

Techniques of Play Therapy Across a Spectrum of Behaviors in Children

Salem State University Institutional Review Board (IRB)
Disclosure Statement

Techniques of Play Therapy Across a Spectrum of Behaviors in Children

For concerns about your treatment as a research participant, please contact:

Institutional Review Board (IRB)
Salem State University
352 Lafayette Street
Salem, MA 01970
(978) 542-7177 or irb@salemstate.edu

This research project has been reviewed by the Institutional Review Board at Salem State University in accordance with US Department of Health and Human Services Office of Human Research Protections 45 CFR part 46 and does not constitute approval by the host institution.

INTRODUCTION: This research will ask you questions, in your role as a mental health practitioner, about your perspectives on play therapy and its use with children. The purpose of the study is to gain a better understanding of the different types of play therapy and their direct benefits on clients with specific behavioral or emotional challenges.

PARTICIPATION: Taking part in this survey is completely voluntary. You may stop your participation at any time. You are free to decline to answer any question you do not wish to answer. There are no right or wrong answers. All answers will remain completely anonymous and confidential. The survey will take about 15-20 minutes.

RISKS: There are only minimal risks in taking the survey. One of the risks is that participants may find it a little bit more time consuming than other surveys because there are 5 open ended questions. In addition, participants may find the questions intrusive about their professional practice. However, all questions are optional, and you can skip any question and choose not to complete the survey at any time. There is also minimal risk that the names in emails of therapists who participated could be exposed in a cyber-attack against the researcher's Salem State email. To minimize this risk, the emails and names will not be recorded outside of the email system and the researcher's email account automatically expires within a year of graduation.

BENEFITS: There are no direct benefits to participants of the survey. However, the information obtained will contribute to an understanding of how play therapy can be individualized to clients with certain struggles. The results of the survey will be available in the fall of 2022 on https://digitalcommons.salemstate.edu/honors_theses/

ANONYMITY/CONFIDENTIALITY: Your name or identity will not be used in reports or presentations of the findings of this research. Information provided to the researchers will be kept anonymous and confidential with the exception of information which must be reported under Massachusetts and Federal law such as cases of child or elder abuse. This research project has been approved by the Institutional Review Board at Salem State University. Thank you for your help.

An analysis of the results and an explanation of the study will be available on Salem State's Digital Commons. https://digitalcommons.salemstate.edu/honors_theses/

CONTACT: For questions or concerns about the research, please contact Joanna Gonsalves, Faculty Advisor, (jgonsalves@salemstate.edu) and Jamie Boghosian, Principal Investigator, (j_boghosian@salemstate.edu)

ELECTRONIC CONSENT: Continuing with this survey indicates that you have read the above information, that you are voluntarily agreeing to participate and that you are 18 years of age or older.

1. What age range of clients do you work with? Check all that apply.

Check all that apply.

- 0-3 years old
- 3-6 years old
- 6-9 years old
- 9-12 years old
- 12-17 years old

Other: _____

2. Check the types of behavioral and emotional challenges you have worked with in your clients

Check all that apply.

- Generalized Anxiety Disorder
- PTSD
- Autism Spectrum Disorder
- Child-Parent Relationships
- Oppositional Defiant Disorder
- Children with Disruptive Behaviors
- Children with Aggressive Behaviors
- ADHD
- Depression/Mood Disorders

Other: _____

3. Do you engage in play therapy with your clients? *

Mark only one oval.

- Yes *Skip to question 6*
- No *Skip to question 4*

Questions for Therapists Who Do Not Use Play Therapy

4. If you do not engage in play therapy with your clients, what are other successful methods or activities you have found with clients?

5. Why do you not use Play Therapy with your clients?

Questions for Therapists Who Do Use Play Therapy

6. If you do engage in play therapy with your clients, how often do you use play therapy with each client?

7. Check all the types of play therapy you have practiced with your clients

Check all that apply.

- Child Centered Play Therapy (CCPT)
- Group Play Therapy
- Symbolic Play Therapy
- Non Directive Play Therapy
- Directive Play Therapy
- Long Term Play Therapy
- Intensive Short Term Play Therapy
- Sand Play Therapy
- Expressive Arts Therapy
- Bibliotherapy
- Filial Therapy (Child Parent Relationship)
- Imaginary Play Therapy

Other: _____

8. Do you have a preferred type of play therapy to use with your clients?

9. Does the type of behavioral or emotional challenge a client has influence the type of play therapy you use?

Mark only one oval.

- Yes
- No
- Other: _____

10. Which age ranges do you use Play Therapy with?

Check all that apply.

- Infants
- Toddlers
- Preschool Age
- Elementary School Age
- Middle School Age
- High School Age
- Adults

11. Check all the types of play therapy you have practiced with your clients with the following conditions *Please scroll

Check all that apply.

	Anxiety	Autism	ADHD	Mood Disorders	Disruptive Behaviors	Aggressive Behaviors	Oppositional Defiant Dis	Child-Parent Relationships
Child-Centered Play Therapy (CCPT)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Group Play Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Symbolic Play Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Non-Directive Play Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Long Term Play Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intensive Short Term Play Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sand Play Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Expressive Arts Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bibliotherapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Filial Therapy (Child Parent Relationship)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Imaginary Play Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

12. Please rate your agreement with the following statement: Play therapy is effective in helping children with their problems/challenges

Mark only one oval.

- Strongly Disagree
- Disagree
- Agree
- Strongly Agree

13. How long do you believe a session of play therapy should be in order to be successful?

Check all that apply.

- 10 minutes
- 20 minutes
- 30 minutes
- 40 minutes
- 50 minutes
- 1 hour
- More than 1 hour

Other: _____

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