

Basic Theoretical Model of CBPT

CBPT基本理论模型



COGNITIVE -BEHAVIORAL PLAY THERAPY

认知行为游戏治疗

Susan M. Knell, Ph.D.

Susan M. Knell博士

Clinical examples in this presentation are all confidential and may not be released or forwarded without the written permission of the author.

本幻灯片中的临床案例皆为保密，非作者允许不能外传或转载。





What is Cognitive Behavioral Play Therapy?

什么是认知行为游戏治疗？

by Susan M. Knell, Ph.D.

BASIC THEORETICAL MODEL OF CBPT





COPYRIGHT 版权声明

Copyrighted material of the CBPT Research Center

© 2022 CBPT Research Center

All rights reserved. Any reproduction prohibited

版权材料来自the CBPT Research Center

© 2022 CBPT Research Center

保留所有权利。禁止任何复印



Overview of Training 培训概览



Part ONE: Basic theoretical Model 第一部分：基础理论模型

➤ 1. What is Cognitive Behavioral Play Therapy? 什么是认知行为游戏治疗?

- *Overview of Cognitive Behavioral Play Therapy (CBPT) with young children*
- *Foundations: Play Therapy, Cognitive Therapy (CT)*
 - Basics and Major Premises of CT
- *Applications of CBPT*
- *Issues with young children*
- *Integrating CT and Play therapies*
- *Principles of CPT*
- *Implications*
- 2. *How to do CBPT?*
- 3. *Important considerations in CBPT*
- 4. *Designing CBPT for a child*

- 针对幼儿的认知行为游戏治疗（CBPT）概览
- 基础：游戏治疗，认知治疗（CT）
 - 认知治疗的基础和主要预设
- CBPT应用
- 幼儿议题
- 整合认知治疗和游戏治疗
- 认知行为游戏治疗的基础原则
- 影响
- 2. 如何使用认知行为游戏治疗？
- 3. 认知行为游戏治疗中的注意事项
- 4. 为儿童设计认知行为游戏治疗



What is Cognitive Behavioral Play Therapy?

什么是认知行为 游戏治疗？

Cognitive-Behavioral Play Therapy (1993)

Il gioco in psicoterapia (Italian-1998)

Bilissel Davranisci Oyun Terapisi (Turkish- 2021)

《认知行为游戏治疗》（1993）

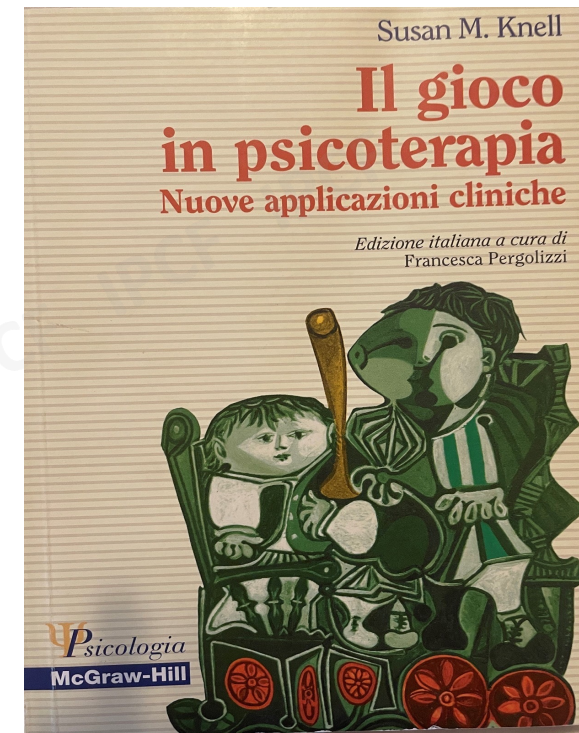
意大利语版 “Il gioco in psicoterapia” (1998)

土耳其语版 “Bilissel Davranisci Oyun Terapisi”
(Turkish- 2021)

© any reproduction prohibited



Susan M. Knell



Foundations of CBPT

CBPT 基础

:



Play Therapy

游戏治疗



- “Play is the child’s language and toys are the words” (Landreth)
- “游戏是孩子的语言，玩具是这种语言所用的词汇。”(Landreth)
- Play has an important role in child development
- 游戏对儿童发展至关重要
- Play is the natural language for young children-Children can play out things they can’t express in words
- 游戏是儿童的自然语言
- Fantasy play is a window into the child’s thoughts, feelings, conflicts
- 幻想游戏往往是了解儿童思想，感受和冲突的窗口
- A therapeutic relationship can be formed through play
- 通过与儿童游戏和儿童建立治疗关系
- Multiple theoretical approaches to playtherapy
- 游戏治疗有多种理论
- Therapeutic powers of play
- 游戏的疗愈力量
- Play as therapeutic vs PlayTherapy
- 疗愈性的游戏VS游戏治疗



Cognitive Behavior Therapy*Theory

认知行为游戏治疗



- Behavior is adaptive -行为具有适应性
- Interaction between thoughts, feelings, and behavior -识别想法、感受和行为之间的联系
- Cognitions influence emotions and behavior -认知影响情绪和行为
- People respond to their interpretation of events, rather than the events themselves -人们对事件的自我诠释作出反应，而不是对事件本身作出反应
- Behavior is multiply determined, with many factors contributing -行为是由多种因素决定的，许多因素促成一种行为
- Maladaptive/Dysfunctional beliefs have an impact on behavior -适应不良/功能失调的信念对行为有影响
- Cognitive Distortions (adults) vs Maladaptive beliefs (children) -认知失调（成人）vs不良信念（儿童）
- CBT with children is fundamentally similar in theory and in practice to work with adults -针对儿童的CBT治疗在理论和实践上与成人工作本质相似
- However, challenge is understanding the developmental factors in child psychopathology, behavior change, and implementing therapy -挑战在于理解儿童心理的发展特性，行为变化和如何应用治疗

* The term Cognitive Therapy usually refers to the work done by Aaron T. Beck (beginning in the 1960s) and is under the broad umbrella of Cognitive Behavioral Therapy (or Cognitive Behavior Therapy). CBT includes other approaches to both cognitive and behavioral therapies beyond those developed by Beck.

* “认知治疗”一词通常与Aaron T. Beck的工作相关（始于20世纪60年代），从属于“认知行为（的）疗法”。CBT也涵盖除了Beck博士开发的疗法外的其他干预疗法



Cognitive Behavior Therapy - Basics

认知行为游戏治疗



- Brief □ 简短
- Time limited □ 有时间限制
- Directive □ 引导性
- Specific, concrete goals □ 具体目标
- Based on strong therapeutic relationship □ 建立在良好的咨访关系之上
- Core approach is collaborative empiricism (work together to establish common goals)

核心方法是合作经验主义（共同确立一致目标）



Major Premises of Cognitive Behavior Therapy

认知行为治疗主要预设



Thoughts influence emotions and behavior

适应不良的思想影响情绪和行为

Interpretation of events are shaped by beliefs and assumptions

人们对事件的解释由信念和假设塑造

Errors in logic (“cognitive distortions”) are prevalent in those experiencing psychological difficulties

经历心理障碍的人往往有逻辑错误（“认知扭曲”）



Applications of CBT

CBT的应用



- CBT used with increasingly
CBT应用趋势



- *Broad range of populations over the past 50 years.*

过去50年，应用人群越来越广泛

- *Younger populations-- adapted for use with adolescents and older school-age children*

应用人群年轻化——改编适用于青少年 和 较大的学龄儿童

- Many believed that CBT could not be adapted for use with young children

很多人认为，CBT无法改编适用于幼儿

Issues with Preschool-Age Children 学龄前儿童的问题



➤ Do young children have the cognitive resources to benefit from Cognitive Behavior Therapy?

幼儿有足够的认知资源以受益于认知行为治疗吗？

- Look at evidence 寻找证据
- Explore the alternatives 探索替代选项
- Examine the consequences 检查行为后果



Does the theory of Cognitive Behavior Therapy make with youngchildren?



认知行为疗法的理论对幼儿是否有意义？

Since young children's thinking can be maladaptive, these thoughts can influence emotions and behavior 幼儿的思维可能适应不良，从而影响情绪和行为

– *“I am a bad kid, because my dad left our family” (maybe if I act out, he'll come back)*

“我是一个坏孩子，因为我爸爸离家出走”（如果我发脾气，他就会回来）

➤ Interpretation of events are shaped by beliefs and assumptions 人们对事件的解释由信念和假设塑造

– *“I don't think anyone likes me, so if my friend is busy and doesn't want to play, I assume he doesn't like me either.”*

“没有人喜欢我，所以如果我的朋友很忙，不想和我玩，那么他也不喜欢我。”

➤ Sometimes thoughts may be neutral (not positive), but not maladaptive

思想可以是中性的（不是积极的），但不是“适应不良的”

– *“I never put my head in the water before” (not positive, “I can do this”, or negative “I'm afraid”)*

“我从未把头放进水里过”（而不是积极想法，“我可以做到，或者消极想法“我害怕”）

– *However, neutral thoughts are often not adaptive or helpful in promoting psychological well-being.*

然而，中性思想通常也不具有适应性，也无法帮助儿童提高心理健康程度。





Introduction: CBPT

介绍：CBPT

Incorporates cognitive and behavioral interventions within a play therapy paradigm

在游戏治疗的范式中融入了认知和行为干预

Provides a theoretical framework, based on cognitive behavioral principles, and integrates these in a developmentally sensitive way

提供了基于认知行为的理论框架，并根据儿童的发展特点整合了这些治疗理论

Utilizes a specific problem-solving approach to help the child develop more adaptive thoughts and behaviors

以问题解决为主导，帮助儿童发展更具有适应性的思想和行为



Integrating CBT and Play Therapies

整合认知治疗CBT和 游戏治疗



© any reproduction prohibited

CBT, with its emphasis on verbal interventions, and play therapy, with its focus on play, appeared incompatible

CBT强调言语干预，而游戏治疗集中于游戏，两者看似不相容

The egocentrism, concrete thought, and irrational thinking of the pre-operational stage child makes CBT inherently difficult

前运算阶段具有自我中心主义，具象思维以及适应不良或非理性的思维。使得幼儿CBT干预具有天然困难属性

First published case report(1985) of integration of cognitive interventions and play therapy with a pre-school age child (Knell & Moore, 1985)

1985年，首个结合认知干预和学龄前儿童游戏治疗的案例报告正式发表。(Knell & Moore, 1985)





Adapting Cognitive Behavioral Therapy for Work with Young Children

改编认知行为治疗
使其适用于幼儿治疗工作

Symbolic Play

象征性游戏



Verbal Communication

语言交流



Principles of CBPT

CBPT的原则



- Adapted from Beck and Emery (1985) for use with young children (Knell, 1993)

将Beck and Emery(1985) 的认知行为治疗改编适用于幼儿工作(Knell, 1993)

- *Principles that apply to young children*

适用于幼儿的原则

- *Principles that apply with modifications to young children*

改编后适用于幼儿的原则

- *Principles that do not apply to young children*

不适用于幼儿的原则





Cognitive Behavior Therapy Principles that Apply to Young Children

适用于幼儿的认知行为治疗原则

- CBT is based on the cognitive model of emotional disorder
- CBT is brief and time limited
- A sound therapeutic relationship is a necessary condition for effective CBT
- CBT is structured and directive
- CBT is problem oriented
- CBT is based on an educational model
- CBT基于情绪障碍患者的认知模式
- CBT简短，具有时间限制
- 有效应用CBT依赖于良好的咨访关系之上
- CBT具有结构性和引导性
- CBT以问题为导向
- CBT是基于教育的方法



Cognitive Behavior Therapy Principles that Apply to Children, with Modifications

改编后适用于幼儿的原则



- Therapy is a collaborative effort between therapist and patient
治疗过程需要治疗师和来访者的合作努力
- The theory and techniques of CBT rely on the inductive method
CBT理论和技术依赖于归纳法
- CBT uses primarily the Socratic method

CBT主要使用苏格拉底问答法





Cognitive Behavior Therapy Principles that do not apply to young children 不适用于幼儿的CBT原则

- Homework is a central feature of CT
- “认知疗法的核心特征是布置家庭作业”



Summary: CBPT- Basic Theoretical model

总结：CBPT 基础理论模型



- CBPT incorporates cognitive and behavioral interventions within a play therapy paradigm□
CBPT在游戏治疗的范式中融入了认知和行为干预
- It provides a theoretical framework based on cognitive-behavioral principles
它提供了一个基于认知行为原则的理论框架
- CB therapies are based on the premise that cognitions determine how we think and act
前提假设是个体认知决定其思维和行动
- Young children have maladaptive thoughts that influence their emotions and behaviors
幼儿的不良思维会影响他们的情绪和行为
- CBT can be used with young children if it is adapted in a developmentally sensitive way□
可以用适应儿童发展特性的认知行为方法来进行幼儿干预
- CBPT is psychoeducational in nature, and goals are important□
CBPT具有心理教育的特性，强调设立目标
- CBPT is often communicated indirectly through play (e.g., Modeling)□
CBPT通常通过游戏进行非指令性交流（例如，示范）