



## **Minecraft Therapy Starter System**

**For Therapists, Coaches, and Mental Health Professionals**

***Confidently use Minecraft as a creative, ethical, and trauma-informed therapy tool.***

**By Ashley Jangro, LPCC, MA Ed, MA Clinical Mental Health  
Therapist, Coach, & Creator of TherapyCraft**

### **Meet Your Guide: Ashley Jangro, LPCC & Life Coach**

Hi, I'm Ashley, a Licensed Professional Counselor Candidate (LPCC), certified life coach, and longtime educator. I specialize in helping kids, teens, and parents navigate emotional overwhelm, trauma, identity, and relationships using a mix of evidence-based modalities... and yes, sometimes video games.

I created *TherapyCraft* after watching my Minecraft-loving clients light up in session, communicating in ways they never could in a traditional office. Once I saw how powerful it was, I started developing session tools, safety systems, and frameworks for using Minecraft as a legitimate therapeutic space. **Now I teach other therapists how to do the same, ethically, confidently, and creatively.**



## [Welcome to TherapyCraft](#)

### [Build 1: Build Your Why](#)

Clarifying your purpose and communicating it to others.

### [Build 2: Build Your Setup](#)

Step-by-step setup of your Minecraft Realm for therapy.

### [Build 3: Build Your Session Space](#)

Choosing Creative vs. Survival Mode—and designing intentional experiences.

### [Build 4: Build Your Ethical & Legal Framework](#)

Consent forms, disclosures, and protecting client privacy.

### [Build 5: Build Your Family Communication System](#)

Templates and guidance for communicating with caregivers.

### [Build 6: Build Your Session Flow](#)

Practical therapy session ideas, treatment plans, and long-term maps.

### [Build 7: Build Your Marketing + Outreach](#)

Referral materials, website copy, Psychology Today bios, and more.

### [Final Build: You're Ready.](#)

(And so are your future clients!)



# Welcome to TherapyCraft



## You Made It—And You're Not Just Dipping a Toe In

Welcome to the TherapyCraft community!

By investing in the Minecraft Therapy Starter System, you've taken a powerful step toward expanding your therapeutic toolbox in a way that's creative, ethical, and deeply impactful for kids and teens.

You're not just playing a game—you're building a new kind of connection.

You're creating a digital therapy room where emotional expression, resilience, and healing can happen through creativity and shared experience.

Whether you're brand new to Minecraft or already comfortable in the pixelated world, this guide will walk you through **exactly how to integrate Minecraft into your clinical practice**—not just technically, but intentionally.

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However, you may not sell, distribute, or republish any part of this system, including templates, for commercial purposes.

Please respect the work, creativity, and intention that went into building this resource—so we can continue expanding what's possible in therapy spaces everywhere. 🧡



# Build 1: Build Your Why

(A short recap — not a repeat of the free guide. If you'd like to review the information in the free guide, it can be found [here](#).)

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## Why Minecraft Works for Therapy (A Quick Reminder)

You already know that Minecraft can be so much more than a game—it can be a bridge.

A bridge to emotional expression.

A bridge to creative problem-solving.

A bridge to connection when traditional therapy walls feel too tall.

If you've downloaded this Starter System, you're not just experimenting—you're **committing** to offering therapy in a way that feels safe, familiar, and empowering for your clients.

You're stepping into a world where:

- Clients can **show** instead of **tell**
- Emotional regulation can be practiced **through action**
- Trust can be built **through collaboration and creativity**

Minecraft therapy is playful, but it's also serious work. It's a space where regulation, exploration, and resilience-building happen naturally—without forcing conversation before a client is ready.



## Your Role as the Minecraft Therapist

Remember: You don't have to be a Minecraft expert.

You don't have to control every moment inside the world.

You simply need to create the space—and **trust** that what unfolds there is valuable, therapeutic, and growth-supporting.

This guide will walk you through exactly how to set up that space, how to frame it clinically, and how to grow your confidence session after session.



## Getting Your Supervisor, Boss, or Practice Owner Onboard

Now that you're clear on your why, you might need to help a supervisor, clinical director, or practice owner understand why Minecraft is such a powerful therapeutic tool. Whether you work at a private practice, a group clinic, a school, or an agency, this editable letter is here to make those conversations smoother. Simply customize the language below to match your setting, leadership style, and the approval process at your workplace.

## Editable Supervisor/Practice Owner Letter Template

**Subject:** Request to Add Minecraft-Based Therapy as a Clinical Offering

Dear [Supervisor/Director Name],

I am requesting approval to integrate Minecraft Bedrock Edition into my therapeutic practice with appropriate clients. Minecraft therapy will be used intentionally as an experiential tool to support emotional regulation, creative expression, frustration tolerance, and therapeutic engagement.

I have received specialized training and structured guidance through the *TherapyCraft System*, which outlines ethical guidelines, privacy protocols, and clinical best practices for using Minecraft safely and responsibly within a therapeutic context.

To ensure client safety and privacy, I will:

- Use HIPAA-compliant communication platforms (Zoom, Google Meet, or EHR video systems) during sessions.
- Keep all Protected Health Information (PHI) documented outside the Minecraft platform.
- Limit Minecraft use to carefully structured, therapist-guided sessions inside private Realms, with controlled access.
- Ensure clients participate individually, with no exposure to other players or external servers.
- Maintain clinical documentation in full alignment with [Practice Name]'s existing HIPAA and ethical standards.

Minecraft offers a unique opportunity to meet children and adolescents inside a familiar, creative world—enhancing rapport, engagement, and emotional growth, particularly for clients who struggle with traditional talk therapy models.

I am happy to provide additional information about how Minecraft therapy will align with our clinical mission and risk management protocols.

Thank you for considering this request. I am excited to expand our therapeutic offerings in a way that is developmentally appropriate, clinically sound, and highly engaging for our clients.

Warmly,

[Your Full Name]

[Your Credentials]

[Your Title]

[Practice Name, if applicable]

[Phone] | [Email]

### Pro Tip:

Many supervisors and directors will have questions about privacy, HIPAA, or client safety.

Be ready to confidently explain that Minecraft is used as a *therapeutic activity space*, never as a record-keeping or PHI system. (You'll be fully equipped to answer their questions after completing the *TherapyCraft Starter System*!)



# Build 2: Build Your Setup

*Everything you need to confidently and ethically prepare your Minecraft space for therapy.*

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## Why Setup Matters

Before you can start hosting Minecraft therapy sessions, you need a secure, functional, and client-friendly setup. This isn't just about buying the game, it's about creating a *therapy-ready world* where your clients can feel safe, engaged, and supported.

This Build walks you through **everything you need to do**, from choosing the right Minecraft version, to setting up a Realm, to deciding whether Creative or Survival Mode is right for your client's emotional needs.

You're building more than a world. You're building a *space for healing*.

Let's get started!

## A Quick Review: Minecraft Versions

Before we dive in, here's a fast reminder:

✅ You need **Minecraft Bedrock Edition**.

It runs on Windows 10/11 PCs, Xbox, PlayStation, Nintendo Switch, tablets, and mobile devices—and it's the only version that seamlessly supports Realms across platforms.

- ❌ Avoid Java Edition (PC-only, no Realm compatibility with consoles).
- ❌ Avoid Education Edition (school login required, no Realm support).
- ❌ Bedrock cannot be hosted from a Mac. You'll need a PC, tablet, or console.

If you're already set up with Bedrock, you're ready to move forward. If not, follow these steps:

## Buy and Install Minecraft

Step 1: Purchase Minecraft Bedrock Edition through:

- Microsoft Store (Windows PC, Xbox)
- PlayStation Store
- Nintendo eShop
- App Store (iOS) or Google Play Store (Android)

💰 Prices typically range from \$6.99 to \$29.99 depending on the device.

Step 2: Download and install Minecraft.

- Allow 15–30 minutes for download time.
- Log in with your Microsoft account.

Step 3: Make sure Multiplayer/Online Play is enabled:

- Console users may need Xbox Live Gold, PlayStation Plus, or Nintendo Switch Online subscriptions.

## Setting Up Your Realm

You've likely created your Realm using the [Quick-Start Guide](#). Here's a clinical-level refresher focused on your **workflow, privacy, and session management**:

### Step 1: Create a World, Then Upgrade

- Open Minecraft Bedrock Edition.
- Create a New World by selecting **Create New** → **Create New World**. (For the moment, choose: Creative Mode, Peaceful Difficulty, no Multiplayer).
- **Select Play** → **Find your new world**
- **Click Edit** → **Select Play on Realm**
- Choose the **2-player Realm for \$3.99/month**—an affordable, secure option perfect for 1:1 sessions

*(Reminder: You can only find the \$3.99 option after creating a world, not from the Realms store directly. At the time of writing, the button on the Minecraft site advertising \$3.99 Realms was not functional.)*

### Step 2: Invite Clients

- From **Edit Realm** → **Members** → **Invite**, add your client's Microsoft GamerTag.
- Access must be toggled ON/OFF before and after each session—or eliminated entirely if you create a separate Realm per client.

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## Best Practices for Realm Management

### One Realm Per Client (Recommended)

- ✓ Complete privacy and HIPAA-conscious session control
- ✓ Eliminates the need to toggle client access manually
- ✓ Offers families and supervisors maximum peace of mind

### Shared Realm (Acceptable with Care)

- ✓ More affordable (one Realm fee)
- ⚠ Requires manual toggling of client access before and after every session
- ⚠ Increases administrative load and risk of privacy breaches if not managed meticulously

💬 *If you use a shared Realm, consider scheduling 5–10 minutes between sessions for toggling and Realm cleanup.*

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## **Therapist Setup Checklist (Printable)**

### **Before Each Session:**

- ✓ Confirm you're in the correct Realm
- ✓ Turn ON access for the client scheduled (if using one realm for all clients)
- ✓ Turn OFF access for all other clients (if using one realm for all clients)
- ✓ Log in early to verify world readiness (teleportation pads, safe spawn points)
- ✓ Open your secure communication platform (Zoom, Discord, etc.)

### **After Each Session:**

- ✓ Gently wrap the session using nonverbal in-game cues (signs, safe zones)
  - ✓ Turn OFF client access immediately (if using one realm for all clients)
  - ✓ Log out of the Realm
  - ✓ Complete clinical documentation in your HIPAA-compliant system
- 

## **Therapist Pro Tips**

- **Neutral Naming:** Label Realms internally with notes like "Client A - Realm 1" but avoid displaying names to clients.
- **Prepare a Welcome Area:** Create a spawn zone with calming visuals, grounding signs, or teleport pads to orient clients when they enter. (I like building a Therapist's office at spawn!)
- **In-Session Flexibility:** Switch between Creative and Survival modes depending on emotional or clinical goals (we'll cover how to explain this confidently next).





# Build 3: Build Your Session Space

*Designing therapy experiences inside Minecraft—and confidently explaining your choices.*

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## Creative Mode vs. Survival Mode: A Therapist's Review

You probably remember the basics from the Quick-Start Guide:

- **Creative Mode:** No danger, unlimited blocks, pure building and exploration.
- **Survival Mode:** Health bars, mobs (monsters), resource gathering, possibility of "death" (respawning).

But here's the next-level focus:

**As a therapist, you need to choose intentionally—and be ready to explain why you chose the mode you did.**

This section gives you the confidence to frame that decision clinically for yourself, for parents, and even for clients if they ask.



## Quick Recap (Clinical View)

Mode	Best for...	Therapist Considerations
<b>Creative</b>	Emotional safety, free expression, exploration without frustration	Ideal for anxious, perfectionistic, or trauma-exposed clients who need pure safety and empowerment.
<b>Survival</b>	Tolerating frustration, regulating strong emotions, practicing perseverance	Best for clients who are working on coping skills, resilience, problem-solving, or handling real-world challenges.

## How to Choose the Right Mode (Per Client)

### ✓ **Creative Mode is often the best starting point.**

You can always add challenges later—but starting in a fully safe environment builds trust.

### ✓ **Survival Mode can be introduced intentionally.**

Frame it as a growth opportunity, not a punishment.

Example: “Today we’re practicing handling things when they don’t go perfectly. We’ll switch to Survival Mode where you might need to adapt, regroup, or try again.”

### ✓ **Some clients thrive when they co-lead the choice.**

For teens especially, offering a choice (“Would you rather be in Creative today, or try a little Survival challenge?”) can foster agency and collaboration.

## How to Explain This Choice to Parents

**Parents might ask why you’re using one mode over another. Here’s a therapist-ready script you can use:**

“We start in Creative Mode because it provides a calm, emotionally safe environment where kids can build confidence, express themselves, and connect without feeling overwhelmed. Later, if therapeutically appropriate, we may introduce Survival Mode to help practice skills like frustration tolerance, resilience, and adapting to challenges. Everything we do is developmentally informed and matched to your child’s goals and emotional readiness.”

## How to Frame It for Clients

**When you talk to kids or teens, keep it simple and empowering:**

“Creative Mode lets you build anything you want without worrying about getting hurt. Survival Mode gives us chances to practice staying calm when things don’t go perfectly. We’ll always work together to pick the right challenge for you.”

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## Pro Tip: You Can Switch Modes Mid-Session

Therapists often find that beginning in Creative Mode helps clients regulate and connect—and then, **later in treatment**, introducing a brief Survival Mode challenge can:

- Build tolerance for uncertainty
- Offer a new metaphor for growth
- Show the client their own resilience

And if it gets too overwhelming?

You can always switch back to Creative with just a few clicks.

(Session idea: Let the client “vote” for when they feel ready to try Survival Mode!)

## How to Switch Modes Mid-Session (Pro Tip!)

Sometimes you'll want to adjust modes **inside** a session.

✓ **To allow in-session switching between Creative and Survival, you must enable "Cheats" on your Realm.**

Here's how to set it up:

- **Step 1: Go to Minecraft → Play → Realms tab**
- **Step 2: Find your Realm → Click Edit (pencil icon)**
- **Step 3: Under “Game Settings,” scroll down and Toggle Cheats ON**
- **Step 4: Save your changes**

Now during gameplay, you can switch easily using the pause menu:

- Open the pause menu.
- Select "Settings."
- Scroll to "Game Mode" and change Creative ↔ Survival instantly.

## How to Frame Switching Modes With Clients

If you introduce Survival mid-session, keep the tone empowering:

"Let's try a small challenge. If you want to go back to Creative at any time, we can switch—no problem. This is your space to practice, not a test!"

## Session Space Ready!

You now have a clear clinical framework for choosing—and explaining—Creative vs. Survival modes. You're building not just a digital space, but a **therapeutic container** for growth, expression, and healing.

Up next:

👉 **Let's Build Your Legal + Ethical Framework**

(Minecraft consent clauses, tech agreements, HIPAA-safe guidelines.)



# Build 4: Build Your Ethical & Legal Framework

*Set your sessions up to be safe, professional, and compliant—without feeling overwhelmed.*

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## Why This Build Matters

Minecraft wasn't built for therapy. It wasn't designed for HIPAA, client confidentiality, or clinical record-keeping. But that doesn't mean you can't use it ethically and effectively.

**It just means you need clear systems** for privacy, consent, communication, and documentation.

This Build gives you ready-to-use foundations that protect your clients, protect you, and make it easy to communicate your process to supervisors, parents, and referral sources.



## Important Disclaimer



### Disclaimer:

**I am not an attorney. The templates, examples, and guidelines in this section are for educational and informational purposes only.**

**Before using any template or modifying your intake paperwork, always consult your own legal counsel or practice advisor to ensure compliance with your licensing board, HIPAA, and local regulations.**



## Minecraft Therapy and HIPAA: What You Need to Know

Minecraft was not built to be a clinical tool. It is *not* HIPAA-compliant—and that's okay, **as long as you use it intentionally and ethically**. Here's what you need to know:

Minecraft is NOT HIPAA compliant. It does not offer:





- End-to-end encrypted communication
- Audit trails or access logs
- Secure storage of Protected Health Information (PHI)
- Business Associate Agreements (BAAs)

Because of this:

- Minecraft should be treated like **a digital playroom**—a space for expression, exploration, and emotional processing.
- It should **NOT** be used to store, document, or discuss sensitive health information.






## What You Absolutely Cannot Do

To stay compliant and protect your clients:

-  Never type PHI into Minecraft chat.
-  Never use client names in Minecraft usernames.
-  Never store session notes inside Minecraft builds.
-  Never use Minecraft's built-in voice or text chat for sensitive conversations.

## What You Must Do Instead




To stay ethical and professional:

-  Use external, HIPAA-compliant video or voice platforms (Zoom, Google Meet, your EHR platform) for real-time communication.
-  Create anonymous or neutral usernames (unless clients are never entering the same realm).
-  Disable client access to the Realm between sessions.
-  Keep session notes completely separate—in your secure EHR, not in the game.
-  Frame Minecraft therapy as **therapeutic play**, not clinical documentation.



## Consent and Transparency Are Non-Negotiable

Families deserve to know exactly how Minecraft will be used. During intake, you must:

-  Clearly explain the limits of Minecraft's security.
-  Explain how privacy will be protected (external communication, access control, etc.).
-  Obtain specific consent for Minecraft-based sessions.

👉 Later in this build, you'll find **editable consent templates** ready to insert into your practice paperwork.



## Framing Privacy for Families

Here's how you can confidently explain Minecraft therapy to parents:

"Minecraft is a creative, private therapeutic activity space. Your child will only have access to their world during their scheduled session time. No other clients can enter their world, and no personal information is ever stored inside Minecraft. We use secure video platforms to communicate during sessions, and all clinical records are kept outside the game."

**Transparency builds trust, and helps families feel excited and safe about this creative therapy option.**



## Managing Client Access (One Client at a Time)

Realms allow up to 300 invited players—but **only one client should ever have access at a time**.

Best practice:

- ✓ Create one Realm per client (recommended).
- ✓ OR, if using a shared Realm, **manually toggle access** ON before each session and OFF immediately afterward (if using this option, best practice is to use non-identifiable usernames)

Think of this like **locking and unlocking your therapy office** between clients. It's your responsibility to control access—and doing so builds tremendous trust with families.

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## Why You Should Never Rely on Minecraft Chat

Minecraft's in-game chat:

- Is not encrypted.
- Could be visible across devices.
- Leaves a text record inside the game.

That's why we always communicate through:

- Zoom (with waiting rooms)
- Google Meet
- Your EHR's HIPAA-compliant video platform
- Encrypted platforms designed for therapy

Inside Minecraft itself:

- Use signs, buttons, NPCs, or world features for **non-sensitive prompts only**.
  - Save real conversations for your secure platform.
- 



## Legal and Ethical Best Practices (Simplified)

- ✓ Use HIPAA-compliant video platforms (Zoom, Google Meet, your EHR video) for **real-time conversation during sessions**.
- ✓ **Never store or discuss PHI (Protected Health Information) inside Minecraft itself.**
- ✓ **Keep usernames anonymous or unrelated to real names.**
- ✓ **Limit Realm access to one client at a time.**
- ✓ **Disable Realm access immediately after sessions.**
- ✓ **Take session notes separately, using your secure EHR or documentation system.**

## Privacy and Ethical Practice Checklist (Printable)

Privacy Area	Therapist Action
Communication	Use secure video/voice platforms
Documentation	Store notes only in your EHR
Realm Access	Enable one client at a time
Username	Keep therapist and client names anonymous
Session Boundaries	Frame Minecraft as an expressive tool, not a record-keeping system

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## Editable Templates: Protect Your Clients and Your Practice

Now that you understand the clinical foundation behind Minecraft therapy, you're ready to customize these editable templates to fit your practice.

### Important Disclaimer

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## Editable Template 1: Minecraft Therapy Consent Clause

**Purpose:** To explain to families how Minecraft will be used therapeutically, while being honest about HIPAA limitations.

**Insert into your consent for treatment packet, or attach as an addendum:**

### **Minecraft Therapy Consent Clause**

I understand that Minecraft will be used as a therapeutic tool to support my child's emotional, behavioral, or social growth. Minecraft sessions may include activities such as

creative building, guided challenges, or symbolic play, all led by a licensed or supervised mental health professional.

I acknowledge that while therapeutic strategies and clinical insight will be used during Minecraft sessions, the Minecraft platform itself is not HIPAA-compliant and should not be used for discussing or storing sensitive health information.

I give permission for my child to participate in Minecraft-based therapy sessions and agree to the following:

- No personal health information (PHI) will be entered, stored, or discussed within the Minecraft platform.
- Minecraft will be used as a supplementary therapeutic tool—not as a replacement for clinical documentation or discussion.
- All clinical notes, records, and communications will be handled through secure HIPAA-compliant systems outside of Minecraft.
- My child's access to the Minecraft world (Realm) will be limited to their scheduled session time.
- The therapist will provide all setup instructions and will be present in the world during sessions to guide and monitor the experience.
- I understand it is my responsibility to ensure my child's device meets the technical requirements and has the appropriate version of Minecraft (Bedrock Edition).
- I can withdraw consent for Minecraft-based therapy at any time.

**Parent/Guardian Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_



## **Editable Template 2: Minecraft Parent Tech Addendum**

**Purpose:** To set clear tech and communication expectations with families upfront.

**Insert into your onboarding packet:**

### **Minecraft Therapy Setup + Parent Agreement**

#### **Section 1: Technical Setup**

My child will be using:

- ☐ Xbox
- ☐ PlayStation
- ☐ Nintendo Switch
- ☐ iPad/tablet



- ☐ Windows 10/11 PC  
☐ Other: \_\_\_\_\_

☐ Minecraft Bedrock Edition is installed and ready for use.

☐ Multiplayer/online access is enabled if needed.

**Section 2: Communication Platform** During Minecraft sessions, we will communicate through:

- ☐ Zoom  
☐ Google Meet  
☐ Therapist's EHR platform  
☐ Other: \_\_\_\_\_

### **Section 3: Privacy and Expectations**

- My child will only access the private Minecraft Realm during their scheduled session time.
- No sensitive information will be entered into Minecraft chat or stored inside the game.
- The therapist will manage all Realm access and communication to ensure client safety.

### **Section 4: Parent Commitment**

- I will support my child in logging into Minecraft and our communication platform on time.
- I will not access the Minecraft world myself outside of session times.
- I will communicate with the therapist if any technical issues or concerns arise.

**Parent/Guardian Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_



## Privacy + HIPAA Summary Cheat Sheet

Here's a quick overview you can print or reference when communicating with families, supervisors, or agency directors:

Topic	Key Point
Minecraft Is Not HIPAA-Compliant	No PHI is entered or stored in Minecraft
Privacy Controls	Only one client invited at a time; access is toggled
Secure Communication	Verbal communication occurs via Zoom, HIPAA-compliant Google Meet, or your EHR video platform
Documentation	Notes are recorded outside of Minecraft using standard secure systems



## Clinical Safeguards Best Practices (Checklist)

- ✓ Use neutral therapist gamertags (no personal info)
- ✓ Maintain external, secure communication throughout sessions
- ✓ Toggle client access immediately before/after sessions
- ✓ No recording of sessions inside Minecraft
- ✓ No therapy-related chat inside Minecraft's built-in text chat system
- ✓ Maintain session notes in a HIPAA-compliant EHR or secure storage system



# Build 5: Build Your Family Communication System

*Emails, reminders, marketing language, and parent handouts—done for you*

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## Welcome Email to Families (Editable Template)

**Subject Line:** Getting Ready for Your Child's Minecraft Therapy Session

Hi [Parent or Caregiver Name],


I'm so excited to begin working with your child in our upcoming Minecraft-based therapy sessions!

We'll be using a private Minecraft world called a **Realm**, which allows for safe, guided play in a setting that's engaging, creative, and therapeutic. Many kids find Minecraft to be a powerful tool for emotional expression, problem-solving, and connecting in a way that feels natural to them.

Below you'll find everything you need to help your child get set up and ready for their first session.

### **What You Need:**

- **Minecraft Bedrock Edition** (on tablet, console, or Windows 10/11 PC)
- A **Microsoft account** linked to your child's Minecraft profile (**Please send me the username so I can send them an invite to their Realm**)
- For consoles: an active online subscription (e.g., Xbox Live Gold, PlayStation Plus, or Nintendo Switch Online)
- A **quiet space** and headphones for voice communication during the session

 *Not sure which version you have? Let me know and I'll help you check!*

**Session Time:** Our first session is scheduled for: **[Insert Day + Time]**

**How to Join the Therapy World (Realm)** At your child's scheduled session time:

1. Open Minecraft Bedrock Edition
2. Click **Play**
3. Go to the **Friends** tab
4. Scroll to **Joinable Realms**
5. Look for a Realm invitation from me (my Minecraft username is: **[YourUsername]**)
6. Click to join!

We'll also be connected on [Zoom/Google Meet/your platform] for real-time voice or video communication throughout the session.

### **Privacy and Safety**

- Your child will have a private Realm used only for their sessions. No other clients will be invited to or have access to this world. **(OR, if you are using one realm for all clients)** Your child is the **only person allowed into the Realm** during their session. No other clients can join or see them.
- I enable and disable access manually before and after each session for complete privacy.
- Minecraft is used as a **creative therapeutic activity**, not for storing personal health information.
- I'll be present in the world with your child the entire time to guide, support, and reflect with them.

## Need Help?

If you have any questions, tech issues, or would like help walking through setup before the first session, I'm happy to help.

Looking forward to seeing your child in session!

Warmly,

**[Your Name]**

[Your Practice Name, Email, Phone Number]

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## Pre-Session Reminder Email or Text (Short and Friendly)

Hi [Parent Name]!

Just a reminder that [Child's Name] has their Minecraft therapy session scheduled today at [Time]!

Please have Minecraft Bedrock Edition ready and make sure they're logged into the Realm invite about 5 minutes before our session starts.

Thanks so much!

[Your Name]

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## Troubleshooting Email (If Login Issues Occur)

Subject: Minecraft Session Connection Help

Hi [Parent Name],

I noticed there was an issue connecting to the Minecraft Realm today. Here are a few quick troubleshooting tips:

- Confirm your child's device has the latest Minecraft Bedrock Edition update installed.
- Make sure they are logged into the correct Microsoft account.
- Check that any required online services (Xbox Live, PlayStation Plus, Nintendo Switch Online) are active.
- Confirm they have accepted the Realm invitation

- Try restarting the device and relaunching Minecraft.

If you continue to have trouble, please let me know—we'll work through it together or adjust as needed!

Thank you for your flexibility,  
[Your Name]

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## Optional Light Session Summary

Subject: [Child's Name]'s Minecraft Session Today

Hi [Parent Name],

[Child's Name] and I had a wonderful session today inside our private Minecraft world.

We explored [brief session focus—e.g., building a safe place, working through frustration, expressing emotions creatively].

Minecraft offers a unique space for reflection, growth, and emotional safety, and [Child's Name] continues to make great progress.

If you'd like to connect about today's session or next steps, just let me know!

Warmly,  
[Ashley]

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## Family Communication Checklist

Before Starting Sessions:

- ☒ Email setup instructions and privacy overview
- ☒ Confirm game version and technical access
- ☒ Confirm client Microsoft username
- ☒ Test access (if needed) or troubleshoot

Ongoing:

- ☒ Send reminders as needed
- ☒ Offer emotional framing about session goals when appropriate
- ☒ Keep communication warm, brief, and non-clinical unless otherwise necessary

# Caregiver + Client FAQ (for website or as handout)

This section gives you clear, therapist-approved answers to the most frequently asked questions about Minecraft therapy—especially from caregivers who are curious, cautious, or totally new to this idea.

You can copy, paste, and adapt any of this for your intake forms, email replies, or website.

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## What is Minecraft therapy, exactly?

Minecraft therapy uses the familiar world of Minecraft as a **therapeutic tool** to support emotional expression, communication, problem-solving, and self-regulation. Clients enter a private world, guided by their therapist, where gameplay becomes a doorway to deeper conversations, emotional processing, and healing.

It's not just about playing a game—it's about using creativity, metaphor, and shared experience to support meaningful therapeutic growth.

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## What version of Minecraft do we need?

We use **Minecraft Bedrock Edition**, which works on:

- Xbox
- PlayStation
- Nintendo Switch
- Windows 10/11 PCs
- iPads and tablets
- Android phones

✓ This is *not* the same as Java Edition (PC-only) or Minecraft Education Edition (for schools).

✗ Java and Education Editions are not compatible with the private therapy worlds we use.

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## Can we use Minecraft Education Edition?

No. Minecraft Education Edition is designed for schools and requires a special login. It is not compatible with Realms or private sessions and is not supported in this therapy format.

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## What is a Realm?

A **Realm** is a private Minecraft world hosted by Microsoft. It's available by invite only, and the therapist controls who can access it and when.

Realms allow for:

- Private, invitation-only access
- Safe spaces for therapeutic play
- Cross-platform compatibility (console, tablet, PC)

Your child will only be able to access the Realm during their scheduled therapy session.

---

### Will my child be playing with other kids?

No. Each child is assigned their **own private Realm**, accessible only during their scheduled therapy time. They will **never play with other clients** or have visibility into anyone else's information.

(Note: if you are using one realm for all clients, you would use the following language) Each Realm is used **one client at a time**. Only your child will have access during their session window. There is no group play or overlap with other clients.

---

### Can my child talk to the therapist inside Minecraft?

Yes—but not through Minecraft's built-in chat. For privacy reasons, we use a secure video or voice platform (like Zoom, Google Meet, or your therapist's EHR system) for real-time conversation during Minecraft sessions.

---

### Is this HIPAA compliant?

Minecraft itself is **not HIPAA-compliant**, so no personal health information (PHI) is ever entered or stored inside the game.

Your therapist will:

- Use secure platforms for documentation and conversation
  - Keep Minecraft usernames anonymous
  - Disable access to the world between sessions
  - Treat the Minecraft world like a digital therapy office—never as a storage system for sensitive data
- 

### When can my child access the Minecraft world?

Only during their scheduled therapy time. The world will appear in the "Joinable Realms" section of Minecraft once the therapist enables access. After the session, access is turned off. The therapist will manage access on the backend. (NOTE: If you are using a shared Realm, change this language to) If one Realm is shared between clients, access will be manually turned on and off before and after each session.

---

## What will they be doing in session?

That depends on your child's needs! Some examples:

- Building a "safe space" to explore safety and trust
- Mapping family roles using Minecraft mobs
- Exploring emotions through colors and blocks
- Practicing regulation and frustration tolerance in challenge-based activities
- Engaging in metaphor-rich creative play guided by their therapist

Minecraft allows kids to express big feelings in a safe, creative way—often without needing to "talk about it" directly.

---

## Do we need to buy anything?

Yes. You'll need:

- A copy of **Minecraft Bedrock Edition** (prices vary by platform: ~\$6.99–\$29.99)
- For console users (Xbox, Switch, PlayStation): an **online subscription** like Xbox Live Gold or Nintendo Switch Online may also be required to enable Realms access
- (NOTE: If you are using a shared Realm, add this language) If your child is using a separate Microsoft account for therapy (sometimes required in shared Realm setups), a second copy of Minecraft may need to be purchased for that account.

Your therapist can help walk you through this based on your child's device.

---

## How does my child join the session?

Your therapist will send you instructions with the exact steps, but in general:

1. Open Minecraft Bedrock Edition
2. Click **Play**
3. Go to the **Friends** tab
4. Scroll to **Joinable Realms**
5. Click the Realm with your therapist's username to enter the world

If needed, the therapist will guide you through this setup during your intake process.



---

### What if we have trouble logging in?

Reach out to your therapist! They'll help troubleshoot access issues and make sure your child can join smoothly.


---

### Will the therapist be in the game with my child?

Yes! The therapist is always present inside the Minecraft world during sessions and is also available for voice/video chat. This helps guide the session, provide support, and ensure safety.

---

### Pro Tip:

Setting great expectations up front saves you hours of back-and-forth later. Families LOVE having a simple checklist and clear guidelines, they feel empowered and supported, not overwhelmed. You are building trust **before** the first block is even placed. 



# Build 6: Build Your Sessions

*Practical therapy session ideas, emotional goals inside Minecraft, and ready-to-use treatment plan templates.*

---



## Why Structure Matters in Minecraft Therapy

Minecraft offers freedom, creativity, and exploration—but without a loose plan, sessions can easily drift without clinical focus.

The key is striking the right balance:

- Allowing authentic play
- While gently guiding the emotional or relational goals of therapy

This section gives you real-world tools to **structure sessions**, **track progress**, and **match in-game activities to clinical goals**.

Minecraft is a beautiful blank canvas, and that's exactly why it can feel overwhelming at first. There's no agenda unless you set one. So this section gives you specific, intentional ways to use Minecraft as a **therapeutic tool**, not just a digital playground. These ideas can be adapted for 1:1 sessions, parent-child dyads, or even small therapy groups.



## Minecraft Therapy Session Ideas (Practical Frameworks)

Here are several ready-to-use session formats based on therapeutic goals:



### 1. Build a Safe Place

**Mode:** Creative

**Purpose:** Emotional safety, trauma work, self-regulation

**Instructions:** Ask your client to create a space that feels safe to them. It could be a house, a bubble, a treehouse, a floating island—anything. Let them choose the materials and style.

**Therapy Prompts:**

- “What makes this feel safe?”
- “Who’s allowed inside?”
- “Where would you go in here if you were scared or upset?”
- “Does this place remind you of anywhere in real life?”



### 2. Emotion Blocks

**Mode:** Creative

**Purpose:** Emotional awareness and expression

**Instructions:** Assign different emotions to different block types (e.g., red wool = anger, blue glass = sadness). Invite your client to build a structure using blocks that represent how they've been feeling.

**Therapy Prompts:**

- "What part of this structure feels the strongest?"
- "Which emotion is taking up the most space today?"
- "If you wanted to change this, what would you add or remove?"



### 3. Family as Mobs

**Mode:** Creative or Survival

**Purpose:** Family systems work, projective play

**Instructions:** Ask the client to assign Minecraft creatures (called "mobs") to people in their life. A creeper might represent someone unpredictable. A villager might be someone who feels safe but distant.

You can use a pen-and-paper drawing for this or act it out in-game by spawning mobs into a fenced area and labeling them.

**Therapy Prompts:**

- "What's it like being around this 'mob'?"
- "How do the mobs interact with each other?"
- "Which mob do you relate to most right now?"



### 4. Memory Garden

**Mode:** Creative

**Purpose:** Self-esteem, identity, grief/loss work

**Instructions:** Plant a garden. Place a sign near each flower with a memory, hope, strength, or affirmation.

**Therapy Prompts:**

- "Let's plant a flower for something you're proud of."
- "Is there a memory you'd like to remember by planting something here?"
- "Would you like to plant a flower for someone you miss?"

This is especially powerful as a grief ritual or ongoing therapeutic tradition.



### 5. Reflection Trail

**Mode:** Creative or Survival

**Purpose:** Mindfulness, narrative work, self-reflection

**Instructions:** Create a path out of blocks (e.g., gold, glowstone, stone) and place a sign every few blocks with a reflective prompt or question.

**Therapy Prompts (on signs):**

- “What was something hard this week?”
- “When did you feel brave?”
- “Who helped you recently?”
- “What’s one thing you wish adults understood about you?”

Let the client walk the path and pause at each stop to reflect, aloud or silently.



## **6. Challenge Quest: Survive the Night**

**Mode:** Survival

**Purpose:** Emotional regulation, frustration tolerance, teamwork

**Instructions:** Set a shared goal like “Let’s build a shelter before nightfall” or “Let’s go mining for 15 minutes without dying.” Play alongside your client or let them lead while you observe.

**Therapy Prompts:**

- “What did you do when you got overwhelmed?”
- “What helped you keep trying after that setback?”
- “What was your strategy for staying safe or calm?”

Great for kids who need help tolerating distress, facing fears, or learning persistence.



### **Bonus Tip: Let Them Lead**

If you’re unsure what to do—or you’re still learning the controls—it’s okay to ask your client:

- “What would you like to show me today?”
- “Can you teach me something new in Minecraft?”
- “If you could build anything to help you feel better, what would it be?”

You’ll be amazed at the insight, confidence, and connection that emerges when kids get to be the expert.



# Minecraft-Based Treatment Plan Templates (Editable)

You can adapt these templates for intake paperwork, insurance notes, or clinical supervision documentation.

---



## Sample Treatment Plan: Anxiety

**Diagnosis:** Generalized Anxiety Disorder (F41.1)

**Goals:**

- Client will identify and practice 3 coping skills for anxiety management inside Minecraft.
- Client will engage in gradual exposure to controlled “stressful” events within Minecraft Survival Mode.

**Interventions:**

- Minecraft building prompts related to safety and control
  - Introducing low-stress challenges in Survival Mode to practice emotional regulation
  - Processing emotional reactions verbally during or after sessions
- 



## Sample Treatment Plan: Depression

**Diagnosis:** Major Depressive Disorder, Moderate (F33.1)

**Goals:**

- Client will engage in positive reinforcement tasks inside Minecraft (e.g., building achievements, collaborative projects).
- Client will reflect on feelings of agency, mastery, and accomplishment.

**Interventions:**

- Structured "achievement quests" in Minecraft
  - Collaborative world-building with therapist guidance
  - Verbal processing of successes and setbacks
- 



## Sample Treatment Plan: ADHD

**Diagnosis:** Attention Deficit Hyperactivity Disorder, Combined Type (F90.2)

**Goals:**

- Client will practice sustained attention on building tasks during Minecraft sessions.
- Client will use Minecraft as a tool to practice sequential planning.

### **Interventions:**

- Minecraft "mission lists" to support sustained focus
  - Task breakdown and completion tracking inside the game
  - Processing focus strategies and reinforcement
- 

## **Sample Treatment Plan: Adjustment Disorder**

**Diagnosis:** Adjustment Disorder with Mixed Anxiety and Depressed Mood (F43.23)

### **Goals:**

- Client will identify internal and external supports by building “support structures” inside Minecraft.
- Client will practice emotional regulation skills during collaborative challenges.

### **Interventions:**

- Building a village or safe space metaphorically representing supports
  - Co-play experiences reflecting real-world transitions or changes
  - Verbal reflection and future planning using in-game metaphors
- 

## **Sample Treatment Plan: PTSD**

**Diagnosis:** Post-Traumatic Stress Disorder (F43.10)

### **Goals:**

- Client will create and interact with a secure, predictable environment in Minecraft to foster emotional regulation and trust.
- Client will externalize feelings through metaphor and guided exploration.

### **Interventions:**

- Build Safe Places, sensory gardens, or calming pathways inside Minecraft.
  - Introduce limited, manageable challenges to practice emotional regulation in the presence of mild stressors.
  - Introducing small, controlled challenges. Track and discuss emotional responses
- 

## **Sample Treatment Plan: Autism Spectrum Disorder (Level 1)**

**Diagnosis:** Autism Spectrum Disorder Without Intellectual Impairment (F84.0)

### **Goals:**

- Client will practice reciprocal communication skills during Minecraft co-play sessions.

- Client will build tolerance for minor disruptions or changes in routine within a predictable Minecraft environment.

#### Interventions:

- Structured collaborative builds
  - Pre-session visual schedules or session “maps”
  - Processing flexibility and regulation during unexpected events (e.g., creepers, weather changes)
- 

## Session Planning Tip Sheet

- ✓ Set one clear goal per session (emotional, relational, cognitive)
  - ✓ Use building prompts or mini-challenges aligned with the goal
  - ✓ Always leave time for verbal or creative reflection afterward
  - ✓ Keep a running log of session themes, builds, and emotional reactions
  - ✓ Allow flexibility
  - ✓ **Trust the Process:** The world you’re building together *is* the therapy. You are planting seeds in every block, every moment of reflection, and every victory over frustration or fear.
-

# Minecraft Therapy Long Term Plans

12–24 Week Roadmaps by Diagnosis

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Each of the following long term plans are based around four phases:

Phase	Focus	Example Activities
1. Building Safety	Rapport, trust, emotional safety	Build a Safe Place, simple co-building, Calm Garden
2. Expressing Emotions	Awareness, labeling, reflection	Emotion Blocks, Mood Rooms, Strengths Path
3. Facing Challenges	Resilience, flexibility, problem-solving	Survival Light Challenges, Flexible Building Tasks
4. Celebrating Growth	Identity, pride, closure	Strengths Showcase, Memory Builds, Create a Legacy Build

👉 You can spend 3 weeks or 6 months on each cycle, depending on the child and the diagnosis.

---

## Long-Term Roadmaps for Various Diagnoses:

### Adjustment Disorder with Anxiety

**Focus:** Emotional regulation, resilience through transitions, adapting to change.

#### 🌀 Phase 1: Building Emotional Safety

- **Purpose:** Build rapport, create a predictable and calming in-game experience.
- **Example Activities:**
  - **Build a Safe Place:** Invite the client to create a private sanctuary.
  - **Strengths Showcase:** Build a room that displays their proudest traits or achievements.
  - **Calm Walks:** Wander a pre-built peaceful path while talking about "what feels safe."

#### 🧠 Phase 2: Expressing Worries + Naming Emotions



- **Purpose:** Increase emotional awareness and externalize internal experiences.
- **Example Activities:**
  - **Mood Rooms:** Create color-themed rooms that represent different emotions.
  - **Worry Garden:** Plant "worry flowers" (flowers = specific worries) and discuss how big they feel.
  - **Block Tower Check-In:** Stack blocks for different emotional intensities ("This tower shows how big my feelings are today.")

### 🔥 Phase 3: Practicing Resilience + Coping Skills

- **Purpose:** Build tolerance for minor stress and foster adaptive coping.
- **Example Activities:**
  - **Mini Challenge Quests:** Co-build something under a soft time limit (e.g., build a bridge together before sunset).
  - **Safe Risk-Taking in Survival Mode:** (Optional) Try one small survival task—only if the client feels ready.
  - **Obstacle Course of Today:** Build and walk a course representing today's challenges and victories.

### 🌟 Phase 4: Celebrating Growth + Closure

- **Purpose:** Reinforce strengths, autonomy, and successful adaptation.
- **Example Activities:**
  - **Memory Path:** Build a trail highlighting moments of courage, wins, or joyful memories.
  - **Victory Garden:** Plant trees or flowers to symbolize coping skills or proud moments.
  - **Legacy Build:** Create something lasting in their world—a tower, a mural, or a "Hope House" they can always revisit.

### ✨ Therapist Notes:

- **Cycle flexibly:** Some clients might move through these phases in 8 sessions, some might need 6 months.
- **Micro-moves are wins:** Even just adding a single "Worry Flower" is progress.
- **Follow their lead:** If they're attached to one project, *stay there* longer and go deeper.
- **You don't have to prep outside session:** All activities are client-led with gentle prompts!

---

## Major Depressive Disorder, Mild

**Focus:** Spark joy, creativity, and a sense of small success.

### 🌀 Phase 1: Building Connection + Activation

- **Purpose:** Build motivation and connection through success-based activities.
- **Example Activities:**

- **Strengths Showcase:** Invite the client to build a "Hall of Achievements" with symbols for things they're proud of, big or small.
- **Comfort World Exploration:** Wander together until they find a biome they love (flower forest, beach, mountains) — claim it and begin personalizing it.
- **Comfort World Creation:** Let them design their dream space: a cozy home, a calm garden, or a magical village.
- **Joy Hunt:** Explore the world together to "collect" (name) small joys: colors they like, favorite mobs, peaceful spaces.

## Phase 2: Expressing Emotions + Begin Reflection

- **Purpose:** Help kids notice and name emotions in a natural, metaphorical way.
- **Example Activities:**
  - **Gloomy Marsh vs. Sunny Flower Field:** Explore both biomes. Notice which places feel heavier or lighter. ("Where would you rather build your house? Why?")
  - **Hidden Caves:** Explore underground — metaphor for "things we don't always see on the surface."
  - **Building Shelters:** Build a simple shelter to talk about how we protect ourselves emotionally.

## Phase 3: Building Hope + Future Focus

- **Purpose:** Support goal-setting, confidence, and envisioning a positive future.
- **Example Activities:**
  - **Plant a Garden:** Each crop or flower = a hope, dream, or goal (even tiny ones, like "sleep better," "have more energy").
  - **Adventure Quest:** Go on a small expedition together (boat across an ocean, climb a mountain) and reflect: "What's something hard you made it through recently?"
  - **Village Restoration:** Repair a looted or abandoned village to symbolize recovery and rebuilding.
  - **Time Capsule Build:** Design a "future home" or "future self" monument—what they hope life will feel like in 1 year.

## Phase 4: Celebrate Progress + Leave a Legacy

- **Purpose:** Reflect on growth, recognize resilience, and leave the Minecraft world feeling proud.
- **Example Activities:**
  - **Victory World Tour:** Walk through all major builds together, reflecting on what they represent.
  - **Closing Ritual:** End by lighting lanterns at sunset or fireworks (easily crafted!) to celebrate how far they've come.
  - **Leave a Marker:** Place a statue, tree, or special sign as their "I was here" legacy in the world.

## Therapist Notes:

- **Small wins matter:** Building a single flower or sign is meaningful progress.
- **Emphasize creativity without pressure:** Let them have agency in designing spaces.

- **Keep "hope" grounded:** Tie builds back to real-world strengths and goals gently.
  - **Reflection > speed:** It's okay to stay in one phase for multiple sessions.
- 

## ADHD – Combined Presentation

**Focus:** Strengthening attention, planning, task persistence, and emotional regulation through natural Minecraft activities.

### **Phase 1: Activate Curiosity + Build Immediate Success**

- **Purpose:** Hook attention through fast wins, movement, and creativity.
- **Example Activities:**
  - **Biome Hunt:** Go find the coolest biome they can — jungle? snowy plains? — and “claim it” as their own.
  - **Strengths Build:** Let them instantly build whatever makes them happy: a pet sanctuary, a crazy rollercoaster, a soccer field.
  - **Fast Challenges:** 10-minute building sprints (e.g., “Build the weirdest house you can in 10 minutes!”) — praise effort, not perfection.

### **Phase 2: Strengthen Planning + Task Persistence**

- **Purpose:** Start introducing gentle planning and sequencing skills.
- **Example Activities:**
  - **Treasure Map Planning:** Plan a mini-adventure: Find a village, raid it, come back. Create a loose plan together (“Step 1: Gear up. Step 2: Find a boat…”).
  - **Mini-Project Series:** Instead of one giant build, create small “missions” each session: build a dock one day, a boat the next, etc.
  - **Checkpoint System:** Place signs or torches as “progress markers” (“I finished gathering wood!” “I finished the frame of the house!”).

### **Phase 3: Practice Emotional Regulation + Flexibility**

- **Purpose:** Strengthen ability to stay focused and calm even during frustration or boredom.
- **Example Activities:**
  - **Survival Challenge:** Short, low-stakes survival play (“Let’s survive together until nighttime.”) Emphasize regrouping after setbacks.
  - **Obstacle Course or Parkour Adventure:** Navigate through naturally messy terrain — water, cliffs, caves — and reflect on emotions (“What helped you keep trying?”)
  - **Reset Zones:** Build a quick “calm down” hut or secret garden to go to if they feel overwhelmed. Empower them to recognize when they need a reset.

### **Phase 4: Ownership, Mastery, and Reflection**

- **Purpose:** Celebrate focus, creativity, persistence—and connect progress to real life.
- **Example Activities:**

- **Teach-Back Project:** Let them plan and teach YOU how to build something. ("You're the boss today!")
- **Victory Showcase:** Tour all the progress they've made—highlight perseverance and planning wins.
- **Plant a "Focus Tree":** For every session they stayed on task (even a little), plant a tree. Create a growing forest of small victories.

### ✨ Therapist Notes:

- **Lots of movement breaks:** Standing up, jumping in Minecraft, moving to new areas = great for regulation.
- **Externalize planning:** Visuals like torches, signs, and maps help kids with ADHD see their progress.
- **Praise flexibility:** Celebrate getting *back on task* more than staying perfectly focused the whole time.

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## Generalized Anxiety Disorder (GAD)

**Focus:** Build self-awareness, practice coping skills, and strengthen emotional flexibility inside Minecraft.

### 🌀 Phase 1: Build Safety + Externalize Worries

- **Purpose:** Create a strong foundation where the client feels empowered and safe enough to explore worries.
- **Example Activities:**
  - **Safe Base Build:** Find a favorite spot (mountains? beach?) and build a cozy base. Add a bed, campfire, animals — whatever feels calming.
  - **Emotion Compass:** Create a "Compass Garden" — 4 signs at north, south, east, west labeled with emotional states (e.g., calm, worried, excited, mad). Have them walk toward the one they feel most like that day.
  - **Worry Containers:** Build a small chest and imagine locking worries inside. ("Which worry would you like to put away while we play today?")

### 🧠 Phase 2: Strengthen Coping Skills Through Micro-Challenges

- **Purpose:** Let them experience small amounts of stress safely—and discover they can handle it.
- **Example Activities:**
  - **Mild Survival Adventure:** Go on a "safe" mini-quest together: ("Let's gather food without getting too close to monsters. We can retreat any time!")
  - **Weather Watch:** Notice changes like storms or nighttime and practice regulating reactions. ("What can we do if we get scared in the rain? Build a hut? Light a torch?")
  - **Bravery Building:** Face a low-stakes scary thing together — like exploring a cave — only if they're ready, and celebrate every tiny step.

### Phase 3: Practice Flexibility + Reframe Anxiety

- **Purpose:** Help kids realize they can adapt and survive even when things don't go as planned.
- **Example Activities:**
  - **Surprise Pathways:** Let them choose a random direction and go without planning. Reflect: "What happened when we didn't know exactly what would come next?"
  - **Challenge Choice:** Let them pick between two slightly challenging activities. (e.g., "Do you want to build a boat across the ocean or survive a night outside?") Both are wins.
  - **Worry Reflection:** After any tricky moment, pause to reflect: "What helped you through that? Were your worries bigger or smaller than what really happened?"

### Phase 4: Strengthen Mastery + Generalize Coping Skills

- **Purpose:** Tie in-game bravery to real-life situations.
- **Example Activities:**
  - **Create a Victory Garden:** Plant flowers for every time they showed bravery or flexibility ("This flower is for the time I stayed calm during a thunderstorm.").
  - **Memory Walk:** Build a simple trail that represents progress. ("At the start, you built a house. Then you explored a cave. Then you survived a night... Look how far you've come!")
  - **Transfer Bridge:** Build a real or symbolic bridge, and talk about how the skills they practiced in Minecraft help them in real life (flexibility, coping, courage).

### Therapist Notes:

- **Small stress doses:** Minecraft's built-in unpredictability (weather, mobs, night) is perfect for safe exposure.
  - **Reflect often:** Clients with GAD need LOTS of reminders that coping skills worked (even imperfectly).
  - **Normalize setbacks:** Celebrate "trying again" even more than success.
- 

## Wrapping Up: Your Session Flow is Just Getting Started

The ideas and templates you've just explored are a launching point, not a limitation. Once you start seeing the world of Minecraft through a therapeutic lens, you'll realize the **possibilities are nearly endless**.


Use these examples to guide your early sessions, but trust yourself to adapt, create, and respond in real time to your clients' needs and imaginations. Each build, challenge, and unexpected moment is an **opportunity for emotional growth, connection, and healing**.

You're not just playing Minecraft—you're building worlds where change is possible. Let your creativity (and your clients') take it from here. Use the Session Planning Template on the next page to plan your own!

# Session Planning Template (Editable)

**Title:** *Minecraft Session Planner for Therapists*

---

 **Client Name:** \_\_\_\_\_

 **Session Date:** \_\_\_\_\_

 **Session Mode:** ☐ Creative ☐ Survival ☐ Mixed


---

 **Session Goal or Theme:** *(Example: Explore frustration, Build trust, Process grief)*

---

 **Selected Prompt or Activity:** *(Example: Build Your Safe Place, Challenge Quest, Emotion Compass)*


---

 **Planned Questions or Reflections:** *(Example: "What made you feel calm in your safe space?"  
"What was the hardest part of the challenge?")*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

 **Long Term Plans:** *(e.g., Continue on this build, revisit discussion)*

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 **Therapist Notes Post-Session:** *(Key moments, emotional reactions, coping skills practiced, future goals)*

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# Build 7: Build Your Marketing + Outreach

Make sure the families who would benefit most from Minecraft-based therapy know it's available!

This section includes ready-to-use marketing and communication tools to help you:

- ✓ Use a Referral Partner One-Pager to introduce this offering to referral sources like schools, pediatricians, and other therapists. Print it out, hand it out, make it into a pdf and email it out!
  - ✓ Add Minecraft Therapy to your Psychology Today profile
  - ✓ Update your website to showcase this service
  - ✓ Notify parents of your current clients
- 



## 1. Referral Partner One-Pager

**Title:** *Minecraft Therapy for Kids + Teens*

**Subhead:** A creative, regulated, and clinically guided approach for emotional support and skill building.



### What Is Minecraft Therapy?

Minecraft therapy is an innovative approach that uses the familiar world of Minecraft to support therapeutic goals for children and teens.

In a private, therapist-guided Minecraft world, clients explore metaphor, emotion, and relationship dynamics while building structures, navigating challenges, and expressing themselves—often more freely than in traditional talk therapy.

This format is especially useful for kids and teens who are:

- Highly creative but emotionally dysregulated
- Anxious or avoidant in traditional therapy
- Neurodivergent, sensitive, or gaming-identified
- In need of nonverbal or metaphor-rich processing
- Overwhelmed by real-life transitions, trauma, or school stress



### How It Works

- Each client receives access to a **private Minecraft Realm**, with access toggled on only during their session.

- The therapist joins the client inside the world and uses both in-game interaction and a secure video platform to guide reflection, emotional regulation, and processing.
- Sessions can be directive (e.g., “build a safe place” or “map out your family”) or experiential (e.g., co-regulating through challenge play in Survival Mode).

All sessions are:

- ✓ One-on-one
- ✓ Trauma-informed
- ✓ Structured + ethical
- ✓ Integrated with traditional therapeutic goals

## Privacy & Safety

- Only the client and therapist have access to the Minecraft world
- In-game chat is not used for sensitive communication
- Communication occurs through HIPAA-compliant video or encrypted voice platforms
- No PHI is entered, stored, or discussed inside the game

Minecraft is used like a digital therapy room—a space for reflection, not documentation.

## Who Refers to Minecraft Therapy?

- School counselors & social workers
- Pediatricians
- Psychiatrists
- Parents seeking alternatives to talk therapy
- Agencies working with trauma-exposed or neurodivergent youth

## About the Therapist

### [Therapist Name, Credentials]

Licensed Professional Counselor Candidate | Certified Life Coach

Creator of TherapyCraft

[Practice Name] | [Phone Number] | [Website] | [Email]

*I specialize in working with kids and teens who feel overwhelmed, misunderstood, or stuck.*

*Minecraft gives us a shared language and space to reconnect, explore identity, and build emotional tools they can use in the real world.*

## Ready to Refer?

Email [therapist email] with the subject line “Minecraft Therapy Referral” or fax a referral form to [fax number, if applicable].

Referrals can also be submitted online at: [website/contact link]





## 2. Psychology Today

### ✓ Psychology Today Short Bio Snippet

#### For Specialties Section or Mini-Profile:

I offer a creative and engaging therapy option for children and teens who connect deeply with games like Minecraft. Inside a private, therapist-guided Minecraft world, I help clients express emotions, practice regulation skills, and build confidence in a way that feels safe and familiar. Sessions are always clinically informed, developmentally appropriate, and tailored to your child's emotional needs.

---

### ✓ Psychology Today Full Service Description

#### For Detailed Specialty or Full Profile Section:

In addition to traditional therapy, I offer Minecraft-based therapy sessions for children and adolescents. This approach allows us to meet your child where they are—inside a world they already know and love.

Sessions take place in a private Minecraft Realm, with only the therapist and client inside. While we build, explore, and play together, I use therapeutic strategies to support emotional regulation, communication, resilience, and growth.

Communication happens via a secure video platform while we are in-game. All sessions are clinically structured, developmentally appropriate, and trauma-informed.

No gaming experience is required for families. Minecraft becomes the bridge—offering a safe, creative space for emotional expression, problem-solving, and meaningful connection.

---



## Website Full Service Page Copy

(Use for your main therapy services page for Minecraft Therapy)

### Minecraft Therapy for Kids & Teens

A creative therapy option for kids with big emotions—and big imaginations.

If your child feels more comfortable behind a video game controller than in a therapy office, **Minecraft therapy might be the perfect fit.**

In these sessions, we meet inside a private Minecraft world built just for them—where we can create safe spaces, tackle challenges together, and use in-game experiences as metaphors for **real-world growth.**

Inside the Minecraft world, your child can:

- ✓ Express emotions without needing to "just talk"
- ✓ Practice emotional regulation and coping skills
- ✓ Build trust and resilience in a familiar space
- ✓ Explore identity, grief, confidence, and relationships through symbolic play

Sessions are always one-on-one, therapist-guided, and clinically informed.

We use Minecraft Realms to ensure privacy, and communication happens via secure video call during play.

**No Minecraft experience needed—just a willingness to connect in a new, powerful way.**



[Button: Schedule a Consultation]



[Optional Button: Learn More About Minecraft Therapy]



## Website Short Blurb (Home Page or Services List)

**Minecraft Therapy Sessions: Creative, private therapy sessions for kids and teens—inside a Minecraft world built just for them.**

[Learn More →]



## 3. Email to Parents of Existing Clients

**Subject Line:** New Therapy Option Now Available: Minecraft-Based Therapy!

**Body:**

Hi [Parent Name],

I'm excited to share that I'm now offering Minecraft-based therapy sessions as an option for clients who would benefit from a more creative, engaging therapeutic approach.

These sessions take place inside a private Minecraft world (called a Realm), where your child can explore emotions, practice coping skills, and build confidence—all while guided by a secure video connection and clinically informed therapeutic strategies.

This option can be especially helpful for:

- Children who thrive in visual, creative spaces
- Kids who struggle with traditional "talk therapy"
- Clients needing a low-pressure way to build emotional tools

If you'd like to learn more about how Minecraft therapy might support your child's goals, reply to this email or [schedule a consultation here]. I'm happy to answer any questions and discuss whether this would be a good fit.

Warmly,  
[Your Name]  
[Credentials and Practice Info]

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## 4. Optional Bonus: Social Media Announcement Post

### Short Caption:

✨ Exciting news! ✨

Minecraft Therapy is now available at [Practice Name]!

If your child connects more easily through creativity and play, this could be the perfect space for emotional growth, regulation, and connection.

Private, therapist-guided, and clinically supported.

Learn more here → [link]

*(Optional: cute image of Minecraft blocks, hearts, or a safe house!)*



# Final Build: You're Ready.

You now have everything you need to start offering Minecraft therapy sessions with confidence, creativity, and clinical grounding.

From setting up a Realm to planning powerful sessions, you're stepping into a world where therapy feels accessible, empowering, and deeply engaging for kids and teens who need it most.

Remember:

You don't have to be a gaming expert to be an incredible Minecraft therapist.

You just need your clinical skills, a spirit of curiosity, and a willingness to build alongside your clients—one block, one emotion, one moment at a time.

Your sessions won't always go exactly as planned.

(And honestly, that's part of the magic.)

The most meaningful moments in Minecraft therapy often happen when you let creativity, play, and emotional honesty guide the way.



**Start small. Stay flexible. Celebrate every connection.**

The world you're building inside Minecraft isn't just digital—it's emotional, relational, and transformational.

And it starts now. 🧡

— With excitement and belief in you,

Ashley Jangro, LPCC | Life Coach | Creator of TherapyCraft