



# TABLE TOP ROLE PLAYING GAMES



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# WHY USE TTRPG'S IN THERAPY?

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## BASED ON RESEARCH

The theory behind using TTRPG's in therapy is the same that is used in traditional therapy except its presented in a different way with less or no technical terms

## WHO DOES IT BENEFIT?

Everyone can benefit from using TTRPG's in the therapy session. The therapeutic games are very flexible and can be very helpful for individuals regardless of class, skin color, age, financial situation, gender, or sexual orientation. It can be specially helpful for individuals who are familiar with and enjoy TTRPG's as it can make therapy less intimidating.

## HOW DOES IT WORK?

While TTRPG's can be used at home it is different when used in the therapy session. The players (clients) and the DM (therapist) are working towards a very specific goal to help the players understand, practice, and process life's difficulties. As with traditional therapy a therapeutic game is tailored to the client and its a safe space for everyone.

## WHAT ARE THE BENEFITS?

- It may be more accessible and easier to understand
- It encourages creativity, social interaction, flexibility, empowerment and engagement
- Adds the element of surprise (its less structured in some ways than traditional therapy)
- Allows individuals to look at one issue from multiple perspectives
- Helps to connect and interact with others
- A safe place to explore the consequences of impulsive action/decisions