

Thank you for reviewing the wish list of resources for our Bouma Counseling Center which encompasses Trauma Focused Cognitive Behavioral (TFCBT) Therapy, Community Care Management (CCM) Services, and Traditional Outpatient (OP) Therapy teams at Wedgwood Christian Services. These resources are beneficial and conducive to the clients we serve in our programs. We utilize resources such as books, games, craft supplies, fidgets, etc. to aide in processing trauma responses and trauma symptoms including cognitions and emotions that cause daily impairment for those we serve. We want to make our therapeutic sessions and environment not only beneficial with psychoeducation but also, we strive for positive engagement which embodies fun and interactive interventions for all age groups.

OUR NEEDS BROKEN DOWN:

- ***CRAFT SUPPLIES:***
 - Items such as paint, glue, watercolors, and glitter/glitter glue can be utilized to create self-regulation activities (mood jars, deep breathing assistive devices, visual meditation) for clients to not only practice in session but also to utilize outside of session in their day-to-day interactions. Construction paper, stickers, coloring objects, tape, etc. also help clients interact through art while processing trauma topics in a created safe self-regulated space. At times, youth prefer to draw topics that they are experiencing heightened feelings/cognitions of avoidance, arousal, or reactivity towards. In other words, art is an amazing way to get youth/adolescents to open up about challenging memories that have happened within their lives leading towards a PTSD diagnosis and need for evidenced based treatment such as TFCBT.

- ***FIDGETS/SENSORY ITEMS:***
 - Sensory toys, fidgets, stress balls, and even weighted blankets/stuffed animals are an ongoing area of need for our clients. These items assist in emotional regulation both in and out of session, feelings identification and healthy affect modulation, and simply allow children to learn how to create a safe space in their own environments.

- ***BOOKS/BOARD GAMES/CARD GAMES***
 - There are thousands of potential therapeutic options that allow for interactive psychoeducation. Children's books can aide in the normalization of experiences, as well as provide education on specific traumatic experiences and positive coping skills. Card games and board games can be adapted to aide in psychoeducation surrounding healthy feelings identification and healthy affect modulation. For instance, you can utilize the colors in the game of UNO to coordinate with a feeling word (RED – ANGER, BLUE – SADNESS, YELLOW – HAPPINESS, etc.) while playing UNO with the client you can dialogue about each feeling word corresponding to important people in their life while role-playing and challenging any relevant unhealthy cognitions that present. There also are both card games and board games that have a focus on trauma, feelings expression and identification, as well as cognition exploration.

WHY WE USE RESOURCES IN THERAPY?

- The ability to utilize books, games, crafting supplies, etc. can not only build the therapeutic relationship but can also enhance, foster, and increase communication regarding trauma or difficult conversations between youth/adolescents and the clinician. Additionally, these tools

can relax the clients which allows for more specific dialogue to occur surrounding trauma specific responses, symptoms, and details. For instance, these tools (books, games, etc.) can assist in the role playing of therapeutic skills in session that then show a reduction in overall trauma responses such as hyperarousal, reactivity, or impulsivity.