

Gaming Therapies

Information for School Staff

Gaming in Young People's Lives: What School Staff Need to Know

What is Gaming Therapy?"

"Gaming therapy is a form of play therapy that uses video games to help children and young people with emotional and behavioral problems. It is a safe and fun way to explore feelings and learn coping strategies. Research shows that gaming therapy can be effective for a range of conditions, including anxiety, depression, and conduct problems. It is often used in schools and community centers, and can be adapted to suit individual needs. Gaming therapy is a form of play therapy that uses video games to help children and young people with emotional and behavioral problems. It is a safe and fun way to explore feelings and learn coping strategies. Research shows that gaming therapy can be effective for a range of conditions, including anxiety, depression, and conduct problems. It is often used in schools and community centers, and can be adapted to suit individual needs.

Is This Evidence-Based?"

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What the Therapist is Working on

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How You Can Help at School

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Common Questions

"Won't gaming make things worse?"

"What if the young person talks about games in class?"

"Should I join in or ask questions?"

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