**AGPA Connect 2023 Presenter Information**

**Course Code:** 311

**Course Title:** Tabletop & Therapy (TNT): Dungeons and Dragons Based Group Intervention for Adolescents with Anxiety and Social Skills Deficits

**Course Times:** 9:30 AM - 12:00 PM

**Course Dates:** Saturday, March 11

**Instructors:** Robin M Dean

Anthony Gobbo

Vincent Wong

**Course Description:** In tabletop-oriented therapy groups, scenarios have adolescent group members take on the persona of a fictional character and go on an adventure in a fantastical world. Group members gain experience interacting with others as their “hero” would. In this session, presenters will review relevant theoretical principles that underlie the group design. Participants will explore the utility of tabletop role playing games in addressing social skills deficits in a group therapy format and experience the explosive impact of TNT.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎Articulate at least two theoretical frameworks that underlie the use of role-play games in group ‎therapy.‎
2. ‎Identify and evaluate the merits of utilizing role-play games in a therapeutic setting.‎
3. Describe logistical considerations and possible adaptations for implementing therapeutic role-play ‎with adolescents.‎

**Significant Articles:**

1. Adams, A. S. (2013). Needs Met Through Role-Playing Games: A Fantasy Theme Analysis of Dungeons ‎& Dragons. Kaleidoscope: A Graduate Journal of Qualitative Communication Research, 12(6).‎
2. Betz, B. (2011). What fantasy role-playing games can teach your children (or even you). British Journal ‎of Educational Technology, 24(6), E117-E121.‎
3. Gutierrez, R., (2017). Therapy & Dragons: A look into the Possible Applications of Table Top Role ‎Playing Games in Therapy with Adolescents. Electronic Theses, Projects, and Dissertations. 527.‎
4. Kilmer, E., & Davis, A. (2021). Rolling for recovery: Therapeutic applications of tabletop role-playing ‎games [online conference]. APA 2021 Virtual
5. Rosselet, J. G., & Stauffer, S. D. (2013). Using group role-playing games with gifted children and ‎adolescents: A psychosocial intervention model. International Journal of Play Therapy, 22(4), 173–192. ‎https://doi.org/10.1037/a0034557‎

**Agenda:**

1. Welcome (5 minutes, All presenters)
2. History and Theory (20 minutes, Obj 1, Vincent Wong, PowerPoint/Lecture)
3. Group Description (20 minutes, Obj 3, Robin Dean, PowerPoint/Lecture)
4. Effectiveness of treatment (20 minutes, Obj 2+3, Anthony Gobbo and Robin Dean, PowerPoint/Lecture)
   * Data
   * Case example
5. Experiential Group (45 minutes 2+3, All presenters, demonstration)
6. Debrief (30 minutes, Obj 1+2+3, All presenters, Q&A/Discussion)
7. Participant Evaluations (10 minutes)

**Assessment Questions:**

Question 1 (include possible answers)

Which of the following is NOT an aspect of Dungeons and Dragons characters? A. Race B. Class C. Shoe size D. Name E. Language

Correct Answer 1

C. Shoe size

Question 2 (include possible answers)

Match the theorist with the relevant perspective A. Hillman 1. Play therapy B. Yalom 2. Group therapy C. Anna Freud 3. Symbolism/dream work D. Jung 4. Hero’s journey

Correct Answer 2

A/4, B/2, C/1, D/3

Question 3 (include possible answers)

What is the benefit of play as an aspect of therapy? A. Nonverbal and verbal techniques can be used to resolve or explore psychosocial difficulties B. The unstructured nature has a limited range of applications. C. Imagining leads to flight of ideas and delusional thinking. D. Everyone should stay a child forever.

Correct Answer 3

A. Nonverbal and verbal techniques can be used to resolve or explore psychosocial difficulties

Question 4 (include possible answers)

Initial research suggests positive connection between role-play and which of the following mental health outcomes: A. Anxiety B. Cognitive processes C. Social Skills D. All of the above E. None of the above

Correct Answer 4

D. All of the above

Question 5 (include possible answers)

What are the mechanisms by which tabletop role-play impacts social skill development A. Youth have fun which allows them to be better human beings B. Tabletop role-play games have no impact on social skills development C. Participants are challenged to interact with others in a way that is more consistent with a more idealized version of themselves. D. A and C

Correct Answer 5

C. Participants are challenged to interact with others in a way that is more consistent with a more idealized version of themselves.

Question 6 (include possible answers)

Therapeutic aspects of each group session include A. Game play, painting figurines, giving/ receiving feedback B. Giving/receiving feedback, updates about skills and goals, sharing group content with parents C. Sharing group content with parents and friends, game play, painting figurines D. Updates about skills and goals, game play, giving/receiving feedback

Correct Answer 6

D. Updates about skills and goals, game play, giving/receiving feedback

Question 7 (include possible answers)

Dungeons and Dragons is… A. A colloquialism to describe the psychological trauma that results from children who experience abuse and neglect. B. A cooperative role-playing game that involves use of dice, figurines, narrative building, and play C. The components essential in the creation of fairy tales. D. Psychological expression of symbolism and dream work.

Correct Answer 7

B. A cooperative role-playing game that involves use of dice, figurines, narrative building, and play

Question 8 (include possible answers)

What are the goals of combining tabletop role play games and group psychotherapy A. Reducing creative expression B. Increase deficits in social skill development C. Use symbolism to promote rote memorization of facts about creature creation D. All of the above E. None of the above

Correct Answer 8

E. None of the above

Question 9 (include possible answers)

Possible adaptations for children/ adolescents include A. Increased exclusion criteria B. Including parents and caregivers in treatment C. Scheduling group based on academic calendar D. B and C

Correct Answer 9

D. B and C

Question 10 (include possible answers)

T/F The hero’s journey as proposed by Cambell and Hillman includes ac all to adventure, transformation, atonement, and return.

Correct Answer 10

True