

# Basic Theoretical Model of CBPT

## COGNITIVE - BEHAVIORAL PLAY THERAPY

*Susan M. Knell, Ph.D.*

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Contact information for requests: [smkphd@gmail.com](mailto:smkphd@gmail.com)



# What is Cognitive Behavioral Play Therapy?

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by Susan M. Knell, Ph.D.

BASIC THEORETICAL MODEL OF CBPT

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# Overview of Training

- Part ONE: Basic theoretical Model
- 1. What is Cognitive Behavioral Play Therapy?
  - *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*

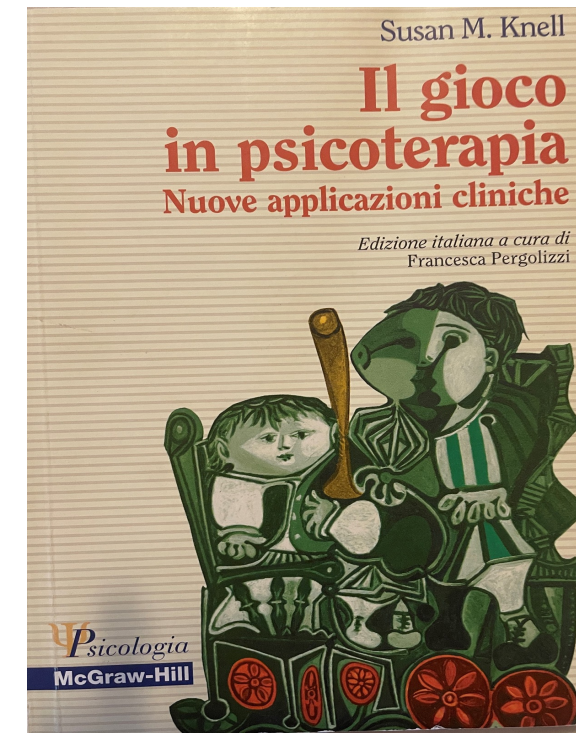
# What is Cognitive Behavioral Play Therapy?

Cognitive-Behavioral Play Therapy (1993)

Il gioco in psicoterapia (Italian -1998)

Bilissel Davranisci Oyun Terapisi (Turkish-2021)

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# Foundations of CBPT



# Play Therapy

- “Play is the child’s language and toys are the words” (Landreth)
- Play has an important role in child development
- Play is the natural language for young children-Children can play out things they can’t express in words
- Fantasy play is a window into the child’s thoughts, feelings, conflicts
- A therapeutic relationship can be formed through play
- Multiple theoretical approaches to play therapy
- Therapeutic powers of play
- Play as therapeutic vs Play Therapy



# Cognitive Behavior Therapy\* Theory



- Behavior is adaptive
- Interaction between thoughts, feelings, and behavior
- Cognitions influence emotions and behavior
- People respond to their interpretation of events, rather than the events themselves
- Behavior is multiply determined, with many factors contributing
- Maladaptive/Dysfunctional beliefs have an impact on behavior
- Cognitive Distortions (adults) vs Maladaptive beliefs (children)
- CBT with children is fundamentally similar in theory and in practice to work with adults
- However, challenge is understanding the developmental factors in child psychopathology, behavior change, and implementing therapy

\* 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.



# Cognitive Behavior Therapy - Basics

- Brief
- Time limited
- Directive
- Specific, concrete goals
- Based on strong therapeutic relationship
- Core approach is collaborative empiricism (work together to establish common goals)

# Major Premises of Cognitive Behavior Therapy

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Thoughts influence emotions and behavior

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Interpretation of events are shaped by beliefs and assumptions

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

# Applications of CBT



- CBT used with increasingly
  - *Broad range of populations over the past 50 years.*
  - *Younger populations-- adapted for use with adolescents and older school-age children*
- Many believed that CBT could not be adapted for use with young children

# Issues with Preschool-Age Children

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

- Look at evidence
- Explore the alternatives
- Examine the consequences



# Does the theory of Cognitive Behavior Therapy make sense with young children?

- Since young children's thinking can be maladaptive, these thoughts can influence emotions and behavior
  - *"I am a bad kid, because my dad left our family" (maybe if I act out, he'll come back)*
- Interpretation of events are shaped by beliefs and assumptions
  - *"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."*
- Sometimes thoughts may be neutral (not positive), but not maladaptive
  - *"I never put my head in the water before" (not positive, "I can do this", or negative "I'm afraid")*
  - *However, neutral thoughts are often not adaptive or helpful in promoting psychological well-being.*

# Introduction: CBPT

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Incorporates cognitive and behavioral interventions within a play therapy paradigm

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

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

# Integrating CBT and Play Therapies



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

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

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



# Adapting Cognitive Behavioral Therapy for Work with Young Children

Symbolic Play



Verbal Communication

# Principles of CBPT



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

- *Principles that apply to young children*
- *Principles that apply with modifications to young children*
- *Principles that do not apply to young children*

# Cognitive Behavior Therapy Principles that Apply to Young Children

- 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

# Cognitive Behavior Therapy Principles that Apply to Children, with Modifications

- Therapy is a collaborative effort between therapist and patient
- The theory and techniques of CBT rely on the inductive method
- CBT uses primarily the Socratic method

# Cognitive Behavior Therapy Principles that do not apply to young children

- Homework is a central feature of CT

# Summary: CBPT- Basic Theoretical model



- CBPT incorporates cognitive and behavioral interventions within a play therapy paradigm
- It provides a theoretical framework based on cognitive-behavioral principles
- CB therapies are based on the premise that cognitions determine how we think and act
- Young children have maladaptive thoughts that influence their emotions and behaviors
- CBT can be used with young children if it is adapted in a developmentally sensitive way
- CBPT is psychoeducational in nature, and goals are important
- CBPT is often communicated indirectly through play (e.g., Modeling)