



Welcome
Day 5

Child Counselling

Foundation Course

Today's outline

- Brief outline of Case History
- Knights & Dragons

Case History

- Name:
- Age:
- Grade:
- School:
- M/F:
- Family type:
- Members:
 - Father:
 - Mother:
 - Sibling:
 - Grand parents
 - Others
- Parental work status
 - Father:
 - Mother:

Case History

- Delivery:
- Developmental milestones:
 - On time
 - Delays (mention)
- Major life events
- Earliest childhood memory
- Neurotic symptoms
- Childhood habits
- Sources of irritation
- Sources of fear

Relationship Rating Scale (Scale of 1-10)

	1	2	3	4	5	COMMENTS
•Father						
•Mother						
•Sibling						
•Peers						
•Teacher						
•Grandparents						
•Others						

Session:

Concern area: (Academic | Behavioral | Emotional | Relationship | Others)

Chief concerns: (problem areas under concern observed by others)

Suggestions discussed:

Areas of improvement:

Areas requiring attention:

Follow-up:

Observation notes:

Knights & Dragons – Heidi G. Kaduson

Several of the children had been referred because of social difficulties. They were teased and picked on by peers. These children felt like victims and could see no way that they could have a part in changing their situations. They would listen to the suggestions, and then "Yes, but . . .", explaining why these suggestions couldn't possibly work. They did well in social skills groups, where each member's behavior was under adult scrutiny, but they couldn't transfer skills to the outside world- the playground.



Empowering

This technique is **empowering**. It shows kids that if they take the time to think things through, they can find a way of coping with difficulties and handling others without having to physically fight.

It teaches them that **you don't have to be big or strong** in order to come out a winner.

Also, it has a fairy tale quality about it. Since almost every child is familiar with some fairy tales, they can relate to this game and feel comfortable with it.

Each child's **uniqueness is fostered**, there is no right or wrong solution, and the child can take the game as far as his imagination permits.



INSTRUCTIONS

The therapist tells the child that they will be playing a game using imagination:

We are both brave knights who have been sent on an important mission by the King. We must venture into a deep, dark forest, where we might meet dragons, or monsters, or have to overcome dangerous obstacles. We must rescue the princess. We get to give each other certain objects to help us. You give me what you think might help, and I give you what I think might help. We each get three things. We are allowed to trade with each other, or borrow from each other. Then we make up the monsters or obstacles for each other to overcome.

APPLICATIONS

- This technique may be applied in cases with children who are **shy, withdrawn, pessimistic, and physically disabled**.
- Children who are being **bullied** might especially be able to transfer what they learn from the game about coping skills to real life, and become more optimistic and confident.
- One of the advantages of this game is that it **requires no supplies**. Also, it can be played anywhere. Therapists who need to travel to their clients, who move from one location to another, or who have limited space can use this game very effectively.
- The game can be **expanded to whatever level the therapist wishes** to take it-to the sand tray, for example.
- It can also be played on a very rudimentary homemade board, picking cards to choose the objects to use on the mission.
- It can be a physically active game, complete with dress-up costumes. The therapist can tailor the game to fit the client.

Child Counselling Advance

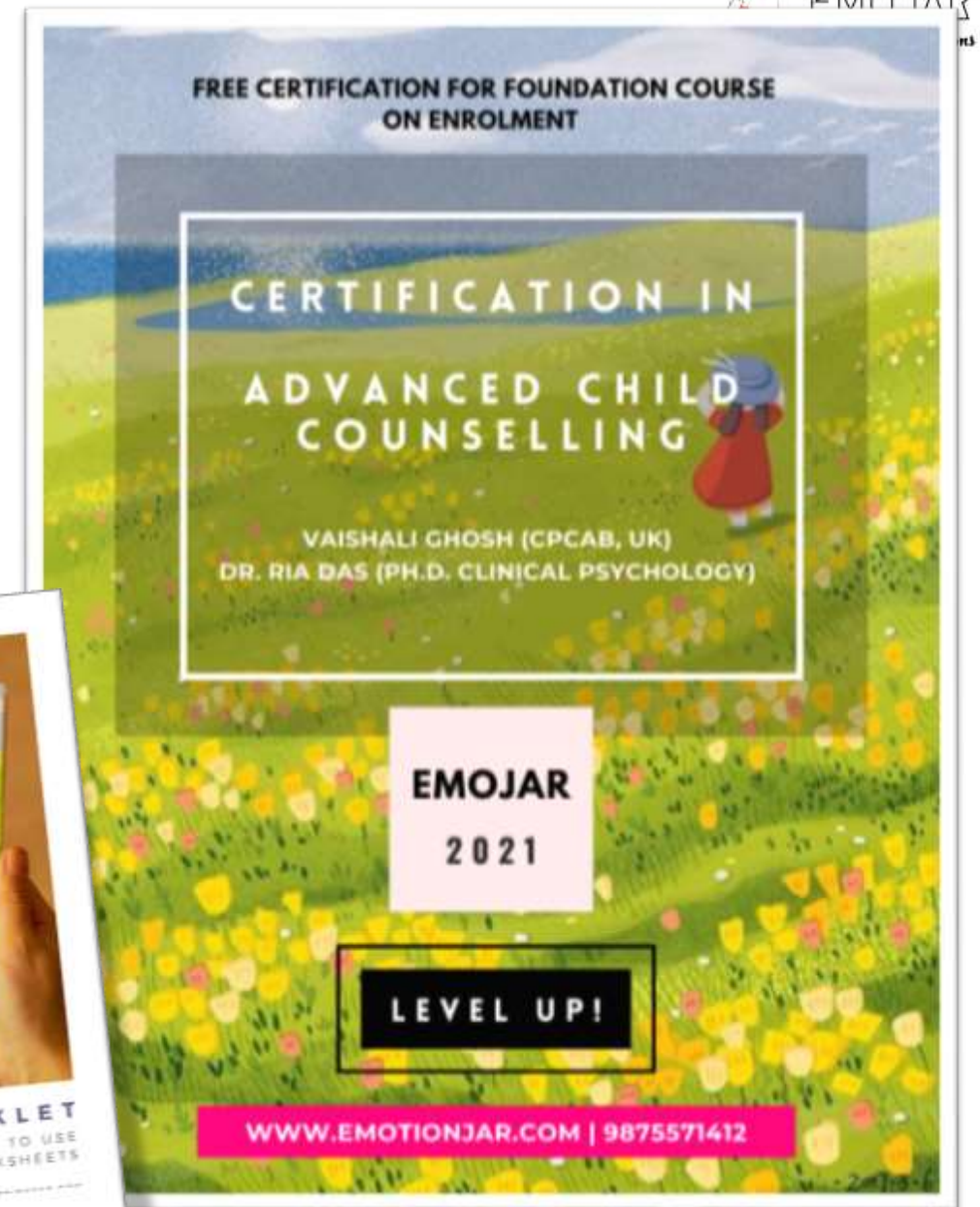
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Anxiety Management (Coming soon) – 2 weeks

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