

Therapeutic Tabletop Role Playing Groups



What is TTRPG?

Participants describe their characters' actions through speech. Players are invited into a world, complete with rules, characters, animals, and entities designed to challenge the group and broaden their perspectives. These worlds can be set in any time or place, both realistic or fantasy, based on the gaming system and the needs of the participants.

- Game Masters present challenges, drive the story forward, and act as a mediator.
- Therapists construct challenges and build a story designed to incorporate the current concerns and needs of the players in a way that will help them grow.

Who can benefit?

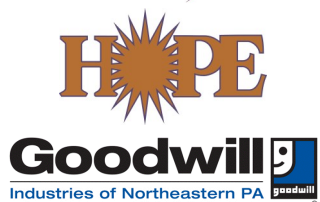
Groups are available for participants ages 10 and up. We welcome individuals with autism, ADHD, intellectual disabilities, as well as those with related social or communication difficulties.

The Game is the Vehicle, Not the Destination

In TTRPG, the game is utilized as a unique delivery system for working on goals through:

- Creating characters that represent the player as the person
- Crafting worlds that simulate their environment
- Encountering challenges and scenarios to practice real world skills
- Engaging in collaborative play
- Providing safe space for increased therapeutic transference

In partnership with



Therapeutic Benefits

- Social Skills
 - Building Relationships
 - Communication
 - Social Anxiety
 - Social Rehearsal
 - Supporting a Community
- Coping Skills
 - Addiction
 - Anxiety
 - Depression
 - Grief and Loss
 - Trauma
- Behavioral Management
 - Impulse Control
 - Empathy and Compassion
 - Family Dynamics
 - Personal Accountability
- Educational Skills
 - Arithmetic
 - Critical Thinking
 - History
 - Reading Comprehension
 - Writing



Through the leadership of the AllOne Foundation, the Autism Collaborative Centers of Excellence (ACCE) was formed to enhance the service delivery system and minimize the service gaps for individuals with Autism Spectrum Disorder (ASD) and their families living in Northeastern and North Central Pennsylvania.

ACCE represents a sustainable framework to address existing service gaps while creating a national model for scientifically-sound innovation at the cutting edge of ASD care.

How do I join a group?

- Groups meet 2-4 hours weekly depending on the needs of the participants.
- There are virtual and in-person groups available in several locations in NEPA.
- Participation in a group requires an intake to identify goals as well as completion of assessments and treatment review at least every six months.

For more information or to begin the intake process to join a group,

please contact:

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