

Portal to Your Brain

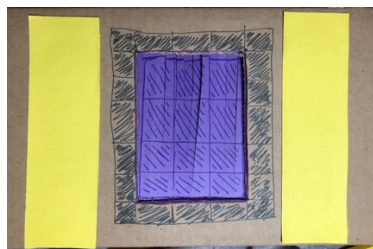
This activity works as a positive expressive coping skill. The clinician will utilize this activity to understand some of the thought processes of their client. It will help the client express thoughts, fears or emotions. The example that is provided uses concepts from multiple video games.

Materials:

- Cardboard boxes
- Crafting materials
- Glue or tape
- Writing utensils

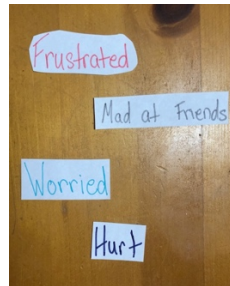
Complete the Activity:

Step 1: Allow the child to create a portal (can be one similar to mindcraft etc) of the materials that you provide.

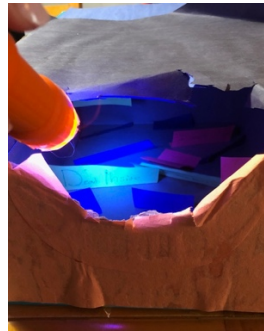


Step 2: Work with the child to understand how they are building a new “portal” to help the therapist see the secret thoughts that hide in their minds.

Step 3: Encourage the client to write their secret thoughts down inside of the “new world” they created in their brain.



Step 4: Enter their "portal" and allow them to provide you with tasks to get to their thoughts.



Step 5: Help the client develop a coping technique to combat each negative thought and feeling shown in the portal.

Step 6: Practice these techniques with the client.

End of Activity options:

- Encourage the client to find ways to discuss 1 or more of the thoughts in the "portal" with someone they trust.
- Ask the client to practice 1 or more of the new coping techniques until they attend the next session.



Portal to Your Brain

Quick clinical tags to add to your notes:

- Worked on self-reflection with the client
- Taught techniques to help the client identify and express emotions.
- Provided coping techniques that will help to reduce anxious/negative/depressive symptoms that the client discussed