

# Using Experiential Techniques with Older Adults

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“... the need to play is not a trivial or childish pursuit but remains a powerful, positive force throughout our lives”  
(Schaefer, 2003, p. ix)



# Play = Experiential

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Tool for addressing cognitive, behavioral, emotional challenges in a way that helps clients better process their experiences and develop more effective strategies for managing their worlds (“Parents Corner”, n.d.)

# Language Bias

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“...we don't realize that many behaviors we do as adults frequently are not seen as play behavior when they really are play at its best. Among these are making art, making love, and making spirit.” (Caldwell, 2003, p.304)

# Activity

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Grab 2 minis and find a partner!

Together with your partner, create a story that incorporates all of the figures.

# Important Pieces of Play Therapy

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# Development- Erik Erikson

“... older adults need to maintain intergenerational relationships to limit feelings of depression, and research has suggested that art activities improve the well-being of older adults” (Johannsen, 2019, p. 43)

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# Integrity v Despair

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In the final stage of Erikson's developmental model, older adults are seeking to reach a level of wisdom instead of disdain.

Older adults tend to seek counseling and similar services for help navigating health concerns, loss of control, and relationships.



# Activity

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Create a timeline of the events that led to you being here today. You can start at any point in your life and include as much or as little as your prefer.

# Activity

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One word activity

Select one word or phrase that describes why you're here today. In your groups, create an image that addresses everyone's word or phrase. Feel free to use words, pictures, or symbols.

# References

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