

A Study of the Effects of Child-Centered Play Therapy on Two Emotional Deficit Children

· ABSTRACT

This study was a preliminary approach to play therapy with an aim to understand the changing process and effect of emotional deficit children who received the Child – Centered Play Therapy. In this study, the researcher chose two children with the problem of emotional deficit and conducted 10 times of client – centered play therapy to each child. The processes of the therapy were video taped and recorded in verbatim. The researcher recorded and analyzed the process of the therapy through the video and the verbatim. In addition, the Play Therapy Observation Instrument (PTOI), developed by Perry(1988), was employed in the study to observe the changing process and the effect of play therapy. The result of pre and post psychological tests would also help to analyze the post treatment effects. The consolidated data were rendered the following results:

A. Changes in play therapy process of emotional deficit children

Both cases showed common factors and differences during the therapy. There were some phase markers showed in the process and the phase markers separated the process of the therapy into several stages. On the other hand, both cases showed increases in verbal expression, quantity of activities, concentration during the activities and the relationship with the therapist when the times of therapy increased. Furthermore, Case B showed improvement in the social relationship and could better control his emotion.

B. Evaluation of result of changing process of emotional deficit children

In the part of Imaginary play fraction, both cases showed different results. Case

A didn't show any imaginary play. Case B showed obviously increasing in imaginary play in the middle of the sessions. In the part of social in-adaptive fraction, both cases showed more in-adaptive behavior at the beginning of the therapy and the situation progressively changed. In the part of emotional un-comfortableness fraction, both cases showed unstable changing in the emotional un-comfortableness fraction. It showed that the emotion of the clients changed in turns of the activities of the sessions. Combined the result of the social in-adaptive fraction and the emotional un-comfortableness fraction, though the cases showed emotion fluctuation in turns of the activities, it didn't influence the increase of the ability if social adaptive ness.

C. Post-treatment effect after ten times of play therapy

The pre-and post psychological tests results showed that both cases increase their recognition of self-attitude. In addition, case B showed a decrease in the aggressive score of Achenbach Behavior Checklist.

D. Case A is an introverted withdrawal child and case B is an extroverted aggressive child. In conclusion, the Child Centered Play Therapy showed a better therapeutic result to the extroverted aggressive child and no significant therapeutic result to the introverted withdrawal child. The possible reason was that there were insufficient times of play therapy offered to the introverted withdraw child.