

Original Work Proposal:

Play Therapy Dollhouse

Part 1:

The Play Therapy Dollhouse is a type of dollhouse I plan on creating that combines different types of “Play Therapy.” Play therapy has been historically used and is still currently used as a way for psychologists, psychiatrists, and therapists to analyze child patients and either prevent or resolve psychosocial disorders in them. Since children are not able to effectively verbalize their thoughts and feelings, Play Therapy can be used as a way for them to express themselves through regular forms of “playing,” which can therefore help the therapist diagnose and treat the child for the problem or problems they are facing. The purpose of the Play Therapy Dollhouse will be to combine many different types of play therapy into one product; this would create a more interactive and structured session for the patient and can provide the therapist with an innovative tool that serves a multifunctional purpose. The Play Therapy Dollhouse will be equipped with several interactive activities children can use to play with; these activities will not only give a general consensus of the psychosocial behaviors the child possesses, but the therapist can also work with the child during these given therapy sessions to target their issues and help them overcome them. First there will be a set of dolls for the child to choose from, they will be asked to establish a doll for each family member and themselves too. Then they will be asked to model a certain situation with the dolls that is parallel to the problems the child is facing in their real life. For example, if the child is being defiant towards their parents, they may model this situation out using the dolls. The therapist can then take action with therapy and help the child

figure out healthy ways to deal with this situation; this will therefore help the child respond effectively in real life to bring a positive outcome. Then the child will be asked to play with these dolls inside of the doll house and set them in different positions to describe different settings of the day such as bedtime, dinner, playtime, and family time to get a feel of their family dynamics. The way each of these dolls are placed in the house represents their family members and can potentially reveal further issues the child may have. The therapist can therefore work with them to teach them how to feel towards each problem and how to help them respond in a positive way. Following the dollhouse scenarios, a new baby doll will be introduced to the family. If the child is dissociative with the baby doll or aggressive with it, it can indicate a psychosocial disorder.

Part 2:

Prior to beginning the project, I will need to research play therapy extensively. Since I am creating a new type of therapy, it will be essential to make similar connections to other types of play therapy and the different ways children react to them. It is important to understand what each outcome means; the way children react to play therapy can indicate different issues such as ADHD, autism, trauma, anxiety, and a wealth of other mental disorders. After conducting the sufficient amount of research about the different outcomes of play therapy, it will be time to build the physical product. I will need several different dolls to model the situation as well as materials to build the doll house. In the dollhouse, there will be a living room, dining area, kitchen, a play room, a bathroom, and several bedrooms. The child will use the given dolls to model their family dynamics in the doll house. Finally, I will need a small baby doll for the last step of play therapy. The way the baby doll gets treated by the patient will be able to indicate if

they suffer from any mental disorders or problems. This product can be used in therapy or psychiatric offices as a means of therapy for primarily children; its purpose will be to create a meaningful yet entertaining therapy that can benefit both the patient and therapist.

Part 3:

I hope that with this product, I can achieve the goal of creating a new, innovative way for children to enjoy their time in therapy. Often times, children struggle to verbalize their emotions and thoughts therefore it is crucial to find ways to understand the child's psychology in order to properly treat them. With the use of the Play Therapy Dollhouse, I hope I can impact the future of play therapy and encourage further research to figure out new types of therapy that can also benefit children. The research behind what goes into this product will also meet the requirements of analysis and higher level thinking. I will need to do research into what items are appropriate for play therapy use and how each item can bring out a different outcome from each child. Overall, the creation of the Play Therapy Dollhouse will help to deeply understand the field of pediatric psychiatry while also being a creative, new tool that will benefit the field at the same time.