

## Grad Expo Proposal 2021

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**Title:** Use of play therapy in counseling children of individuals with substance use disorders

### Program Synopsis:

Research has demonstrated that children of individuals with substance use disorders are at a higher risk of internalizing and externalizing problems (Bountress & Chassin, 2015; Charles et al., 2015). These issues are related to the adverse effects of substance use disorders on parenting style and attachment to children, including factors such as stress and trauma (Charles et al., 2015; Parker et al., 2021). There is little research relaying the positive effects of providing a safe space for children of individuals with substance use disorders to engage in the process of self-actualization through the use of play therapy. This presentation demonstrates the benefits of using child-centered play therapy with children of individuals with a substance use disorder.

### Program Goal:

Counselors will increase understanding of benefits of using play therapy with children of individuals with substance use disorders and gain basic knowledge of some specific child-centered play therapy skills that are useful for this population.

### Program Objectives:

1. Define substance use disorders from a biopsychosocial model.
2. Understand the risks related to the development of children of individuals with a substance use disorder.
3. Gain knowledge of several child-centered play therapy techniques to help children of individuals with a substance use disorder.

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