: A Meta-analytic review of the outcome research. *Professional Psychology: Research and Practice*, 36(4), 376-390.
- Ray, D. C, & McCullough, R. (2015; revised 2016). *Evidence-based practice statement: Play therapy* (Research report). Retrieved from Association for Play Therapy website: <http://www.a4pt.org/?page=EvidenceBased>

Question from B. Kaplan:

Does research specify that one play therapy has greater efficacy over the other. If so, what are the percentages?

Answer from Presenter

See the above references for a breakdown of the different types of play therapy.

Question from A. Vosburg:

How does the lack of play effect that child in adulthood?

Answer from Presenter

Lack of play in childhood can lead to inability in adulthood to problem solve, regulate emotional, self-soothe, lack of empathy, and difficulty expressing or identifying emotions. Hence, adults are ridged, unable to have fun, maybe cynical, looks at play as wasting time. Although the study my Lauer (2011)

does not specifically address impact in adulthood, she examines the lack of play and the impact it has on early childhood development. We can assume that the impact is carried through to adulthood (Keller, 2017).

References

Keller, J. (2017). The psychological case for adult play time.

<https://psmag.com/social-justice/throw-out-your-computer-and-grab-some-legos>

Lauer, L. (2011). Play deprivation: Is it happening in your school setting?

<https://files.eric.ed.gov/fulltext/ED524739.pdf>