

Common Play Therapy Treatment Language

Goal verbs (Long-term goals italicized)

<i>Eliminate</i>	<i>Establish</i>	<i>Maintain</i>	<i>Adopt</i>	Improve
Maximize	Minimize	Experience	Recognize	(Re)Evaluate
Optimize	Identify	Utilize	Engage	Modify
Increase/Decrease	Recognize	Express	Regulate	Release
Build				

Common areas of treatment

Attachment	Regulation	Self-harm	Independence	Confidence
Executive functioning	Managing stressors	Range of emotions	Intensity of emotions	Frustration tolerance
Problem-solving	Cooperation	Affect expression	Grief/Loss	Trauma
Communication	Attention/Focus	Impulsivity	Aggression	Emotional literacy
Pro-social behaviors	OCD-related behaviors	Social competence	Stress/Anxiety	Managing stressors
Self-esteem	Control	Isolation	Coping skills	Boundaries
Sexualized behaviors	Academic functioning	Relational concerns	Addiction	Somatic complaints
Capacity building	Competence	Safety	Feelings of worth	Guilt/Shame

Intervention verbs

Explored	Encouraged	Challenged	Modeled	Examined
Experienced	Discussed	Developed	Role-played	Reframed
Assigned	Assessed	Acknowledged	Affirmed	Built
Practiced	Clarified	Amplified	Identified	Set limit
Reflected	Reinforced	De-escalated	Confronted	Provided
Taught	Imagined	Collaborated	Directed	Explained
Supported	Facilitated	Linked L & R hemi	Bilateral	Acted out
Prompted	Redirected	Validated	Listed/Named	Verbalized
Observed	Monitored	Normalized	Mirrored	Scaled
Checked in	Asked	Established		