



# Innovative Healing Techniques and Treatment Planning With Children and Adolescents

Using PATH

Written and Presented by:

**Nikole Jiggetts, LCSW, RPT-S, CTP**

# Today's Agenda

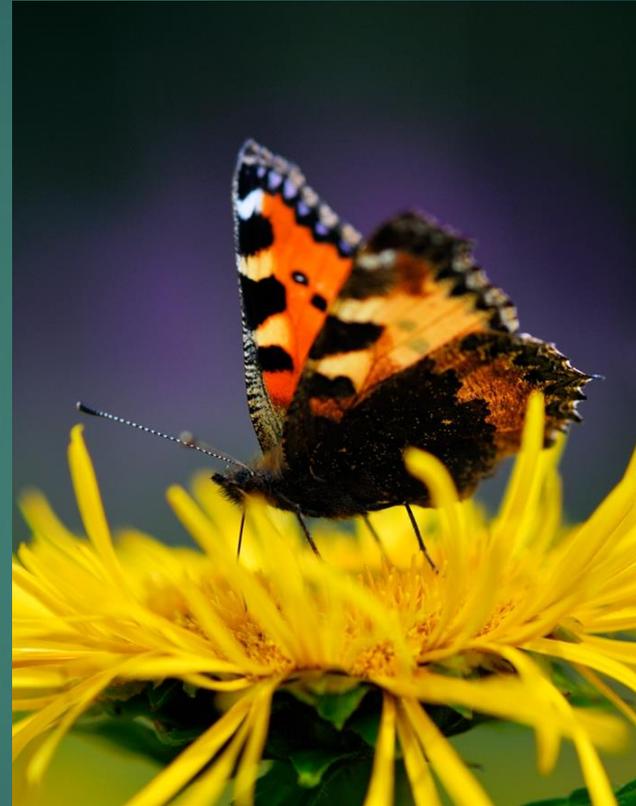
Most common childhood behaviors/disorders are ADHD, ODD and Depression.

- ▶ PATH- treatment planning
- ▶ ADHD
- ▶ Activities and techniques to increase patience and increasing focus
  - ▶ ODD
- ▶ Activities and techniques to gain insight and gain respect for others. Anger management
  - ▶ Depression-Elevating positive self esteem and gaining control
- ▶ Activities and techniques to gain self respect and esteem
- ▶ Family / Communication interventions



# The Struggle to Become a Butterfly

Moral:  
Without the  
struggle, there  
are no wings!



# Treatment Planning

**PATH** stands for Persevere Always  
Through Hardship.



# Play therapy and the functions of play

## ▶ Why Play?



# Directive Play Therapy interventions and structured therapy sessions

## The client with ADHD



# How to plan a session with a client with ADHD

- Tasks should be tailored towards the client's attention capacity and should be gradually increased with progress.
- It is important to break tasks down into small steps and to provide ongoing reinforcement.
- Excessive stimulation should be avoided and increases in individual attention should be made whenever possible.



# ADHD Activities

- ▶ Candy Land
- ▶ Clay therapy- & Biblio-Therapy -snail



# Directive Play therapy interventions and structured therapy activities

The client with ODD



# ODD in children and adolescents

There are no medications prescribed for ODD. mood stabilizers have been used if oppositionality is difficult to handle.

## Goals

- ▶ Reduction in the intensity and frequency of hostile and defiant behaviors toward adults, respectful compliance with directions and respect towards adults.
- ▶ Resolution of the conflict that underlies anger and defiance.
- ▶ Anger Management



# How to plan a session with an ODD client

Keep in mind that children with ODD have mastered power struggles and the ability to elicit counter aggression:

- ▶ DON'T GIVE IN GIVE UP OR BURN OUT.
- ▶ Use motivational interviewing as you interact with your client at all times.
- ▶ Positive Role modeling through your actions in session A.C.T.: (Landreth)

Acknowledge feelings

Communicate limits

Target and reinforce prosocial and cooperative behavior



# ODD Activities

- ▶ Anger Management  
-anger jar
- ▶ Linking behavior to feelings –  
Connect 4



# Directive Play Therapy interventions and structured therapy activities

## The Client with Depression



# How to plan a session with a depressed client

## Goals

- ▶ Elevate mood, reduce irritability
- ▶ Renewed interest in activities
- ▶ Openly communicate

Note that depression in children have different symptoms than in adults



# Activities For depression



- ▶ Piece by Piece
- ▶ Picture journals-  
Mandalas

Directive Play therapy interventions  
and structured therapy activities

# Family activities and Group



# Communication Activities

- ▶ Family Jenga
- ▶ Back to Back – giving directions



# Questions???

- ▶ Case scenarios
- ▶ Questions about clients

# Thank You



Nikole Jiggetts, LCSW, RPT-S, CTP

Replay Counseling Center

550 Southlake Blvd

N. Chesterfield, VA 23112

804-516-4684

[www.replaycounselingcenter.com](http://www.replaycounselingcenter.com)

[njiggetts@replaycounseling.com](mailto:njiggetts@replaycounseling.com)