

TEEN THERAPEUTIC GAMING GROUP

Building Social Skills, Confidence, and Self Efficacy



Table-top roleplaying games (TT-RPGS)

Table top role playing games (TTRPGs) have been shown to be a useful therapeutic tool for interventions aimed at helping clients with depression and anxiety, social anxiety, disruptive behaviors, ADHD, autism, and resilience enhancement.¹ Practicing social interactions through role play can also increase social skills and confidence in real-life situations.

This group would be aimed at helping teens ages 15-18 build **social skills, confidence, and self-efficacy** through team-based interactions. Players will practice communication, problem-solving, and conflict management in a safe, supportive, and fun environment.



Group Structure

Sessions meet for 1.5 hours and run for 8 weeks with **weekly meetings**. Each group should consist of **3-5 players** with no prior gaming experience or knowledge required. All materials will be provided.

Interventions will be based on the integration of **CBT psychoeducation** with focus given to developing skills and encouraging self-reflection.

Fees: \$25 per session



How it Works

The bulk of session time will involve direct gameplay. Roleplaying games consist of scenes that include **social interaction**, exploring the imaginary environment, and combat scenes. The narrative is able to be adapted according to the specific skills/ interests/ needs of participants. Following gameplay, participants will be encouraged to **reflect on behavior** exhibited in the gameplay, with focus given to encouraging participants to reflect on CBT concepts such as **ABC** and **alternate behavior options**, as well as how the strengths and skills exhibited may be impactful in the real world.

RPG Element	Driver of change
Character creation - stats, abilities, background	Recognition and debriefing of the player's personality aspects projected in the creation of the character.
Fictional narrative with hooks and tasks	It keeps players motivated to pursue a goal and coordinate the group
Order of action - each player has to take actions in their own turn	It creates situation to train group coordination and civility
Collaborative game	As a collaborative intervention, it facilitates relationship-building and conflict management.
Unpredictability of Dice rolls	It promotes situations that help dealing with unexpected situations, frustrations and quick problem-solving ideas
Character progression - level/abilities progression	Conflict resolutions are rewarded with new abilities/powers → positive reinforcement
Narrative with emotional and bonding possibilities	It fosters the establishment of new connections and relationships, while also providing opportunities to cultivate empathy through various scenes.
Role Playing	Congruence, self-exploration, simulation, acting-out
Structured experience with rules and dynamics	Basis of acting-out, re-signification with a controlled environment.

from Critical Skills Methodology¹

Contact Information

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¹Otani, V. H. O., Novaes, R. A. C. B., Pedron, J., Nabhan, P. C., Rodrigues, T. M., Chiba, R., Guedes, J. V. C., Marques, L. M., & Vissoci, J. R. N. (2024). Framework proposal for Role-Playing Games as mental health intervention: the Critical Skills methodology. *Frontiers in psychiatry*, 15, 1297332. <https://doi.org/10.3389/fpsy.2024.1297332>