



Understanding Memory Processing Theory for Child & Play Therapists

Robyn Gobbel, LCSW, LMSW, RPT-S

Webinar FAQs

- LIVE attendees
 - Must be logged in the entire time. Attendance will be verified!
 - Ask questions via the Q&A feature- clarifying questions are welcome!
 - Will receive link to short quiz & evaluation- please complete to receive certificate
 - Will receive link to recording to review if you'd like
- Recording participants
 - When you received the recordings, you received information on how to complete a quiz to obtain your certificate



Objectives

At the conclusion of this one hour webinar, participants will be able to:

- Articulate the difference between implicit and explicit memory
- Articulate how traumatic experiences impact memory processing and how play therapy can encourage memory integration
- Describe how memory reconsolidation theory identifies the agent of change in play therapy



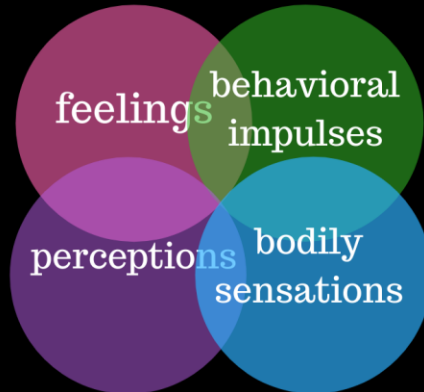
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**Encoding
Storage
Retrieval**

Implicit

10 Billion per Second
PERCEPTUALLY



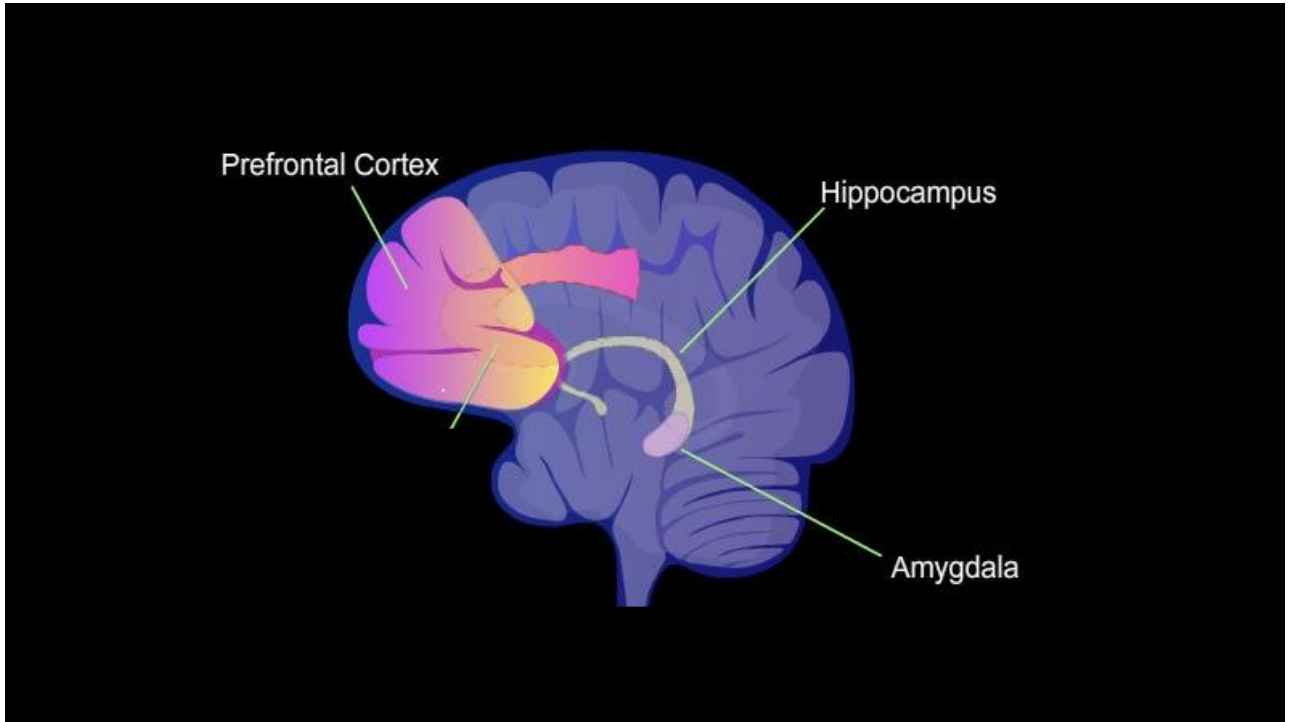
Explicit

6-50 per second
CONSCIOUSLY

Riener, A. (2011). Information injection below conscious awareness: Potential of sensory channels

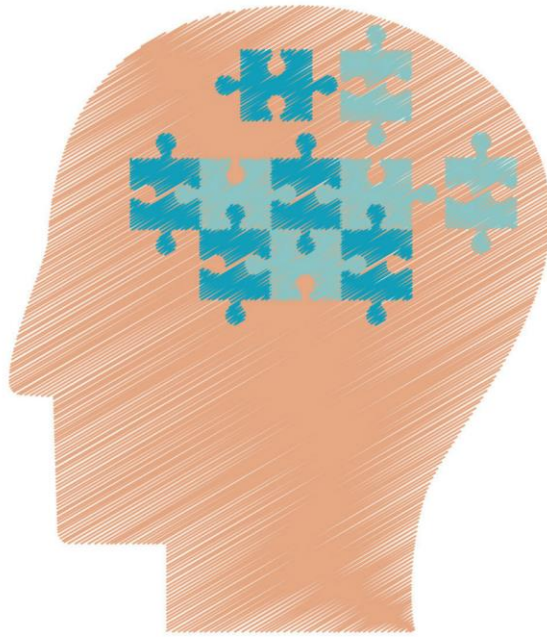








Disconnect Due to Trauma

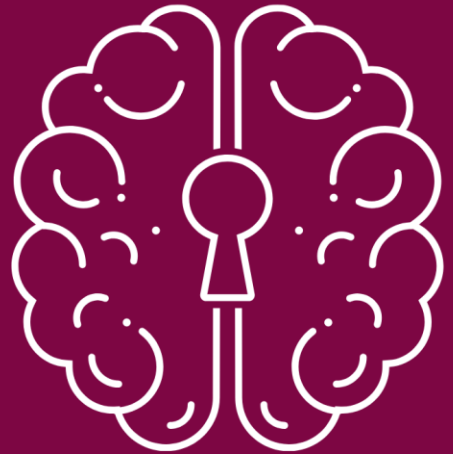


Disconfirming Experience

Bruce Ecker, LMFT

Fully reactivate the target implicit memory so that the emotional experience is occurring.

While the target memory is fully reactivated and the emotional experience is occurring, promptly create an additional, concurrent experience that sharply mismatches (contradicts and disconfirms) the expectations & predictions arising from the implicit memory.

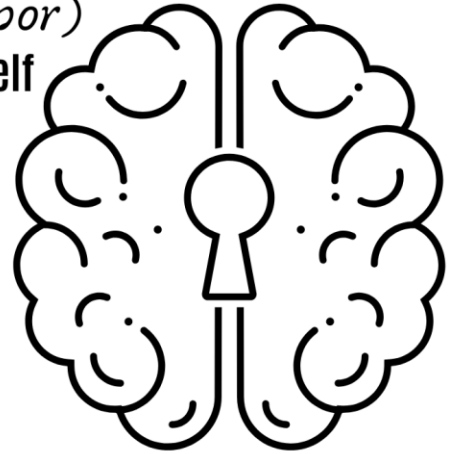


Play Therapy & the Disconfirming Experience

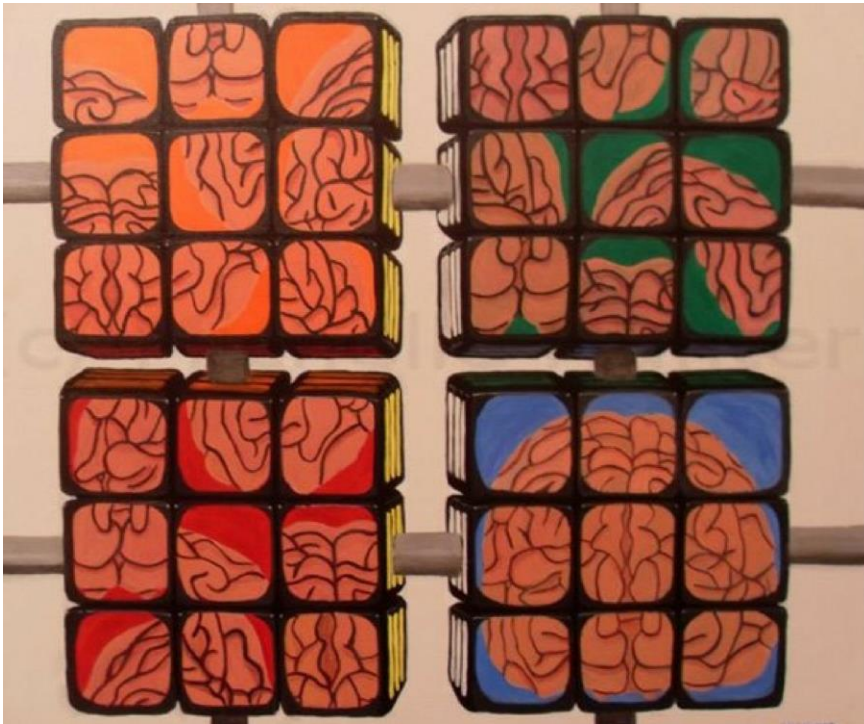
Projective Play (*in or out of metaphor*)

Disconfirming experience happens within the self

Power when there was powerlessness
Safety when there was danger
Responsibility when there was blame
Control when there was no control
Connection when there was all alone







**Change
the
bottom
layer of
implicit
memory**

Play Therapy & the Disconfirming Experience

Relationship **BETWEEN** provides the disconfirming experience

Attachment related miscues

Helplessness

Merging/enmeshment

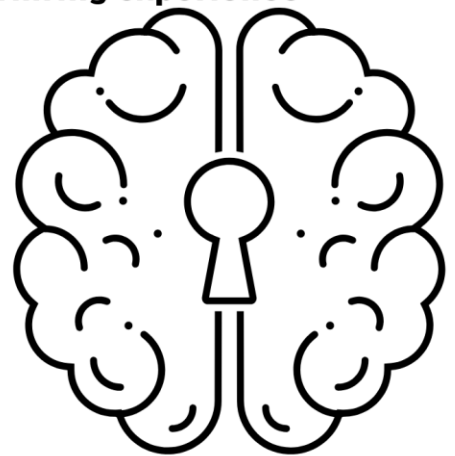
Pseudoindependence

Downregulating feelings for other's comfort

Regulation when there was dysregulation

Safety when there was danger

Presence when there was nothingness





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