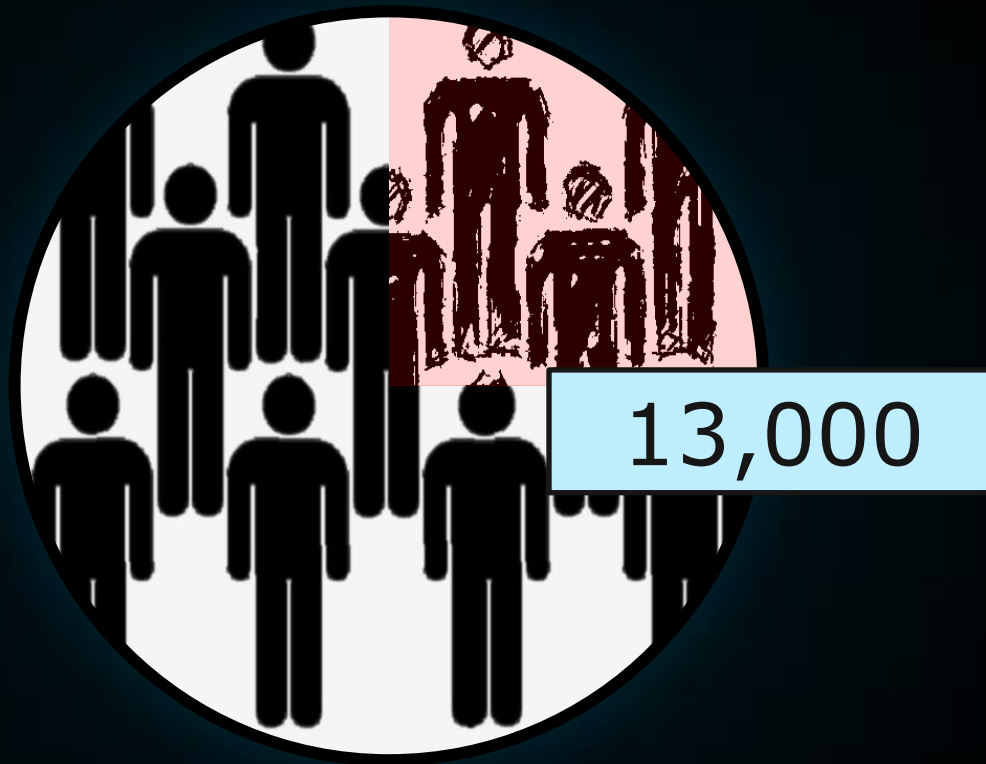


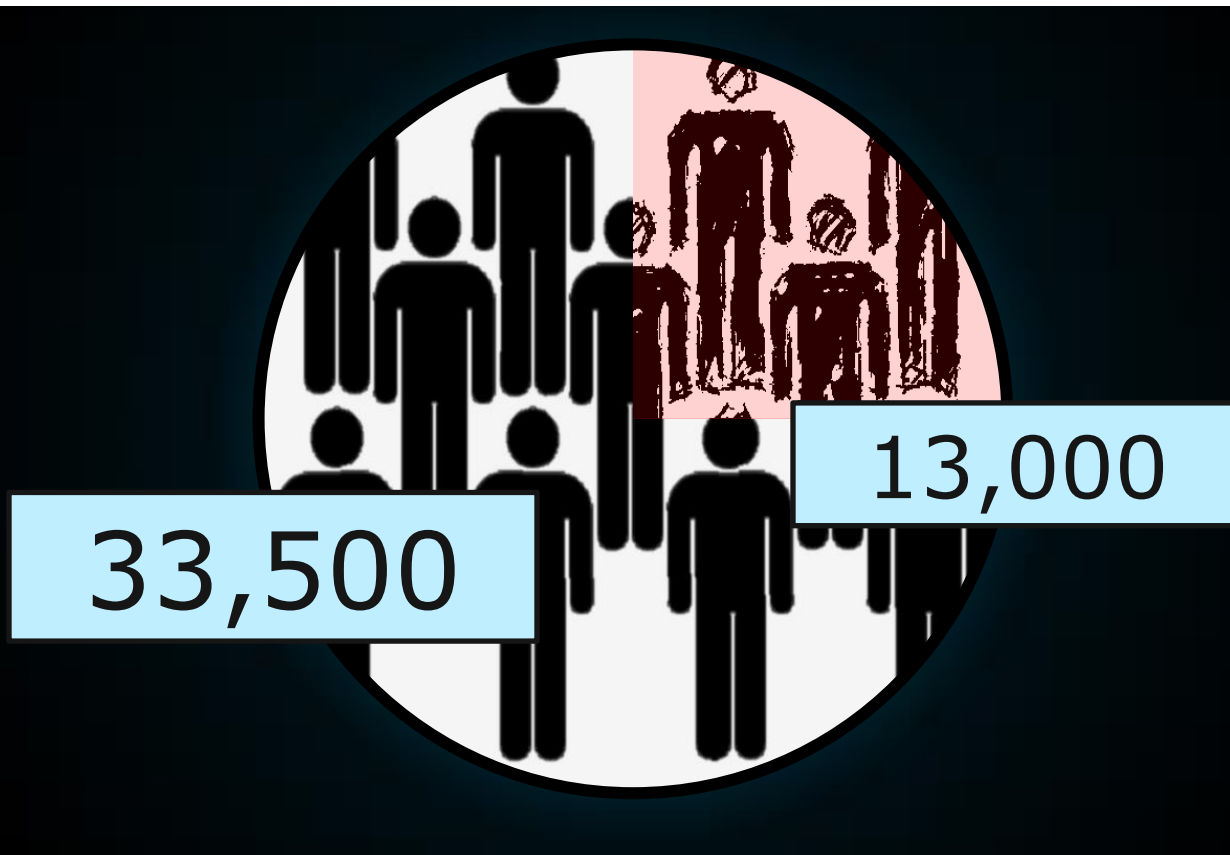
Video Game Rx: Narratives as Therapy

Kim Shashoua

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University of Texas at Arlington









The infographic features a large circle containing silhouettes of people. A red vertical bar on the right side of the circle represents the year 2014. Three light blue rectangular boxes with black borders contain the numbers 90,500, 33,500, and 13,000, positioned at different heights within the circle to represent data points over time.

90,500

13,000

33,500

Someone with a mental illness
will be playing your game.

“I don’t cut myself anymore.”

“It helped me get out
of bed in the morning.”

“I know I’m
not alone.”

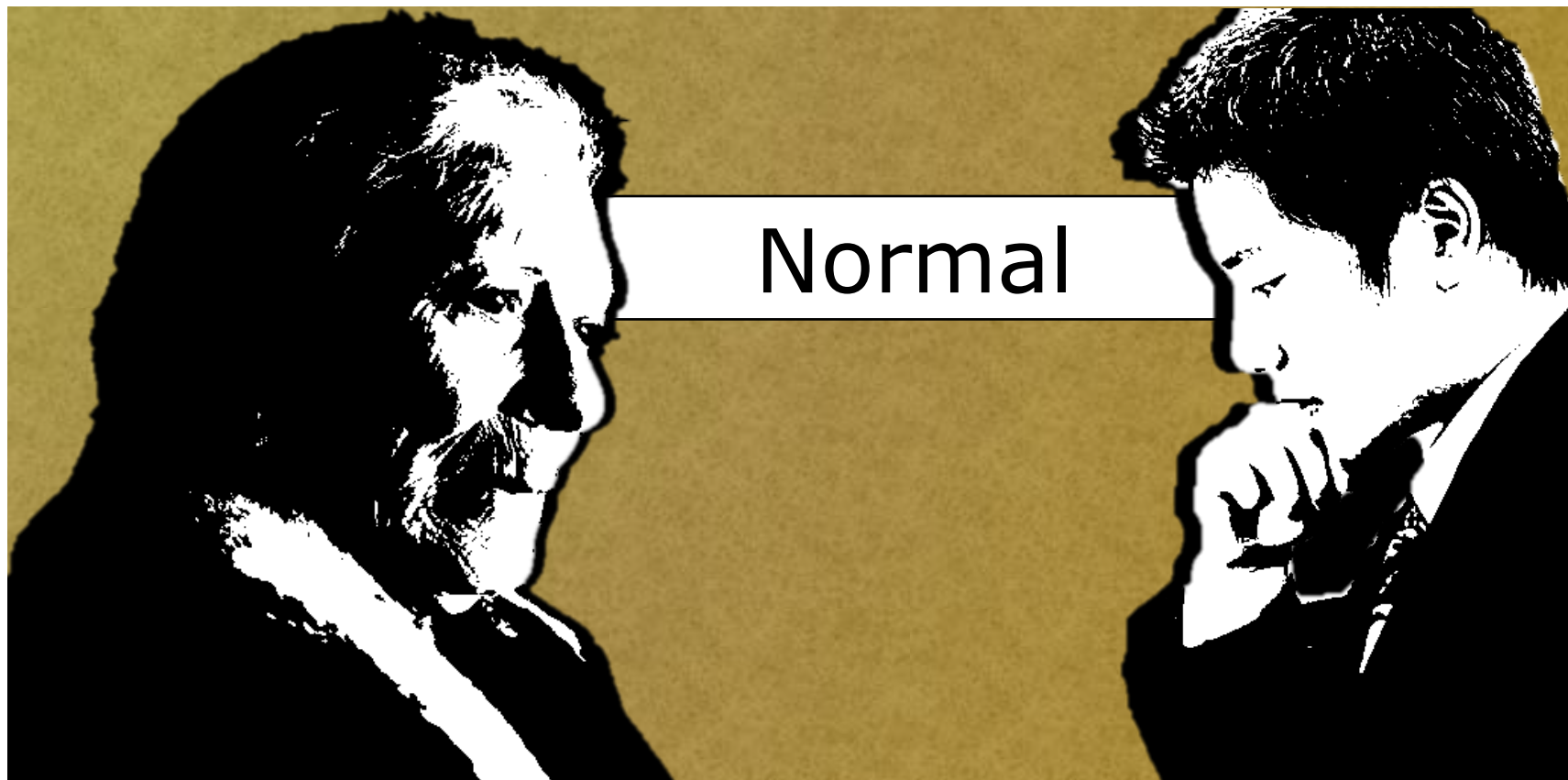
“I don’t know how else
I’d have made it.”

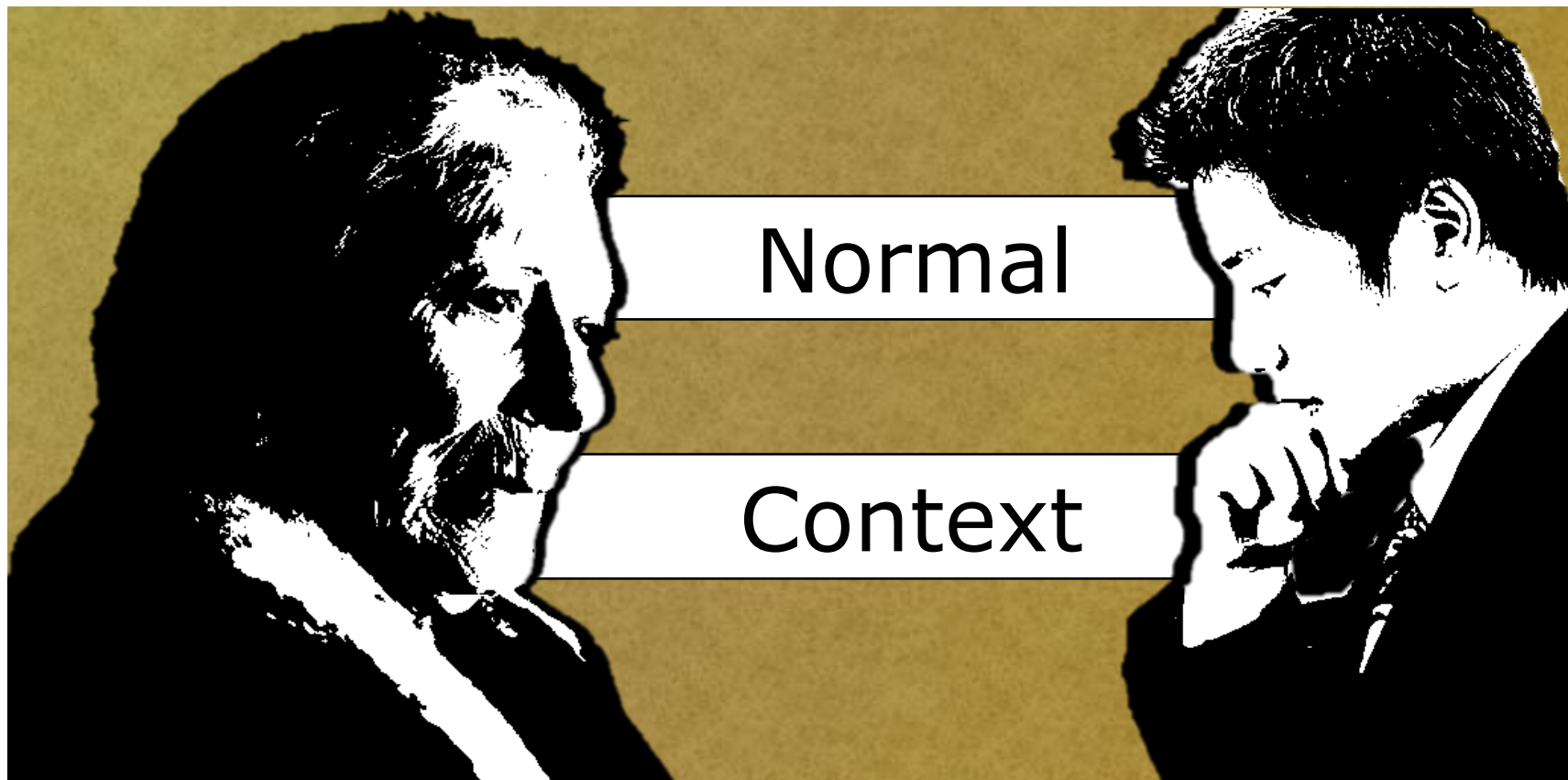
Virtual Narrative Therapy











The background image is a stylized, high-contrast blue-toned photograph. It depicts a person from the chest up, seen from the side, holding and reading a large book. The person is positioned in the center of the frame. Behind them are tall, dark bookshelves filled with numerous books, creating a sense of a library or study. The lighting is dramatic, with strong highlights and deep shadows, emphasizing the textures of the clothing and the spines of the books. The overall mood is quiet and focused.

Psychoeducation



Used with permission



Used with permission

How to Deal with Feelings



Used with permission

The background image is a stylized, high-contrast blue-toned photograph. It depicts a person from the back, sitting and reading a large book. The person is positioned in the center-left of the frame. The background is filled with rows of bookshelves packed with books, creating a sense of a vast library. The lighting is dramatic, with strong highlights and deep shadows, emphasizing the textures of the books and the person's clothing.

Psychoeducation

Passive Narrative Effects





Repetition



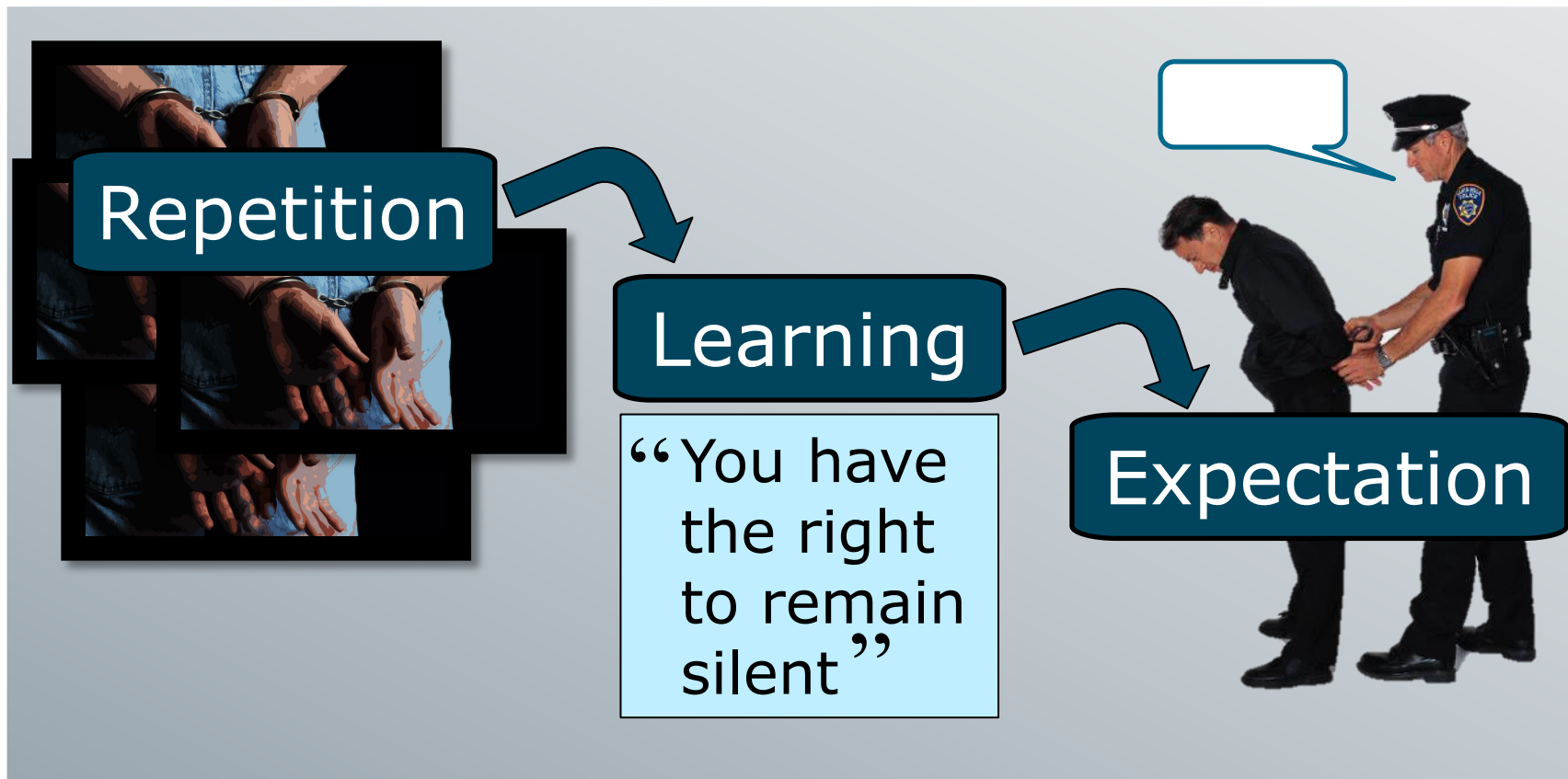


Repetition



Learning

“You have
the right
to remain
silent”





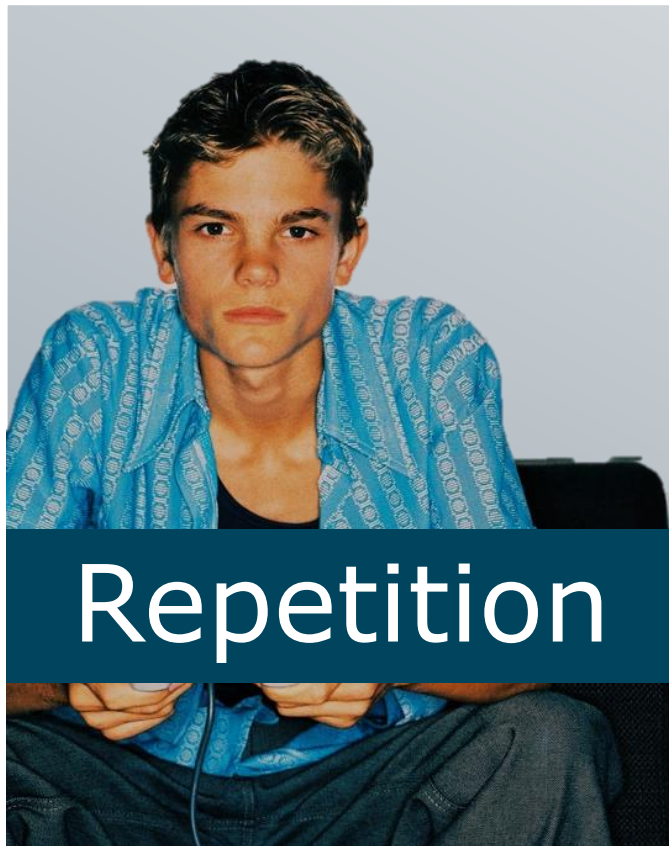


Narratives

MYTH: only “minorities”
benefit from different
types of characters

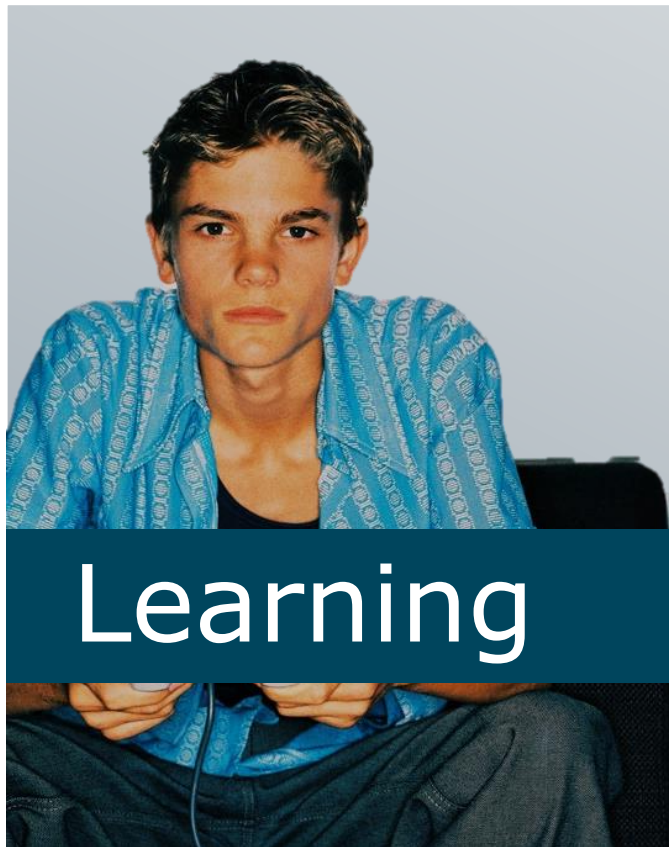
MYTH: ~~only “minorities”~~
~~benefit from different~~
~~types of characters~~

Everyone benefits from
different types of characters



Repetition





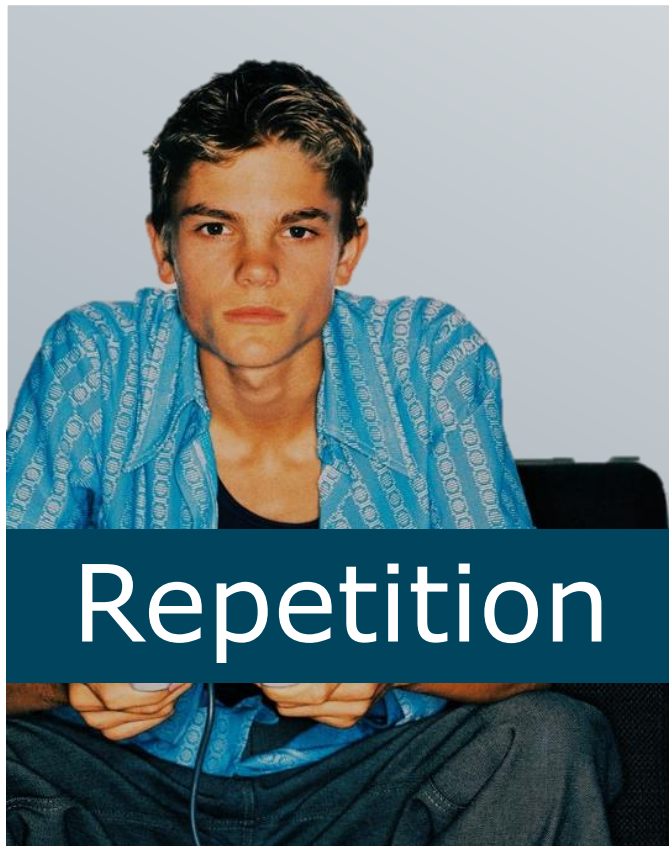
Learning

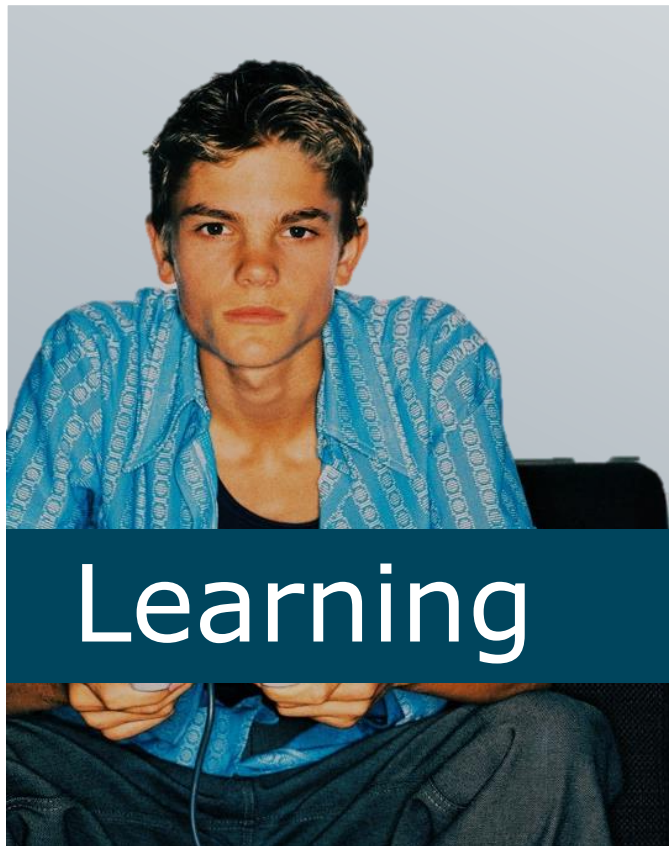




Expectation





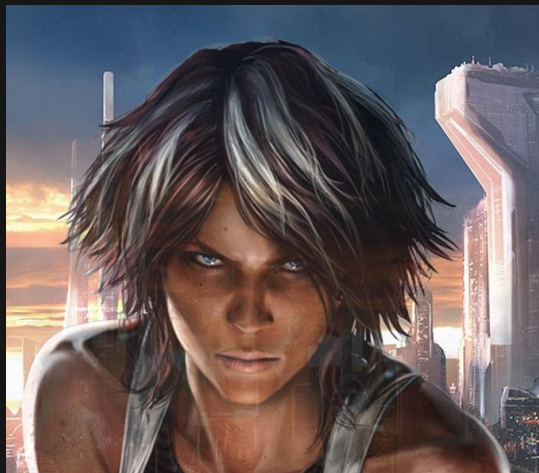


Learning

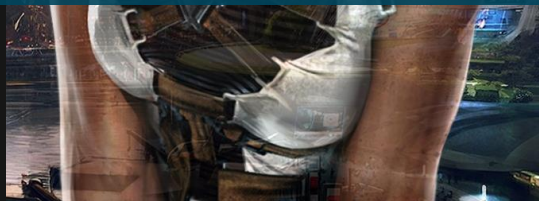
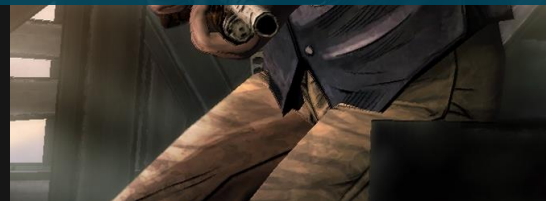




Expectation

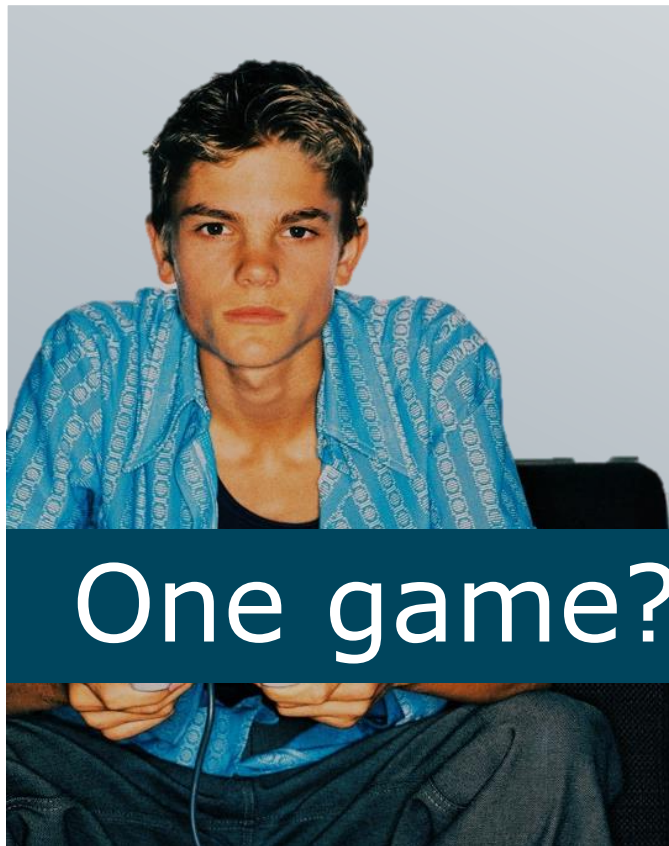


Break the Repetition



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Claire Illustration by
Heather L Sheppard of Teaceratops.com





Active Skill Acquisition




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Used with permission



Used with permission

A yellow robot with a speech bubble saying "It's not your fault!!". The robot is standing on a dark, rocky surface. The speech bubble is white with a black outline and contains the text "It's not your fault!!" in a handwritten style. The robot is yellow with black joints and a glowing white eye. It has two antennae on its head.

It's not your fault!!

Letting Go of Shame

Used with permission

The things you do matter.

Virtual Narrative Therapy



Virtual Narrative Therapy


1. Psychoeducation – Struggle is Normal

No one has
any problems,
except you.



I get scared
sometimes,
too.





I get scared
sometimes,
too.

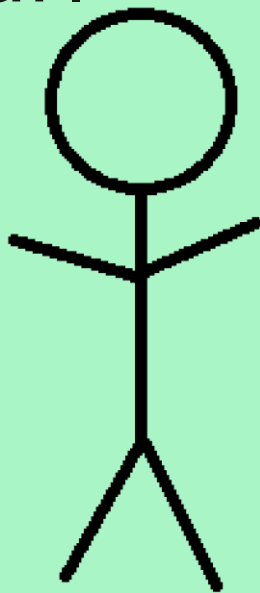
That doesn't make me
any less of a man.

Virtual Narrative Therapy

1. Psychoeducation – Struggle is Normal

2. Passive Effects – Variety

Karl

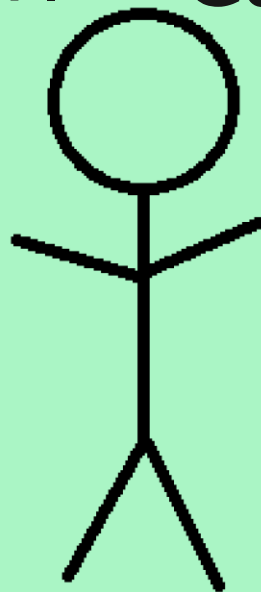


Step 1:
Write your character

Step 2:

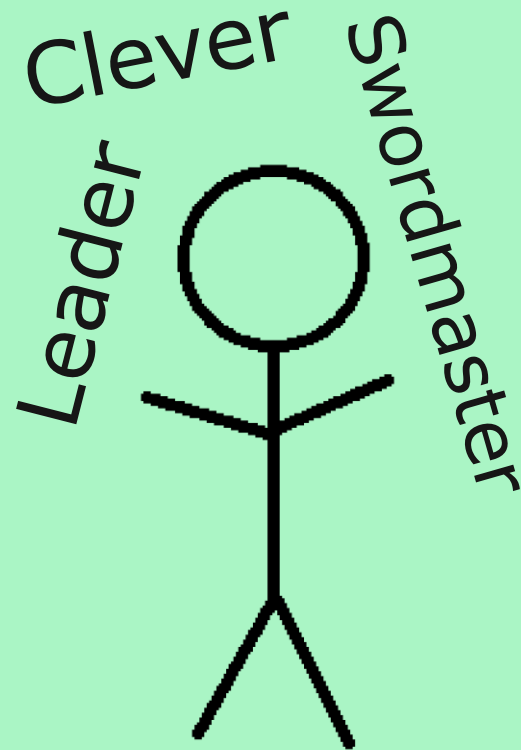
Change
the
gender

~~Karl~~ Carla



Change
the
race

Step 3:
Keep
everything else



Virtual Narrative Therapy

1. Psychoeducation – Struggle is Normal
2. Passive Effects – Variety
3. Skill Acquisition – Realism to Plotlines

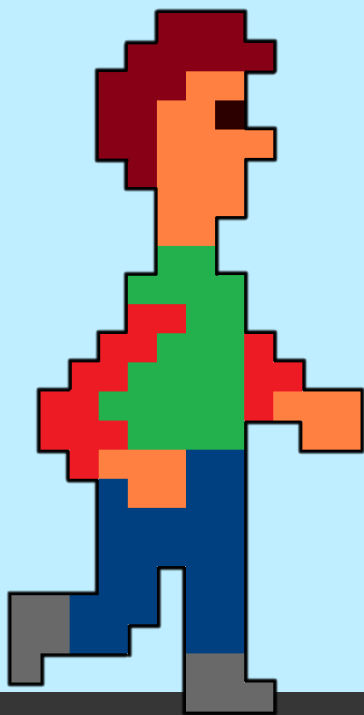


Teach son how
to catch a football

Teach son how
to cook meth

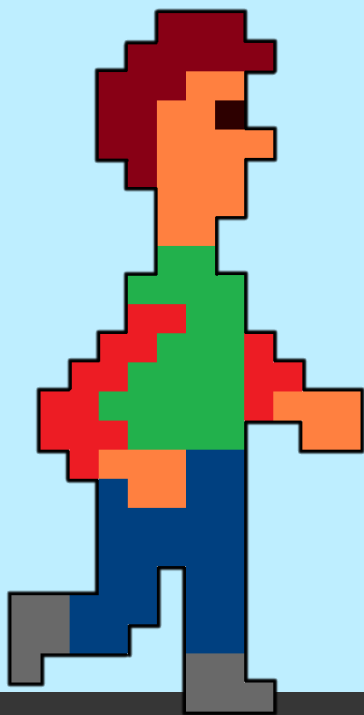
Virtual Narrative Therapy

1. Psychoeducation – Struggle is Normal
2. Passive Effects – Variety
3. Skill Acquisition – Realism to Plotlines



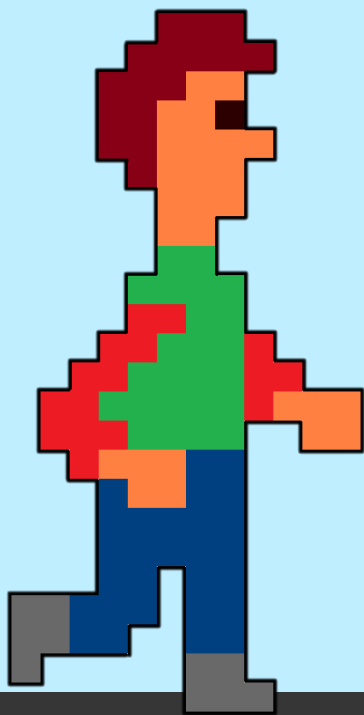
Not my problem

Be a hero



Not my problem

Be a hero



Not my problem

Be a hero



Contact:

VideoGameTherapy@gmail.com

To the wrap-up room!

Room 3000



GAME NARRATIVE
SUMMIT

GAME DEVELOPERS CONFERENCE
SAN FRANCISCO, CA
MARCH 17-21, 2014
EXPO DATES: MARCH 19-21
2014