

**Mahatma Gandhi College**  
Department of Psychology

**ADD ON  
COURSE**

# PLAY AND ART THERAPY

**2022 - 23**

**Course Coordinator**  
**Dr. JAYARAJ. B**  
**Phone: 81299-51960**

**Class handled by**  
**Dr. Jayaraj. B (MG College)**  
**Sri. Krishna Janardhana**  
**(CCRT senior fellow)**



## **ADD- ON COURSE - PLAY AND ART THERAPY**

**Duration: 30 hours**

**Instructors: Dr. B Jayaraj**

**Department of Psychology**

**Mahatma Gandhi College, Thiruvananthapuram**

### **Course outcomes**

CSO1. Differentiate between the developmental stages of children and understand the importance of play and its impact on children's cognitive, social-emotional, overall mental health, and physical growth.

CSO2. Identify developmentally and theoretically appropriate play therapy toys and materials for the purposes of both assessment and treatment.

CSO3. Identify and differentiate the stages within the play therapy process from intake to termination.

CSO4. Examine and discuss key elements in a play therapy relationship.

CSO5. Utilize the creative process to help people explore self-expression in order to find new ways to gain personal insight and develop new coping skills through Art therapy.

### **Module-wise topics:**

Module I : Introduction to Play therapy

**(10 Hours)**

- Defining Play therapy, history of play therapy, basic principles of play therapy,
- major theories of play therapy, child-centered, Prescriptive, Adlerian, Ecosystemic theoretical framework etc.
- Purpose and application goals of play therapy
- Utilization of play: child's self-exploration, self-expression, self-understanding, and personal growth
- Play therapy as a therapeutic intervention for children and families-therapeutic stages and themes



- The Neuroscience behind the importance of Play: basic developmental and neurological implications
- Treatment planning in play therapy - development of treatment goals and assessment of treatment progress
- Applications of Play therapy-applications to various of populations and therapeutic contexts

#### Module II : Introduction to Art Therapy

(10 Hours)

- Define Art therapy
- Understanding the multiple approaches to art therapy;
- Aim and purpose of art therapy;
- Understanding about art as a therapy and art in therapy;
- Application of art therapy;
- Indications and contraindications of art therapy; and
- Advantages of art therapy

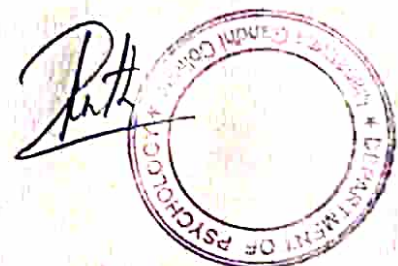
#### Practicum

(10 Hours)

- Demonstrate basic play therapy skills (with non-clinical volunteers) including (but not limited to) structuring, tracking, reflection of content and process, returning responsibility, facilitating self-advocacy, and limit setting.
- Art-based assessments- Mandala Assessment Research Instrument, House-Tree-Person

#### References

- Kottman, T. (2011). *Play therapy: Basics and beyond* (2nd ed.). Alexandria, VA: American Counseling.
- Mortola, P. (2006). *Windowframes: Learning the art of gestalt play therapy the Oaklander way*. CRC Press.
- Oaklander, V. (1988). *Windows to our children: A gestalt therapy approach to children and adolescents*. Gestalt Journal Press.
- O'Connor, K. J., & Braverman, L. D. (2009). *Play therapy theory and practice: Comparing theories and techniques*. John Wiley & Sons.
- Schaefer, C. E. (1993). *The therapeutic powers of play*. Northvale, NJ: Jason Aronson.
- Schaefer, C. E. (2011). *Foundations of play therapy* (2nd ed.). John Wiley & Sons.



**ADD ON COURSE**  
**DEPARTMENT OF PSYCHOLOGY**  
**PLAY AND ART THERAPY**  
**2022-2023**

**MAX MARKS:20**

**ANSWER THE FOLLOWING**

1. What is play therapy and explain its history?
2. What is the child centred theory of play therapy?
3. What is the Alderian theory of play therapy?
4. What is the treatment planning in play therapy?
5. What are the applications of play therapy?
6. What is art therapy?
7. What are the multiple approaches to art therapy?
8. What is the aim and purpose of art therapy?
9. What are the applications of art therapy?
10. What are the advantages of art therapy?

**2 x 10=20**





## Add on Course On

Play and Art Therapy 2022-23

Course Coordinator - Dr. Jayaraj B.

Sl. no	Name	class	Signature
1.	George Varghese Karingattu	1st DC	
2.	Parvathi A S	2 <sup>nd</sup> DC	
3.	Abhisami Manoj	1st DC	
4.	SONA SHIBU	1st DC	
5.	Iyothika SR	1 <sup>st</sup> DC	
6.	Roselyn Maria Rufus	1 <sup>st</sup> DC	
7.	Muhammed Kasim NB	1 <sup>st</sup> DC	
8.	Nanda Anil M	1 <sup>st</sup> DC	
9.	Asiya A S	2 <sup>nd</sup> DC	
10.	Lopamudra M L	1 <sup>st</sup> DC	
11.	Anwarya Vinu Vinod	1 <sup>st</sup> DC	
12.	Gauri Pramod	1 <sup>st</sup> DC	
13.	Kalyani R. Neer	1 <sup>st</sup> DC	
14.	Resna A L	1 <sup>st</sup> DC	
15.	ANAMIKA	"	
16.	R. Rajeswary	1 <sup>st</sup> DC	
17.	Anziya M A	1 <sup>st</sup> DC	
18.	Sneha G Komal	"	
19.	Janey James	1 <sup>st</sup> DC	
20.	Shruthy Maria	1 <sup>st</sup> DC	





ATTENDANCE REGISTER FOR THE MONTH OF 2022 -

2023 Add-on Course On Play and Art Therapy

Sl. No.	Name	Designation	03-07-23	05-07-23	06-07-23	11-07-23	13-07-23	16-07-23	18-07-23	23-07-23	30-07-23	01-08-23	02-08-23	06-08-23	07-08-23	10-08-23	13-08-23	15-08-23	17-08-23	20-08-23	22-08-23	24-08-23	28-08-23	01-09-23	07-09-23	09-09-23	13-09-23	15-09-23	16-09-23	21-09-23	23-09-23	24-09-23	31	Working Days	Days present	Days absent	Leave taken	Remarks	
1	George Varghese		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0			
2	Parvathi A.S		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
3	Abhisami Manoj		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
4	Sona shibu		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
5	Iyolkika S R		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
6	Roselyn Maria Rufus		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
7	Muhammed Kasim		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
8	Nanda Anil		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
9	Asiya A.S		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
10	Lopamudra ML		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
11	Atsurya Vinu		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
12	Gowri Pramod		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
13	Kalyani R Nair		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
14	Rosna A L		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
15	Anamika		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
16	R. Rajeswary		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
17	Anziya M A		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
18	Sneha G komal		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
19	Jancy James		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
20	Stephy Mais		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		

## Department of Psychology

Add on Course

Play And Art Therapy

2022- 2023

Sl. No.	Name of the Student	Total mark	Mark obtained
1.	George Varghese Karingottu	20	18
2.	Parvathi A S	20	19
3.	Abhirami Manoj	20	18
4.	Sona shibhu	20	17
5.	Jyothika S R	20	16
6.	Roselyn Maria Rufus	20	20
7.	Muhammed Kasim N B	20	20
8.	Nanda Anil	20	18
9.	Asiya A S	20	20
10.	Lopamudra M L	20	15
11.	Aiswarya Vinu vinod	20	18
12.	Gowri Pramod	20	17
13.	Kalyani R Nair	20	16
14.	Rosna A L	20	18
15.	Anamika	20	19
16.	R Rajeshwari	20	19
17.	Anziya M A	20	17
18.	Sneha G Komal	20	18
19.	Jancy James	20	19
20.	Stefi Maria	20	19



Head of the Department

# MAHATMA GANDHI COLLEGE, TRIVANDRUM



College with potential for Excellence (UGC)  
(Accredited by NAAC with B+ Grade)

DEPARTMENT OF PSYCHOLOGY

## Certificate

This is to certify that Shri/Smt .....  
has completed the Add-on Course on "Play and Art Therapy"  
conducted by the Department of Psychology, M.G. College, for the  
year .....

Head of the Department

Principal




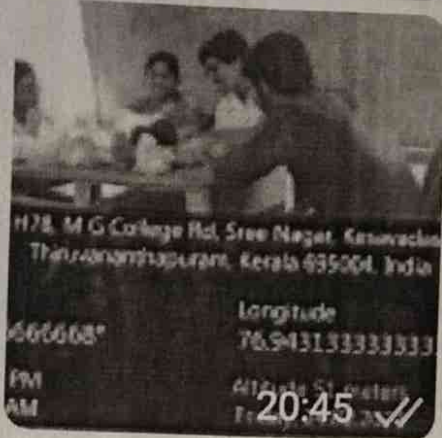
REPORT OF ADD-ON COURSE ON PLAY AND ART THERAPY (2022-23)

ADD-ON COURSE ON PLAY AND ART THERAPY WAS COORDINATED BY DR JAYARAJ B. THE COURSE WAS FOR FORTY HOURS. THIS COURSE IS BASED ON EMOTIONAL CATHARSIS USING TOYS AND OTHER ART MATERIALS. STUDENTS INDULGE IN STRUCTURING, TRACKING AND REFLECTION OF CONTENT. IT FACILITATES SELD ADVOCACY. 20 STUDENTS ENROLLED FOR THE ADD-ON COURSE

VIDEO REPORT OF THE COURSE IS AVAIBALE IN

<https://youtu.be/sAok0DFWS28>

  
Dr Prathibha S Nair



A new ADD ON COURSE on Play and Art Therapy was started in Department of Psychology on 24.2.2023. The first session was handled by Dr Jayaraj B, the course coordinator

### Feedback from students

The play therapy session was conducted by Dr. Jayaraj sir as an add-on course from the department of psychology on 24th February 2023.

An insight about the play therapy was given. Sir shared his experience and how he came to this field. He talked about his mentor, who guided him to learning this therapy.

He mentioned how a child's behavior can be influenced by his toys. How they could relate themselves to the dolls. Especially in the case of abused children, it was easier to communicate with them through making use of the dolls during therapy.

