

PLAY THERAPY SESSION SUMMARY

Date: _____

Session#: _____

Child's Name: _____

Counselor: _____

Specific Interventions Used (If any) _____

SUBJECTIVE: (Feelings expressed): Underline all that apply; indicate predominate feelings(s) by circling

HAPPY: relieved, satisfied, pleased, delighted, excited, surprised, silly

SAD: disappointed, hopeless, pessimistic, discouraged, lonely

ANGRY: impatient, annoyed, frustrated, mad, mean, jealous

AFRAID: vulnerable, helpless, distrustful, anxious, fearful, scared, terrified

CONFIDENT: proud, strong, powerful, determined, free

HESITANT: timid, confused, nervous, embarrassed, ashamed

CURIOUS: interested, focused

FLAT: contained, ambiguous, restricted

OBJECTIVE:

TOYS/PLAY BEHAVIOR: Circle specific toys used (not category) and give a brief description of play. In the blank indicate meaning/sustained with, indicate play disruptions as "PD" and therapist initiated as "TH". (Use your own code system for the info important to you – ex. 1st time or discontinued use).

- ___ hammer/log/wood working
- ___ sandbox/water/sink
- ___ puppets/theater
- ___ kitchen/cooking/food
- ___ easel/chalkboard/paint
- ___ riding car
- ___ bop bag/foam bats/etc
- ___ bean bag/pillows/sheet/blanket
- ___ dress up/clothes/fabric/shoes/jewelry/hats/mask/wand
- ___ crafts table/clay/markers/etc
- ___ doll house/doll family/bottle/pacifier/baby
- ___ cash register/money/telephone
- ___ medical kit/bandages
- ___ musical instruments
- ___ games/bowling/ring toss/balls
- ___ constructive toy/blocks/barricade
- ___ cars/trucks/bus/emergency vehicles/planes/boats/riding car
- ___ animals: domestic/zoo/alligator/dinosaurs/sharks/snake
- ___ soldiers/guns/knife/sword/handcuffs/rope
- ___ sandtray/miniatures

SIGNIFICANT VERBALIZATIONS: CH= child initiated TH= therapist initiated

LIMITS SET: Write limit set beside the RATIONALE (ex. Threw sand on the floor) indicate # of times limit set. If consequences and/or ultimate limit was set, response to broken limit, describe process.

PROTECT CHILD (HEALTH/SAFETY):

PROTECT THERAPIST/PROMOTE THERAPIST ACCEPTANCE:

PROTECT ROOM/TOYS:

STRUCTURING:

REALITY TESTING:

<u>Child's Activity Level (low)</u>	<u>12</u>	<u>34</u>	<u>56</u>	<u>78</u>	<u>910</u>	<u>Child's Activity Level (high)</u>
<u>Intensity of Play (low)</u>	<u>12</u>	<u>34</u>	<u>56</u>	<u>78</u>	<u>910</u>	<u>Intensity of Play (high)</u>
<u>Inclusion of Therapist (low)</u>	<u>12</u>	<u>34</u>	<u>56</u>	<u>78</u>	<u>910</u>	<u>Inclusion of Therapist (high)</u>
<u>Destructive</u>	<u>12</u>	<u>34</u>	<u>56</u>	<u>78</u>	<u>910</u>	<u>Constructive</u>
<u>Messy/Chaotic/Disorganized</u>	<u>12</u>	<u>34</u>	<u>56</u>	<u>78</u>	<u>910</u>	<u>Neat/Orderly</u>

PLAY THEMES: Underline all that apply, including capitalized words and describe how theme was played out through specific play behavior. Circle predominant theme(s).

EXPLORATORY: (not a theme-rather the way child gets comfortable with playroom)

RELATIONSHIP: Connecting/trust/approval seeking/manipulative/collaborative/testing limits

POWER/CONTROL:

HELPLESS/INADEQUATE:

AGGRESSION/REVENGE:

SAFETY/SECURITY:

MASTERY: deconstructing/constructive/competency/resolution/integrative

NURTURING: self-care/healing

DEATH/LOSS/GRIEVING:

SEXUALIZED:

OTHER:

OVERALL, CHILD'S BEHAVIOR/AFFECT WAS:

<u>Sad/angry/depressed/fearful</u>	<u>12</u>	<u>34</u>	<u>56</u>	<u>78</u>	<u>910</u>	<u>Content/satisfied (appropriate affect)</u>
<u>Anxious/insecure</u>	<u>12</u>	<u>34</u>	<u>56</u>	<u>78</u>	<u>910</u>	<u>Confident/secure</u>
<u>Low frustration tolerance</u>	<u>12</u>	<u>34</u>	<u>56</u>	<u>78</u>	<u>910</u>	<u>High frustration tolerance</u>
<u>Dependent/clingy/needy</u>	<u>12</u>	<u>34</u>	<u>56</u>	<u>78</u>	<u>910</u>	<u>Autonomous/Independent</u>
<u>Immature/regressed/hypermature</u>	<u>12</u>	<u>34</u>	<u>56</u>	<u>78</u>	<u>910</u>	<u>Age appropriate</u>
<u>External locus of control</u>	<u>12</u>	<u>34</u>	<u>56</u>	<u>78</u>	<u>910</u>	<u>Internal locus of control (self-controlled)</u>
<u>Impulsive/easily distracted</u>	<u>12</u>	<u>34</u>	<u>56</u>	<u>78</u>	<u>910</u>	<u>Purposeful/focused</u>
<u>Inhibited/constricted</u>	<u>12</u>	<u>34</u>	<u>56</u>	<u>78</u>	<u>910</u>	<u>Creative/expressive/spontaneous/free</u>
<u>Isolated/Detached</u>	<u>12</u>	<u>34</u>	<u>56</u>	<u>78</u>	<u>910</u>	<u>Connected/sense of belonging</u>

CONCEPTUALIZATION OF CLIENT AND CLIENT'S PROGRESS BASED ON THEORETICAL ORIENTATION:

PLANS/RECOMMENDATIONS: Include talking with parent/school-requesting records, etc.

- | | |
|---|--|
| <input type="checkbox"/> parent consult | <input type="checkbox"/> medication evaluation |
| <input type="checkbox"/> family session | <input type="checkbox"/> psychological testing |
| <input type="checkbox"/> siblings 1x | <input type="checkbox"/> school consult |
| <input type="checkbox"/> friend 1x | <input type="checkbox"/> classroom observation |
| <input type="checkbox"/> filial therapy | <input type="checkbox"/> professional consult: psychiatrist, pediatrician attorney |
| <input type="checkbox"/> therapy for parent(s) | <input type="checkbox"/> request records |
| <input type="checkbox"/> recommend parent resources | <input type="checkbox"/> other plans/recommendations _____ |
| | _____ |

Play Therapist Signature: _____