

## Polyvagal Theory Principles and Play Therapy with Theraplay<sup>®</sup> Examples

- Salo, S., Flykt, M., Mäkelä, J., Lassenius-Panula, L., Korja, R., Lindaman, S. & Punamäki, R-L. (2020): The impact of Theraplay<sup>®</sup> therapy on parent-child interaction and child psychiatric symptoms: a pilot study, *International Journal of Play*, DOI: 10.1080/21594937.2020.1806500
- Booth, P.B. & Lindaman, S. (2019). Attachment Theory and Theraplay. *PlayTherapy*, 14,1,14-16.
- Daniel, S., Masters, A. & Donovan, K. (2018). When pediatric medical trauma presents as Asperger's Syndrome: Polyvagal explanations and Polyvagal therapeutic play. In S. Porges & D. Dana (Eds.), *Clinical Applications of The Polyvagal Theory* (pp. 248-269). New York, NY: W.W. Norton & Company, Inc.
- Flores, P.J. & Porges, S.W. (2017). Group psychotherapy as a neural exercise: Bridging Polyvagal Theory and Attachment Theory. *International Journal of Group Psychotherapy*, 67 (2), 202-222.
- Kestly, T.A. (2016). Presence and Play: Why Mindfulness Matters. *International Journal of Play Therapy*. 25(1), 14-23.
- Muris, P & Ollendick, T.H. (2015). Children Who are Anxious in Silence: A Review on Selective Mutism, the New Anxiety Disorder in DSM-5. *Clinical Child and Family Psychology Review*, 18(2), 151-169.
- Porges, S. W. (2015a). Making the world safe for our children: down-regulating defence and up-regulating social engagement to 'optimise' the human experience. *Children Australia*, 40, pp 114-123.
- Porges, S. W. (2015b) Play as a neural exercise: Insights from the Polyvagal Theory. *The Power of Play for Mind Brain Health*, 3-7.

**Suggested pre-reading if possible:**

Porges 2015 a and b as above

Lindaman, S. & Mäkelä, J. (2018). The Polyvagal Foundation of Theraplay Treatment: Combining Social Engagement, Play and Nurture to Create Safety, Regulation and Resilience.

Porges & D. Dana (Eds.) Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal Informed Therapies. NY: W.W. Norton & Company.

**Also referred to above:**

Booth, P. & Jernberg, A.M. (2010). Theraplay: Helping Parents and Children Build Better Relationships Through Attachment Based Play. 3rd Edition. San Francisco: Jossey-Bass.

Lindaman S., Hong, R., Maxonight, D. & Peacock, F. (2020). An overview of the Theraplay model. In S. Lindaman & R. Hong (Eds.) The Theraplay Handbook – Theory, Applications and Implementation. Jessica Kingsley Publishers: London.