

Therapeutic & Nature-based Play (ECCY7008)

Module Leaders Dr Charlotte Greenway & Dr Lymarie Rodriguez-Morales

Sessions	Lecture/seminars/tasks	Additional online engagement activities/key readings
Session one Charlotte	What is Play? Discover the importance of play in child development Importance of Play Different types and stages of Play Benefits of Play Historical Roots of Therapeutic Play/Therapy Play as therapy: historical roots Different types of Play Therapy Benefits and goals of play therapy Task 1 Therapeutic Play Task: "The Island of Emotions" Session one activities Task 2 In pairs/threes, search for different types of play therapy: Directive Nondirective Filial Sandtray Theraplay Report findings back to the class. Find one empirical paper to support your type.	Please watch the video Discover the importance of play in child development https://video.alexanderstreet.com/p/yw2omZ116 Reading Book: Landreth. (2012). Play therapy : the art of the relationship (Garry L Landreth author, Ed.; 3rd ed., p. 1 online resource (443 p.)). Routledge. Go to item Book Chapter: Greenway, C. W. & Hutchings, L. (2022). Play, Creativity and Well-Being. In J. Water-Davies (Ed.), Introduction to Play (1st ed., pp. 81-94). London, Sage. Book Chapter: Ryder, N. & Greenway, C. W. (2022). Play and Inclusion. In J. Water-Davies (Ed.), Introduction to Play (1st ed., pp. 157-169). London, Sage. Journal article: Koukourikos, K., Tsaloglidou, A., Tzeha, L., Iliadis, C., Frantzana, A., Katsimbeli, A., & Kourkouta, L. (2021). An Overview of Play Therapy. <i>Materia socio-medica</i>, 33(4), 293–297. https://doi.org/10.5455/msm.2021.33.293-297 Journal article: Nijhof, S. L., Vinkers, C. H., van Geelen, S. M., Duijff, S. N., Achterberg, E. M., Van Der Net, J., ... & Lesscher, H. M. (2018). Healthy play, better coping: The importance of play for the development of children in health and disease. <i>Neuroscience & Biobehavioral Reviews</i>, 95, 421-429. https://www.sciencedirect.com/science/article/pii/S0149763418305116 Journal article: Tonkin, A., & Whitaker, J. (2021). Play and playfulness for health and wellbeing: A panacea for mitigating the impact of coronavirus (COVID 19). <i>Social Sciences & Humanities Open</i>, 4(1), 100142. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8665352/

Session two Charlotte	The Therapeutic Powers of Play Therapeutic Powers of Play Therapeutic Play and the Playworker Theory of loose parts Working to the child's agenda Task: Loose parts Therapeutic Play in Practice School Hospital Task: TP in practice Session two activities Discussion: what are the challenges and barriers (family/parents/system) involved in therapeutic play. Discuss assessment one: Essay	Please watch the video: Charity calls for 'play therapy' to be available for all children in healthcare settings https://youtu.be/YeM9h5etoJk Reading Journal article: Stewart. (2016). Therapeutic Play Intervention. <i>Journal of Perianesthesia Nursing</i>, 31(5), 452–456. https://doi.org/10.1016/j.jopan.2016.07.001 Go to item Journal article: Schaefer, & Kaduson, H. (Eds.). (2021). Play therapy with children : modalities for change . American Psychological Association. Go to item Journal article: Silber. (2020). Reimagining Humpty Dumpty with Play's Therapeutic Action. <i>Journal of Infant, Child, and Adolescent Psychotherapy</i>, 19(2), 182–198. https://doi.org/10.1080/15289168.2020.1756032 Go to item Journal article: Almeida, Souza, D. F., & Miranda, C. B. (2021). The experience told by the child who lives in a shelter through therapeutic play. <i>Ciência & Saude Coletiva</i>, 26(2), 435–444. https://doi.org/10.1590/1413-81232021262.40762020 Go to item Journal article: He, H., Zhu, L., Saw, S., LWJ, L., HCW, L., & WCS, C. (2014). The Effectiveness Of A Therapeutic Play Intervention On Children's Perioperative Anxiety And Postoperative Pain: A Randomized Controlled Trial. <i>Value in Health</i>, 17(3), A224–A224. https://doi.org/10.1016/j.jval.2014.03.1311 Go to item Report: The Impact of Children's Play in Hospital October 2020 Dr Sandy Gulyurtlu, Dr Naomi Jacobs & Imogen Evans https://www.starlight.org.uk/assets/documents/Starlight_ImpactOfPlay_Report_Oct20.pdf Journal article: de Jong, N. B., Elzinga-Plomp, A., Hulzebos, E. H., Poppe, R., Nijhof, S. L., & van Geelen, S. (2020). Coping with paediatric illness: Child's play? Exploring the effectiveness of a play-and sports-based cognitive behavioural programme for children with chronic health conditions. <i>Clinical Child Psychology and Psychiatry</i>, 25(3), 565-578. https://journals.sagepub.com/doi/pdf/10.1177/1359104520918327

Session three Charlotte	Group therapeutic play Sand play Puppet play Therapeutic play for children with disabilities/learning difficulties Lego-based therapeutic play for children with ASD Group play/relational interventions for children with ADHD Tasks Session three activities	Please watch the video: https://www.youtube.com/watch?v=q1uV8xnDodo Reading 1. Journal article: Linn. (2020). It's not me! It's him! Interactive puppet play to help children cope. <i>Journal of Applied Arts & Health</i>, 11(1-2), 103–108. https://doi.org/10.1386/jaah_00021_7 Go to item 2. Journal article: ilbrook, Dwyer, T., Reid-Searl, K., & Parson, J. A. (2017). A review of the literature – The use of interactive puppet simulation in nursing education and children's healthcare. <i>Nurse Education in Practice</i>, 22, 73–79. https://doi.org/10.1016/j.nepr.2016.12.001 Go to item 3. Journal article: Hartwig. (2014). Puppets in the Playroom: Utilizing Puppets and Child-Centered Facilitative Skills as a Metaphor for Healing. <i>International Journal of Play Therapy</i>, 23(4), 204–216. https://doi.org/10.1037/a0038054 Go to item 4. Journal article: Aminimanesh, Ghazavi, Z., & Mehrabi, T. (2019). Effectiveness of the puppet show and storytelling methods on children's behavioral problems. <i>Iranian Journal of Nursing and Midwifery Research</i>, 24(1), 61–65. https://doi.org/10.4103/ijnmr.IJNMR_115_15 Go to item
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Session four Lymarie	Nature & Wellbeing Introduction to nature connection & key theory Key data on the decline of outdoor play & learning Benefits of outdoor play Class activities: Watch Richard Louv’s video & discuss the notion of ‘nature deficit’	Reading (journal articles): 1. Arola, T., Aulake, M., Ott, A., Lindholm, M., Kouvonen, P., Virtanen, P., & Paloniemi, R. (2023). The impacts of nature connectedness on children’s well-being: systematic literature review. <i>Journal of Environmental Psychology</i>, 85, 101913-. https://doi.org/10.1016/j.jenvp.2022.101913 2. Dankiw, K. A., Tsiros, M. D., Baldock, K. L., & Kumar, S. (2020). The impacts of unstructured nature play on health in early childhood development: A systematic review. <i>PloS One</i>, 15(2), e0229006–e0229006. https://doi.org/10.1371/journal.pone.0229006 3. Dankiw, K. A., Kumar, S., Baldock, K. L., & Tsiros, M. D. (2023). Parent and early childhood educator perspectives of unstructured nature play for young children: A qualitative

	Reflect on your experience of nature connection & outdoor play.	descriptive study. <i>PloS One</i>, 18(6), e0286468–e0286468. https://doi.org/10.1371/journal.pone.0286468 4. van Heezik, Y. et al. (2021) ‘Relationships between childhood experience of nature and green/blue space use, landscape preferences, connection with nature and pro-environmental behavior’, <i>Landscape and Urban planning</i>, 213, p. 104135–. Available at: https://doi.org/10.1016/j.landurbplan.2021.104135. 5. Sabine Pirchio et al. (2021). The effects of contact with nature during outdoor environmental education on students’ wellbeing, connectedness to nature and pro-sociality’, <i>Frontiers in Psychology</i>, 12. Available at: https://doi.org/10.3389/fpsyg.2021.648458.
Session five Lymarie	Therapeutic Play in Nature Working with nature Creating play spaces (indoors & outdoors) Class activities: Designing nature-based play Activity facilitation with different groups	Reading (journal article & book chapters): 1. Waters, J., & Rekers, A. (2019). <i>Young Children’s Outdoor Play-Based Learning</i>. Centre of Excellence for Early Childhood Development. 2. Watts, A. (2020). <i>Outdoor learning through the seasons : an essential guide for the early years</i>. Routledge. (book chapter) 3. McGeeney, A. (2016). <i>With nature in mind : the ecotherapy manual for mental health professionals</i>. Jessica Kingsley Publishers. (part 3 - activities) 4. Stermann, J. J., Naughton, G. A., Bundy, A. C., Froude, E., & Villeneuve, M. A. (2019). Planning for outdoor play: Government and family decision-making. <i>Scandinavian Journal of Occupational Therapy</i>, 26(7), 484–495. https://doi.org/10.1080/11038128.2018.1447010
Session six Lymarie	Co-creating play experiences & risk assessment ‘Meeting the elements’ approach Practical considerations & risk assessment. Class activity: Guidance and materials will be provided in class.	Key Readings (book chapter): 1. Sandseter, E., Little, H., Ball, D., Eager, D., & Brussoni, M. (2017). Risk and safety in outdoor play. In <i>The SAGE Handbook of Outdoor Play and Learning</i> (pp. 113-126). SAGE Publications Ltd, https://doi.org/10.4135/9781526402028 2. Oliver, B. E., Nesbit, R. J., McCloy, R., Harvey, K., & Dodd, H. F. (2022). Parent perceived barriers and facilitators of children’s adventurous play in Britain: a framework analysis. <i>BMC Public Health</i>, 22(1), 636–636. https://doi.org/10.1186/s12889-022-13019-w

Reference materials (click the Adobe doc for access)

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