

Therapeutic Potential of Games

Jingyu Sui

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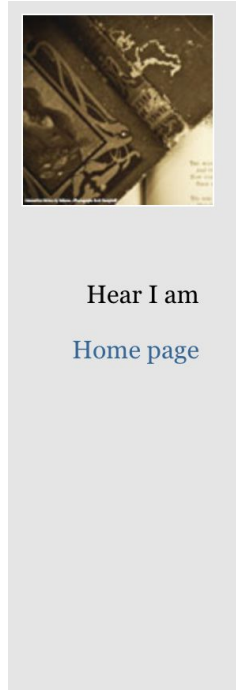
I am a second year master student in Games for Learning at NYU.

I am passionate about researching and designing educational, emotional, and therapeutic games.



Making Personal Games Helps the Designer Cope

- Imaginary scenes & conversations
- Alternative choices & interpretation
- Process and share through playtest & feedbacks



"CAN YOU HEAR ME?"

"I can hear you."

"CAN'T YOOOUUU HEARRRRR MEEEEEEEE?"

"I CAN hear you!!!!!"

"Can you...at least...hear me..."

"I....."

Text adventure game: Hear I am

Therapeutic Potential of Commercial Games



Reduce flashbacks of
traumatic memories



Reduce depression
symptoms and stress



Help children with
autism build social skills

Research on Games Designed for Therapy

Play Therapy: toys, analog games with children, decades

(Schaefer & O'Connor, 1983)



VR therapy: immersive experience, pain relief, PTSD

(Gonçalves, R., Pedrozo, A. L., Coutinho, E. S. F., et al., 2012)

(Hoffman, H. G., Meyer III, W. J., Ramirez, et al. 2014)



Game's Therapeutic Potential

WHY?

- Highly interactive
- Immersive: Attitudinal, behavioral, identity change (Gee, 2003)
- Affordability

HOW?

- Adaptive coping (distraction, control, symptom substitution);
- Eudaimonic well-being (confidence, insight, role functioning)
- Socializing (participation, support, brotherhood).

(Colder Carras, M., Kalbarczyk, A., Wells, K., et al., 2018)

Design Therapeutic Personal Games

- Ask Questions & role play (Letter to You, create a character to write letters to in a group)
- Behavioral Change: Facts doesn't generate behavioral Change, self efficacy is the key ("Yo Procrastination", a game for tackling procrastination) (Novák, D.,2015)
- Use therapy techniques to help players open up (Croodles: Cognitive Behavioral Therapy "interviewing")(Dr. David Burns, TEAM-CBT workshop)
- Research as lenses to understand & convey personal experiences, especially when designing for therapeutic experiences

Take Care of Yourself



Thank you!!!!

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Image References

Bejeweled image

<https://java.mob.org/game/bejeweled.html>

Tetris image

<https://play.mob.org/game/tetris.html>

Pac-man image

<https://store.line.me/themeshop/product/9ae0561f-3bc8-4851-81ed-a8d3c05419f6/en>

Miner image

https://en.wikipedia.org/wiki/Miner#/media/File:Freiburg_Miner_1330.jpg

VR image

<http://www.vrtherapynews.com/virtual-reality-therapy-better-pain-opioids/>

Play therapy image

<https://www.fireflycounselling.ca/blog/what-to-look-for-in-a-good-play-therapist>