

Encourage
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THE BARNABAS

2022

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You can learn a great deal about a child from how they play. Are they an extrovert or an introvert? What are their interests based on what they are drawn to? Sports, art, music? Are they able to stay at one game or task for long or do they dart back and forth from many things? Do they take the lead or follow along with others? Do they repeatedly go back to the same activities or are they excited to try new things when offered?

Adults are often so eager to introduce children to new activities and skills and/or ideas, that we often may forget to just watch a child and see what he or she is naturally drawn to. [CCTI](#) teaches the importance of play through our STOP Model in [Module 1](#) and how we can use play to help a child heal from trauma and/or crisis.

The attached article, as well as the eye-witness account from our newest team member, Jessica Bridges, are wonderful insights into the importance of play. I pray that these give you a moment to pause and reflect on how you can also use play and observation to help you reach a child in need. As always, we hope you are enriched, equipped and encouraged by what you read here. If we can be of any help, please let us know!

Serving Him Together,

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PLAY THERAPY AND SPECIAL NEEDS CHILDREN

As [CCTI](#) teaches through our STOP Model in [Module 1](#), *Organized Play is a crucial piece to helping children heal from trauma. Please read through this article to better understand the philosophy behind play therapy.*

Play therapy offers a variety of benefits for children who have not yet developed the verbal skills needed to express and process their feelings, thoughts, and behaviors articulately. As an educator who works with special needs children, play therapy has been one of the best tools! This technique helps us connect with our children in a fun and meaningful way. We are able to



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How God has used us in the lives of these children

The Bible teaches that we are all made according to God's image (Genesis 1:27). That includes all of us, even those with disabilities! My calling and ministry are to help children flourish not by focusing on their disabilities or delays but instead by identifying their self-worth, their God-given gifts, and strengths.

Our biggest challenge and how the Lord works through our ministry to bring healing and transformation is child abuse, specifically either verbal or emotional abuse. Children with exceptional physical or psychological needs can overwhelm their parents. Parents can feel overwhelmed, especially when there is no support system in the extended family, church, or community.

Continued...

PLAY THERAPY AND SPECIAL NEEDS CHILDREN

Some parents who visited our center didn't recognize that their parenting styles are abusive. As believers and followers of Christ, we try to bring healing into this broken world by protecting those whom God has entrusted into our care and responding to abuse in a way that brings hope instead of hurt.

What can I do to avoid verbally abusing my child?

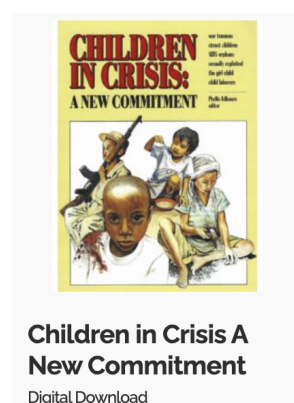
The American Academy of Pediatrics recommends using what is called as the RETHINK method to bring your feelings under control. RETHINK stands for:

- Recognize your feelings.
- Empathize with your child.
- Think of the situation differently (Try using humor).
- Hear what your child is saying.
- Integrate your love with your angry thoughts.
- Notice your body's reactions to feeling anger and to calming down.
- Keep your attention on the present problem.

What are some examples of play therapy's positive impacts on children?

As they become more comfortable with us and our bond strengthens, they become more creative or more verbal in their play. These are the results we have seen in our children through the use of play therapy:

- Taking more responsibility for certain behaviors
- Developing empathy and respect for others
- Learning to fully experience and express feelings
- Stronger family relationships
- Learning to pray for their parents



Continued...

PLAY THERAPY AND SPECIAL NEEDS CHILDREN

How has COVID affected your ministry?

In June 2021, COVID hit Indonesia. Half of our educators were affected, including myself, and we had to shut down our center for 3 months. Some of our educators decided to resign due to fear and anxiety of coming to work in the midst of COVID rising. We offered therapy sessions online, yet it was challenging. Sitting in front of a screen with their children was an unending battle for parents, but God is good and faithful! We were able to recruit new, loving, and committed educators as our center reopened. Children were progressing well in terms of their learning skills, including those who took a break from therapy sessions. Children with speech and developmental delays have begun sounding out words and becoming more fluent in their speech. God takes good care of each one of us!

What resources might you be lacking to meet their needs emotionally?

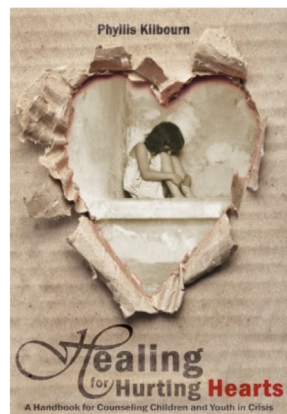
Churches with an action plan/program to help address the verbal abuse issue, as well as an accepting community that is willing to guide and maintain the needs of these families.

How others can get involved?

Please pray for our Muslim educators to love and teach our children with the love and heart of Jesus! Pray for the special needs community so they might grow their faith in the Lord. Additionally, pray for more ministry partners and volunteers!

Biography

Ferawaty Lim has been working with special needs children for the past 14 years. She is currently living in Indonesia. Her goal is to bring awareness, hope, and the love of Christ to children and adults with developmental delays or emotional needs.



THE KEY

by Jessica Bridges

As we walked in the door of the large room, where all of the small children were playing, my daughter's eyes caught the blank stare of a little boy sitting in the corner. The other children ran around the room, grabbing toys and pulling on our arms for attention, but not Antone. Antone sat alone, still, and silent. We quickly noticed that he seemed to be unresponsive and numb towards others. It was as if we needed a key to unlock the door to his mind and let him out. As we visited him weekly, we would call his name and try to encourage interaction, but he did not respond.

This sounds like a sad story full of disappointment, but it has a beautiful ending. We found the key to unlocking Antone's mind and emotions. That key was play. He started going to Fera, the author of the other article in this month's Barnabas Letter, for several hours each week. She began to use different kinds of interactive play therapy with Antone. I will never forget the day we walked into that same large room, just two weeks after he began his play therapy sessions. As we climbed the last set of stairs, Antone saw us, and he came running with a huge smile on his face. He jumped into my arms and hugged me so tight. It was an incredible moment. The language of children is playing and Antone did not know how to process or communicate all his loss and pain until that door was unlocked for him. Play gave him an outlet, and he began to express his emotions and form attachments to others. Not too long ago, he was adopted and I know that because of the way the Lord used play therapy like a key to unlock Antone's mind, he is able to receive love and love in return.

Biography

Jessica Bridges has been working with orphans and street children for the past 15 years. She has been living in Indonesia for the last 7 years. She is now in the United States serving on the Crisis Care Training team and has a passion for equipping and training others with a heart to





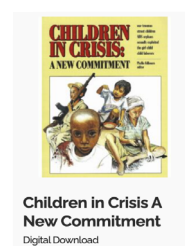
We are currently taking applications for the 2023 Winter Semester.

If there is a training that you are interested in, please email denise@ccti-wec.org for an application and details.

Books:

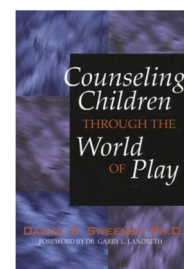
Children in Crisis: A New Commitment

<https://crisiscaretraining.org/product/children-in-crisis-a-new-commitment/>



Counseling Children Through the World of Play

https://www.christianbook.com/counseling-children-through-the-world-play/daniel-sweeney/9781579106546/pd/10654X?en=google&event=SHOP&kw=church-supplies-20-40%7C10654X&p=1179710&utm_source=google&kw=&mt=&dv=c&event=SHOP&p=1221303&cb_src=google&cb_typ=pmax&cb_cmp=18087583840&cb_adg=&cb_kyw=v=c&event=SHOP&p=1221303&gclid=CjwKCAjwyaWZBhBGEiwACslQo98LaGV4AqQCcmdsd1mgPZSTDAgUbjnB9TdZw0Ruejl5Yx9BJNeMwxxoC98sQAvD_BwE



Websites:

<https://christiancounselingco.com/5-types-of-play-therapy-methods/>

<https://voice.dts.edu/article/play-therapy-and-the-art-of-parenting-thacker-andi/>

