

लीला

❧ *Leelah

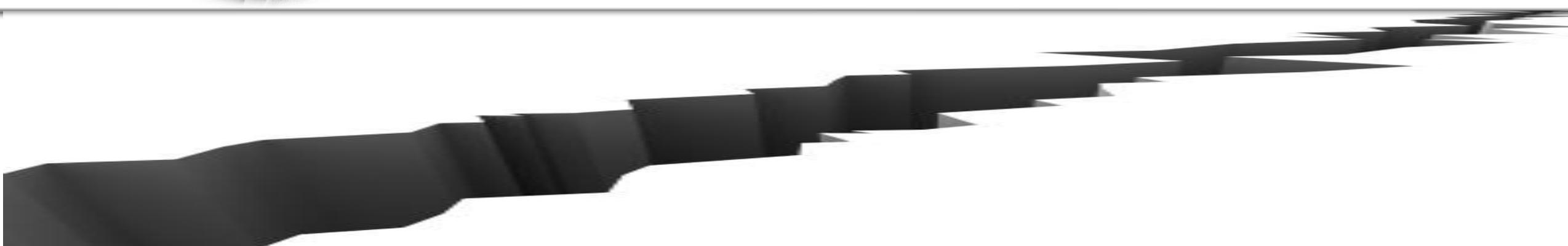
Play for itself
A non-directive model

* Sanskrit - the world is a Play of gods



The Problem with

Desire



ASSUMPTIONS



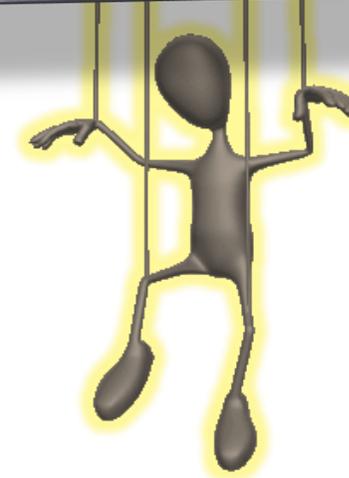
1. Play has healing abilities for itself.
2. The more fully the play is expressed, the more it will heal.
3. Free and spontaneous play happens when no clinical interventions are taken.

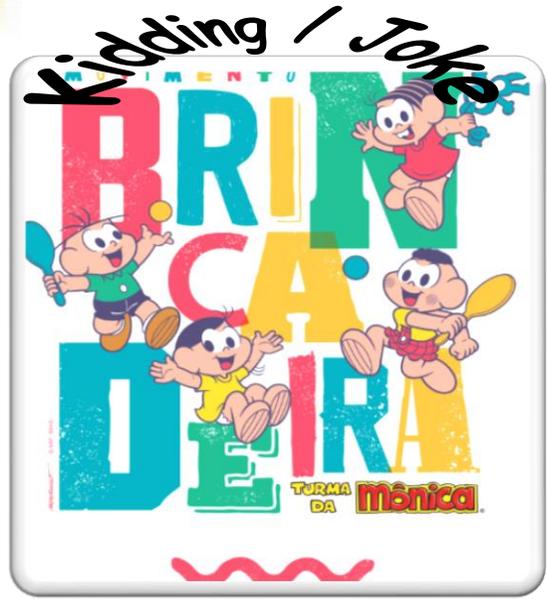
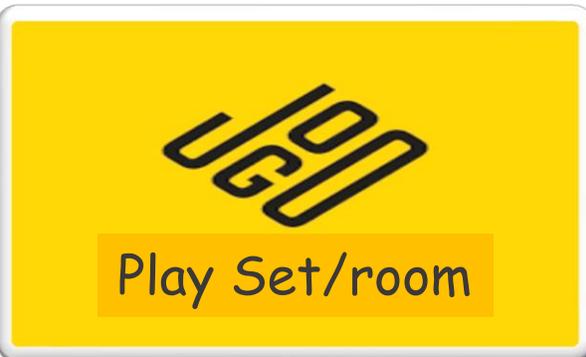
Question?

Which conditions are necessary to a fully expressed play?

1. A play can occur only when it has no purpose outside of itself. When a purpose becomes more important than the play, it is probably not a play at all.

THE PLAY THAT GOES
WRONG







Leelah - Play for Itself

Polis

DUNGEONS & DRAGONS



No acting skills are required,
only your intention.



A few scenes happen
simultaneously



Leelah - Play for Itself

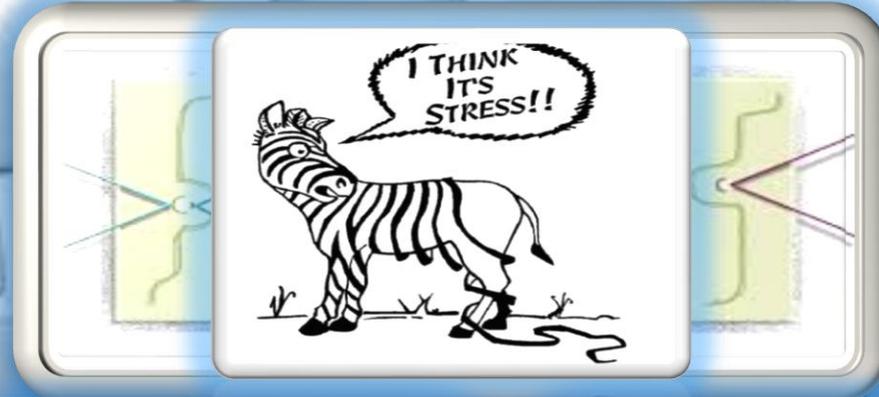


Gentle play



Self play





SELF HEALING

p. 222, Erikson, E.H., 1977. *Toys and reasons: Stages in the ritualization of experience*. WW Norton & Company.

setting

- **Accessories, Body, Mind**

- **Make a commitment**



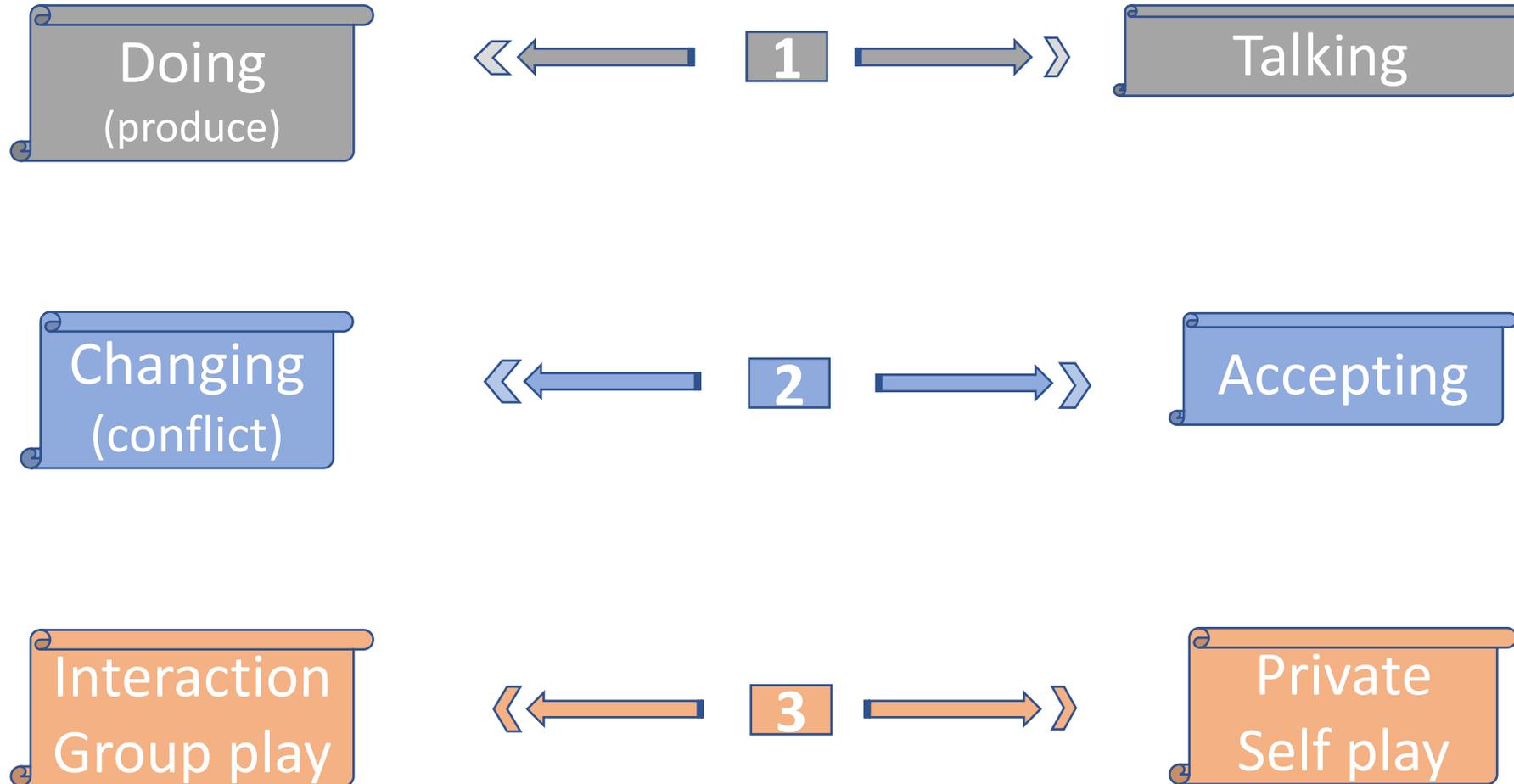
- **Short exit - Off/in play, Long exit – introspection space**

- **Be attentive and loyal to your feelings and play with them**

07/11

Play dimension

“Playing is doing” – (Winnicott, *Playing: A Theoretical Statement*, 1971 [1968], p. 41)



Play dimension diagram

