

Eastern Colors in Play – Toy, play and symbol in Asian cultures

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Play and creativity work attracts mental health professionals because it opens various routes to communicate with their clients. Culturally sensitivity is always crucial for helping professions. Working with clients from different cultures in their play and creativity communications, counselors need more awareness and knowledge. In this education session, the role of play in the eastern culture will be introduced. Participants can see and play with traditional Chinese toys and typical eastern toys used in the play therapy. A study on eastern and western symbol comparison will be presented through a/v medias. Attendees will learn important symbols from the eastern cultures and how it may different from the western view. Important contents for this Education Session are as followings:

1. Introduction of the demographic profiles among diversity group of Asian. There seems to be some common themes among these groups.
2. Play materials will be introduced from two aspects: one part is the traditional toys for overall growing experiences in Asian; the other part is the toys used for play therapy with Asian kids.
3. Interactive activity will be used to invite participants playing with eastern toys.
4. Adults in children's life will be discussed, especially concerns for the parent consultation in therapy.
5. Typical eastern symbols will be introduced and compared with western symbols. This part will use a media player film to demonstrate.
6. Final discussion will summarize how we use play and symbol in counseling people in Taiwan and provide suggestions for working with Asian in the helping profession to promote culturally sensitivity.