**AGPA Connect 2023 Presenter Information**

**Course Code:** 203

**Course Title:** Playing in Prison: Group Therapy Using Play for Self-Repair with Prison Populations

**Course Times:** 7:00 - 8:00 AM

**Course Dates:** Thursday, March 9

**Instructors:** Kevin Null

**Course Description:** The therapeutic inclusion program is a model for the inclusion of students with significant social, emotional, and behavioral needs within public schools. The therapeutic lynchpin of the program is group psychotherapy. The model is process-oriented, which facilitates here-and-now social, emotional, and behavioral practice and reflection, and maintains responsiveness to the concerns of the children. This presentation will briefly outline the therapeutic inclusion program and share insights and adaptations about process-oriented group psychotherapy with children in public schools.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎Describe how play is useful for self-repair in group therapy in the prison setting.‎
2. ‎Identify methods that enhance self-repair through group play in the prison setting.‎
3. ‎Apply specific themes and metaphors from group play to develop self-repair in group members.‎
4. Utilize material from game play and conduct group discussion to develop self-repair in group ‎members.‎

**Significant Articles:**

1. Drewes, A. A., & Schaefer, C. E. (2016). The therapeutic powers of play. In K. J. O’Conner, C. Schaefer ‎& L. D. Braverman (Eds.), Handbook of play therapy (2nd Ed.) (pp. 35-60). New Jersey: John Wiley and ‎Sons.‎
2. Furst, G. (2017). Prisons, race making, and the changing american racial milieu. Race, ethnicity and law ‎‎(pp. 175-196). Emerald Publishing Limited. https://doi.org/10.1108/S1521-613620170000022013‎
3. Hull, K. (2021). Light in the darkness with the forgotten: Using play in prison as a pathway to ‎relationship and self-development. Play Therapy Magazine, 16 (4), 4-7.‎
4. Panksepp, J. (2018). Play and the construction of creativity, cleverness, and reversal of ADHD in our ‎social brains. In T. Marks-Talow, M. Solomon, & D. J. Siegel (Eds.), Play and creativity in psychotherapy ‎‎(pp. 242-270. New York: W. W. Norton & Company
5. Yalom, I. D., & Leszcz, M. (2005). The theory and practice of group psychotherapy (5th ed.). New York, ‎NY US: Basic Books.‎

**Agenda:**

1. The need for self-repair for prison inmates to reduce recidivism (10 min, Obj. 1, Hull, PwrPnt/Lecture)

* Barriers to re-entry into society following release
* The role of self-repair in successful re-entry into society
* The role of self-acceptance and self-forgiveness in self-repair

1. Use of play in group psychotherapy for self-repair (25 min, Obj. 2, Hull, PwrPnt/Lecture)

* LEGO, Expressive arts, figures, toy cars, and board games
* Characteristics of the play that relate to self-repair elements of self-forgiveness/self-acceptance
* How group play using the above elements creates a new self-narrative
* How playing out the new narrative in the group format helps solidify the new narrative and creates connection/support
* Case Example

1. Putting it all together: Group discussion model and application of group play (10 min. Obj. 4, Hull, PwrPnt/Lecture)

* Elements of group discussion and processing of game play
* How to apply group member’s experience to self-repair
* Revisiting case study

1. Overcoming challenges, (10 min. Obj. 2-4, Hull, Lecture/PwrPnt/Q & A

* Getting toys/games approved
* Setting up the group experience/boundaries/expectations

1. Participant Evaluations (5 minutes)

**Assessment Questions:**

Question 1 (include possible answers)

1. One of the challenges facing prison inmates upon release is low self-worth and self-rejection. A. True B. False

Correct Answer 1

A

Question 2 (include possible answers)

2. Two important elements of self-repair are : A. Good diet and exercise B. Authoritative and dictatorial C. Self-forgiveness and self-acceptance D. Being very neat and orderly

Correct Answer 2

C

Question 3 (include possible answers)

3. Group play is effective in promoting self-repair because: A. It provides distance from potentially emotionally troubling topics B. It isn’t effective C. It is better than nothing D. None of the above

Correct Answer 3

A

Question 4 (include possible answers)

4. Group play is effective in promoting self-repair because: A. It’s better than talking B. Players have a sense of control C. Trust is build through play D. B & C E. None of the above

Correct Answer 4

D

Question 5 (include possible answers)

5. Co-Regulation is the brain process whereby: A. People pay for things equally B. People assess each other’s behavior C. Two people connect in a similar emotional state D. None of the above

Correct Answer 5

C

Question 6 (include possible answers)

6. The lack of focus on skills that help inmates understand themselves and repair broken places in their past in prison is a factor in: A. Recidivism B. Landing in “the hole” C. Loss of phone privileges D. None of the above

Correct Answer 6

A

Question 7 (include possible answers)

7. One important part of self-repair is: A. Creating a schedule B. Working out C. Self-Forgiveness D. None of the above

Correct Answer 7

C

Question 8 (include possible answers)

8. One important part of self-forgiveness that play helps with is: A. Better skills in games like chess and checkers B. Not having to do yard work C. Creating a new narrative of past events through playing it out and examining parts that have been troubling to accept or understand. D. None of the above

Correct Answer 8

C

Question 9 (include possible answers)

9. Self-Repair using group play is the process of self-forgiveness/self-acceptance by creating -\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of past events that helps one to see themselves through a lens of empathy and understanding. A. Memory B. A new narrative C. Amnesia D. None of the above

Correct Answer 9

B

Question 10 (include possible answers)

10. A benefit of self-repair work is: A. Improved self-confidence B. Living authentically C. Ability to repair/sustain relationships with others D. All of the above

Correct Answer 10

D