

Behavioral Health Institute (BHI) Training, Workforce and Policy Innovation Center TeleBehavioral Health 401 Training Series

Behavioral Health Telehealth Resource

Website: <https://bhinstitute.uw.edu>

Email: bhinstitute@uw.edu

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Behavioral Health Institute (BHI)

Training, Workforce and Policy Innovation Center

The Behavioral Health Institute is a Center of Excellence where innovation, research and clinical practice come together to improve mental health and addiction treatment. BHI established initial priority programs which include:

- Improving care for youth and young adults with early psychosis
- Behavioral Health Urgent Care Walk in Clinic
- Behavioral Health Training, Workforce and Policy Innovation Center
- Expanded Digital and Telehealth Services

Speaker Disclosures

None of the series speakers have any relevant conflicts of interest to disclose.

Planner disclosures

The following series planners and team have no relevant conflicts of interest to disclose:

Brad Felker MD

Cara Towle MSN RN

Melody McKee SUDP MS

Michele Patience Staal

Topher Jerome

DISCLAIMER

Please be aware that policy changes may take place after the original date of this presentation.

Any information provided in today's talk is not to be regarded as legal advice. Today's talk is purely for informational purposes.

Please consult with legal counsel, billing & coding experts, and compliance professionals, as well as current legislative and regulatory sources, for accurate and up-to-date information.

We gratefully acknowledge the support from



TeleBehavioral Health 401

Neuroscience of Play: Utilization of Video Game Assisted Treatment

KEVIN RIFFEL, RPT-S, LMHC, NCC, CMHS
DIRECTOR OF TELEHEALTH PROGRAMMING
EXCELSIOR WELLNESS CENTER

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Learning Objectives:

1. Understand principles of play therapy
2. Learn how to utilize video games within a therapeutic setting
3. Gain understanding of how to adapt clinical practices to meet needs of special populations

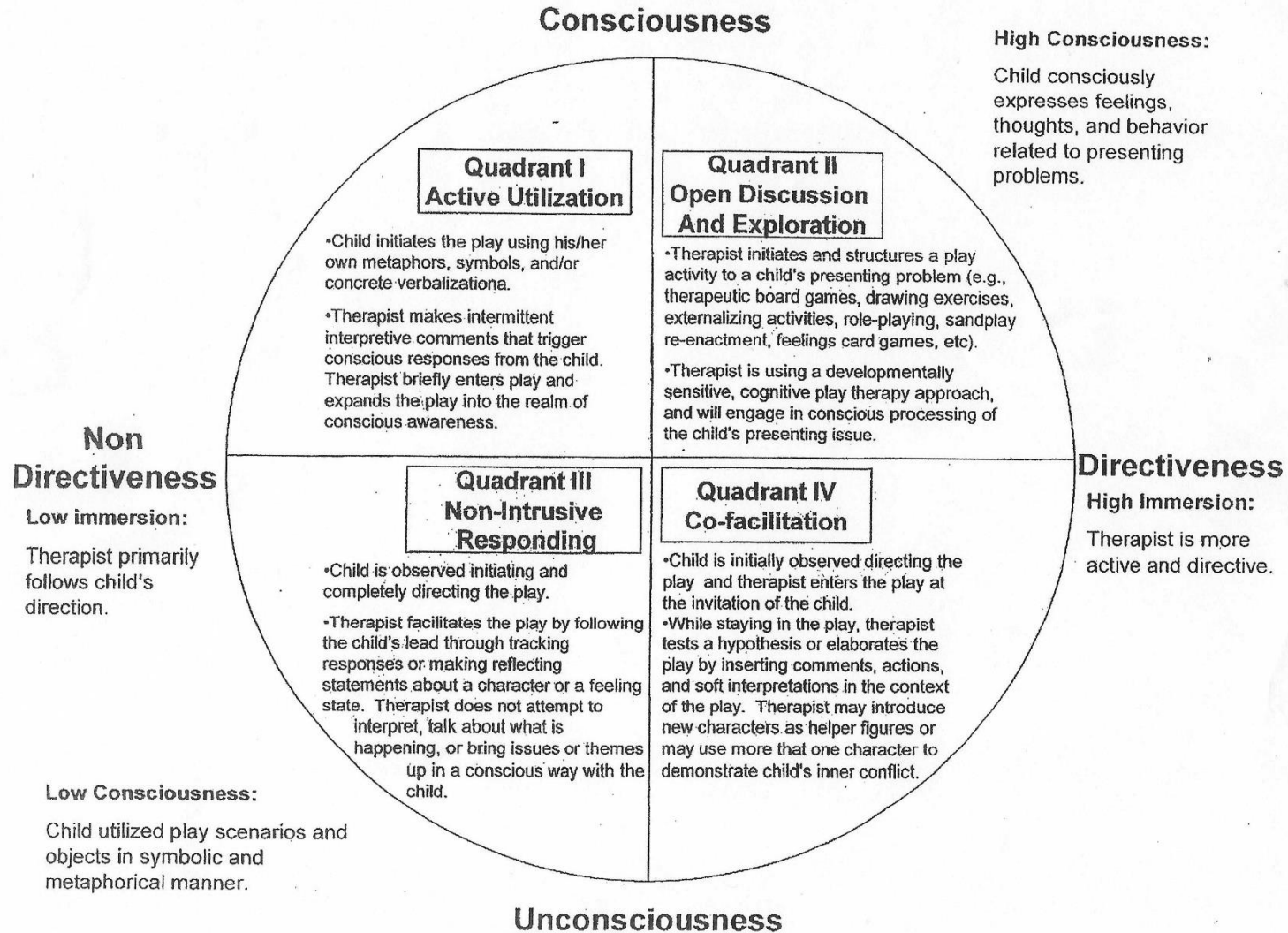
Play therapy in a nutshell

- “Play is the language of children and toys are their words.” – Gary Landreth
- Child centered play therapy: children move towards growth naturally, and deeply experience the world, but do not process it the same way as adults.
- Children have the right to remain silent. Play therapy allows us to deliver care without speech being a barrier. (selective mutism, trauma, autism, etc)

Neuroscience of play

- Play engages both hemispheres, activating bi-lateral stimulation.
- Allows access, regulation and exploration of:
 - safety, body, emotions/relationships, and thought
- Expands window of tolerance through consistent, predictable, repetitive access of neural nets (as apposed to sensitization through random, unpredictable, inconsistent)
- Yaak Panksepp's identification of the PLAY pathway

Explore and reflect on world view



Video game assisted treatment

- What is the benefit?
 - Connects with client in a comfort area, that also illustrates a world view that can be utilized in treatment.
- What video games should I chose?
 - Minecraft is a great place to start.
- How can I manage HIPAA compliance?
 - Consents and expectations to utilize HIPAA compliant platforms for delivery of PHI. No communication using in-game chat or other unsecured methods. I'm not a lawyer, consult to find a consent that works for you and your agency.
- Before utilizing, carefully consider your competence, the appropriateness, and everyone's comfort, safety, and capability.

Use of video games and play therapy with neurodiverse populations

- Sensory processing experience
- Can build social skills in a structured environment
- Trauma
- Autism Spectrum

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Additional Information & Resources

Free video game assisted treatment by Sophia Ansari: letsplaytherapy.org

Kestly, T. A. (2014). *The interpersonal neurobiology of play: Brain-building interventions for emotional well-being*.

Perry, Bruce (2013). SevenSlideSeries: The Human Brain. <https://www.youtube.com/watch?v=uOsgDkeH52o>

Hoffman, K., Cooper, G., Powel, B. (2017). *Raising a secure child: how circle of security parenting can help you nurture your child's attachment, emotional resilience, and freedom to explore*. New York: Guilford Press.

Siegel, D. J., Bryson T. P. (2011). *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Brain*.

<https://www.paradisecreekcounseling.com/index.html>

Additional Free Resources for Washington State Behavioral Health Providers

EDUCATIONAL SERIES:

- UW Traumatic Brain Injury – Behavioral Health ECHO
- UW Psychiatry & Addictions Case Conference ECHO
- UW TelePain series

PROVIDER CONSULTATION LINES

- UW Pain & Opioid Provider Consultation Hotline
- Psychiatry Consultation Line
- Partnership Access Line (pediatric psychiatry)
- Perinatal Psychiatry Consultation Line

