

March 19: Research on Evidence-Based practices for Children

Article Title:

Examining the Trends of Play Therapy Articles: A 10-Year Content Analysis

Reference:

Yee, T., Ceballos, P., & Swan, A. (2019). Examining the trends of play therapy articles: A 10-year content analysis. *International Journal of Play Therapy*, 28(4), 250–260. <https://doi-org.ezproxy.southern.edu/10.1037/pla0000103>

Notes/Summary/Takeaways:

This article looks at peer-reviewed, published studies about play therapy over the course of ten years (2008-2017) in order to understand trends about what aspects might be most effective, or what things could be improved upon. Play therapy is something several mental health professionals look to utilize because it integrates the individual's (the child) natural world with therapeutic interventions. If play therapy can be effective for interventions, then it is believed that it can be helpful in more ways than one. In general, the perceived benefits of play therapy include: "fostering emotional wellbeing, increasing personal strengths, improving interpersonal relationships, and facilitating communication." By using content analysis of various articles/studies, authors hope to understand more specifically which aspect of play therapy are effective, and how.

The articles were comprised of the following article types: play therapy theory/approach, teaching/training, supervision, play therapy critique/meta-analysis, assessment and scale development, parenting, and ethics. Articles would reveal that most effective play therapies followed the child-centered approach. Still, many articles were limited in using research about the therapy approaches, so this is a need in the research communities. There were also limited articles addressing the teacher/training aspect of play therapy, which is now an identified need. The articles rarely addressed the multicultural aspects of play therapy, which is one of the biggest issues identified throughout this analysis. Addressing these things is crucial and important in clinical practice.