
ABSTRACT

Play therapy with a boy having Tourette's syndrome and attention-deficit/hyperactivity disorder (ADHD): The process of tackling difficult-to-control suffering

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This paper examined a play therapy case with an elementary school boy with Tourette's syndrome and attention-deficit/hyperactivity disorder (ADHD). The boy's impulsive actions sometimes injured the therapist and damaged the toys. The therapist's way of restricting the boy's dangerous behaviors, as well as accepting him with empathy and reflection, led the boy to develop other behaviors where he tried to control his strength and redirect it in light of safety. To cope with involuntary movements such as tics, he intentionally tried to switch to other activities where he could control himself and calm down. His psychological changes were also attributed to the support of his parents, teachers, and friends. When he experienced sadness when separating from the therapist and others, he overcame these difficulties by expressing his sadness in words and conducting some farewell rituals. This case showed the importance of the therapist's empathic understanding toward clients that have difficulties overcoming uncontrollable body movements and events, and the therapist's recognition of a client's conscious effort based on the therapeutic relationship.

Key Words: Tourette's syndrome, tics, attention-deficit hyperactivity disorder (ADHD), play therapy, difficult-to-control
