

EMBRACING MODERN MEDIA

INTEGRATING MOVIES, GAMES, ANIME, &
GRAPHIC NOVELS INTO THERAPEUTIC
PRACTICE

RENE HERNANDEZ, MSCP, LSSP

AGENDA

Introduction

Therapeutic Bootcamp

Movies (MCU)

Video Games

Anime

Manga

Graphic Novels

Bringing it all Together

INTRODUCTION



WHO AM I AND WHY SHOULD YOU CARE WHAT I HAVE TO SAY?

Graduated from UT Tyler

- Unique blend of LPC and LSSP Programming

In my 12th year of Practice

Currently work as a bilingual School Psychologist in Denton ISD

Trained Practicum and Internship students

(TASP): Outstanding School Psychologist of the Year (Masters Level), November 2023

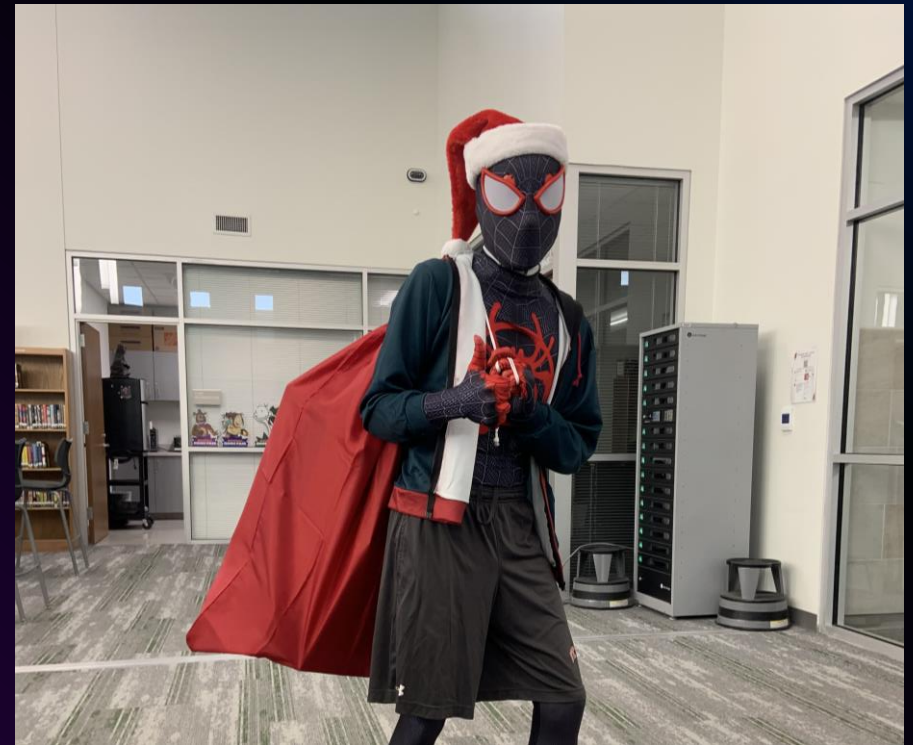
ALSO...

I'm a huge nerd

I currently sponsor my campus Anime Club

Areas of interest in geek culture include

- Anime
- Manga
- Dungeons and Dragons
- Video games (RPGs)
- TCGs



A QUICK THANK YOU

- A lot of the background for this training comes from work done by Dr Anthony Bean. Additional details were taken from trainings provided by other providers in the certification program.
- Dr Bean has does training with DFW-RASP
- The Certified Geek therapist program by Leyline
- <https://geektherapeutics.com/certified-geek-therapist/>

THERAPEUTIC BOOTCAMP

COUNSELING 101

THERAPEUTIC BOOTCAMP

- We know that the quality of the therapist-client alliance predicts the continuation of therapy (as opposed to drop out) and improvement in client functioning. Research indicates that therapists should try to combine the qualities of professional expertise and empathic warmth-science and heart- in their interpersonal style with clients.
- We want to use language that appeals to the student in front of us. But this goes beyond using the developmentally appropriate word for “sad” in context.
- Most clients do not connect well with reserved, distant counselors. The treatment alliance is strongest when the client perceives the therapist as a real person who is fully engaged, present, and authentic in the relationship.
 - Therapists whose moment-to-moment fluctuations in physiological arousal mirror those of their clients are rated as more empathic by those clients. We cannot be chameleons, but we can adjust our style; being soft and gentle with a shy, anxious child and being rougher, jauntier, and more casual with a rebellious adolescent.

THERAPEUTIC BOOTCAMP CONT.

- The comfort level of a young child is less a function of their abstract understanding of therapy than their visceral sense of what it is like to be with the therapist AS A PERSON. Asking questions about favorites is a way to help us enter the child's world, and giving our own answers helps clients get to know us. We don't need to be all business all the time.
- Clinicians tend to focus on problems, because that is why the clients come to see us, but assessment (and work) should also include attention to positive aspects of the child's life. Treatment should make use of a client's strengths. Therapists need to find a balance between focusing on therapeutic work and allowing the client to pursue topics and activities of their choosing.

THERAPEUTIC BOOTCAMP CONT.

- The therapeutic relationship is the cornerstone of progress
 - “Across studies, the largest portion of outcome variance not attributable to preexisting client characteristics involves individual therapist differences and the emergent therapeutic relationship between client and therapist, regardless of technique or school of therapy.”
- “You can’t rearrange the furniture if they don’t let you into the room”- Dr. Lasser
 - When you understand the things your student/client likes, you can use that for CONNECTION.

HOW DOES THIS RELATE TO OUR TOPIC?

- The Largest portion of outcome variance [in therapy] not attributable to preexisting client characteristics involves individual therapist differences and the emergent therapeutic relationship between client and therapist, regardless of technique or school of therapy.
- You can't rearrange the furniture if they won't let you into the room.
- When you understand the things your student/client likes, you can use that for CONNECTION.

WHAT TODAY IS

- A short overview of modern media
- A set of ideas on how you can use media in therapy
- A discussion on engaging students where they are to improve the therapeutic alliance

WHAT TODAY ISN'T

- An in-depth view of modern media
- A manualized approach

These slides are really dense, and that's by design. They're intended to be useful to you even when I'm not standing here talking with you.

ISN'T THIS ALL JUST GEEK STUFF?

- Well, yes and no.
- Want to see where it impacts people?
 - Remarkable Life of Ibelin on Netflix
 - <https://time.com/7095887/the-remarkable-life-of-ibelin-true-story-netflix/>

9:15

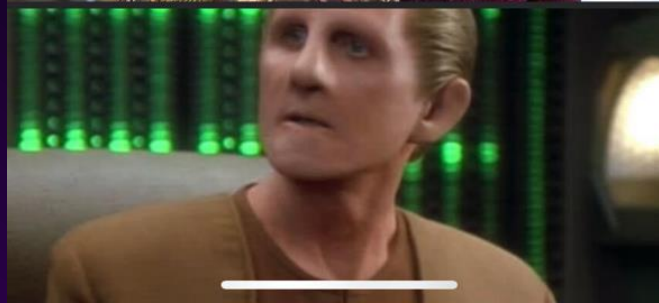


As an autistic person, I've always felt a deep connection with certain Star Trek characters, growing up it was Spock then Data. I know they're bit autistic but they have similar traits.

But as an adult it was Seven of Nine and Constable Odo. Seven's intelligence, savant-like abilities, and struggles with social skills resonate with me. She can categorize and memorize information effortlessly, but often comes across as unintentionally rude, has intense emotions, and even avoids eye contact. It's refreshing to see a character with autistic traits portrayed as beautiful and strong.

Then there's Odo, whose obsession with routine and struggle to fit in while constantly pretending to be something he's not (a 'solid') mirrors my own experience growing up. His social behaviors are learned through observation, which is something I relate to deeply.

When we do things to fit in it's called "masking" but with me being me- ill say "adapted"



July 3, 2024

So we found out yesterday in my other state, one of our longtime teammates had passed away from a car accident. He left behind his wife and 5 children. He playfully was called Dad a lot because he was just a fun father type of guy. It's crazy how much this has affected us and even the whole state has been, in a sense, mourning. Someone changed their account to RIP Batya and everyone is sending a taxi to keep the fire burning in his memory today. I just wanted to share it with you guys.

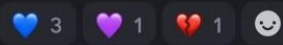


wife and children. Sending love to you <3



He was very active and always around to joke, offer guidance, and chat with. I personally only had the pleasure of knowing him for a few short months but that was more than enough time for me to recognize what an all around great person he was. The world is a bit dimmer without Batya and he will be missed

been with FAM for a while, you would have known Batya as our Russian friend in the group. He was very active and always around to joke, offer guidance, and chat with. I personally only had the pleasure of knowing him for a few short months but that was more than enough time for me to recognize what an all around



That is so sad. Honestly, when someone is away for a time, this is always my first fear. The pyre is a very special thought from the state.

One of the players is making this for his widow, showing how much he was loved in the game.

Online communities matter too. This brought tears to my eyes.

Yeah. It's a hard thing to explain to people who haven't experienced it.

Also. You're on discord? 😱

HA
HA

Heh yeah cuz of this game lol

The in game chat function really sucks

Hate it when a good game is held back by such a basic feature

Yeah it really sucks. Discord is a must.

That's another thing that's hard to explain to people who haven't experienced it. Know what I mean? I'm sure the idea of it

woulda seemed silly to you before.

1 Repl

I think it also hit a little close to home. One of the guys that came to the new alliance with me (long story 🙄 alliance drama) hasn't logged in in a couple of weeks, maybe more? His mom had been sick right before, and he took it pretty hard (she's in her 70s, hospitalized for a COPD exacerbation) but last we heard she was doing better. Changes can happen so fast at that age. We've been sending messages periodically but haven't heard from him 😞 they were even asking about him just yesterday on the main game chat and I was like, wow. They had just met the guy, we switched over like a month or so ago, and they care enough to ask how he is or if anyone had heard from him. Very cool community. And we are very worried about him 😞

Ouch. Yeah, that's gotta be rough.



And it's kinda weird how quickly you can bond with people you've never met, isn't it?

That's another thing that's hard to explain to people who haven't experienced it. Know what I mean? I'm sure the idea of it woulda seemed sill...

HA
HA

Perhaps. I think I would have accepted it as truth without being able to fully comprehend. Kinda like when I was working the peripartum mental health clinic. I knew enough to validate and support, but now on the other side, I realize I was just like Jon snow

Well. "Met"

MOVIES IN THERAPY

THROUGH THE LENS OF THE MARVEL
CINEMATIC UNIVERSE (MCU)

MCU HISTORICAL OVERVIEW



2008: Launch of the MCU with Iron Man. Marvel Studios took a major risk by independently financing Iron Man, introducing the world to Tony Stark and kickstarting the interconnected universe.



Kevin Feige, president of Marvel Studios, envisioned a shared cinematic universe, connecting individual hero stories into a cohesive narrative arc.



Disney purchased Marvel Entertainment for \$4 billion, providing Marvel Studios with increased resources and support for its ambitious projects.



Expansion of the MCU and the "Phase" System- The MCU is divided into "phases," each with a unique storytelling arc that builds toward larger, universe-altering events, starting with The Avengers in 2012.



The MCU became a global phenomenon, breaking box-office records and influencing pop culture, with Avengers: Endgame becoming the highest-grossing film of all time in 2019.



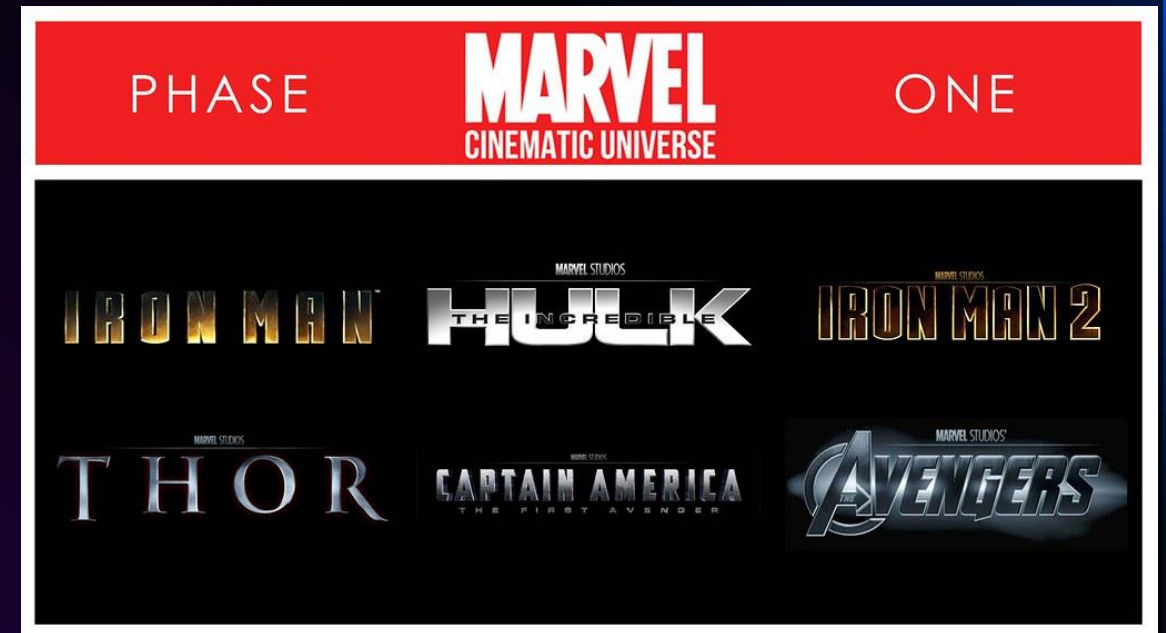
Disney+ Shows and the Multiverse- In 2021, Marvel Studios launched interconnected TV series on Disney+, expanding the universe into the multiverse and deepening character storylines.

IMPORTANT TERMINOLOGY

- **MCU-** Marvel Cinematic Universe
- **Phase-** A “phase” in the MCU is a distinct storytelling chapter consisting of multiple interconnected films released over a period of time. Each phase has its own thematic focus, character arcs, and plotlines that build towards a major crossover event.
- **Infinity Saga-** The “Infinity Saga” refers to the overarching storyline spanning Phases 1-3 of the MCU, focused on the collection of six powerful Infinity Stones by the villain Thanos, culminating in *Avengers: Infinity War* and *Avengers: Endgame*.
- **Multiverse-** The multiverse is the concept of multiple, parallel realities coexisting within the MCU, each with its own versions of characters and events.
- **Hero-** In the MCU, a hero is typically a character with extraordinary abilities or dedication to fighting against evil forces, upholding values of justice, sacrifice, and the protection of others. Characters like Captain America and Spider-Man exemplify heroism through their selflessness and commitment to the greater good.
- **Antihero-** An antihero in the MCU is a character who operates outside conventional heroic ideals, often displaying morally ambiguous traits or methods but still ultimately contributing to the fight against villains. Characters like Loki and the Winter Soldier represent antiheroes, as they may have questionable motivations or actions but align themselves with heroes for personal or complex reasons.

MCU PHASE 1

The MCU begins with the origins of key heroes like Iron Man, Thor, and Captain America, who each struggle with personal identity and responsibility. Nick Fury and SHIELD work to unite these heroes, introducing the idea of a team. As the heroes learn to cooperate, they confront their egos and individual missions. In *The Avengers*, they come together to stop an invasion, demonstrating the power of unity. Each character's arc highlights the journey from personal to shared goals and the importance of teamwork. This phase explores themes of self-discovery, collaboration, and navigating conflict within relationships.

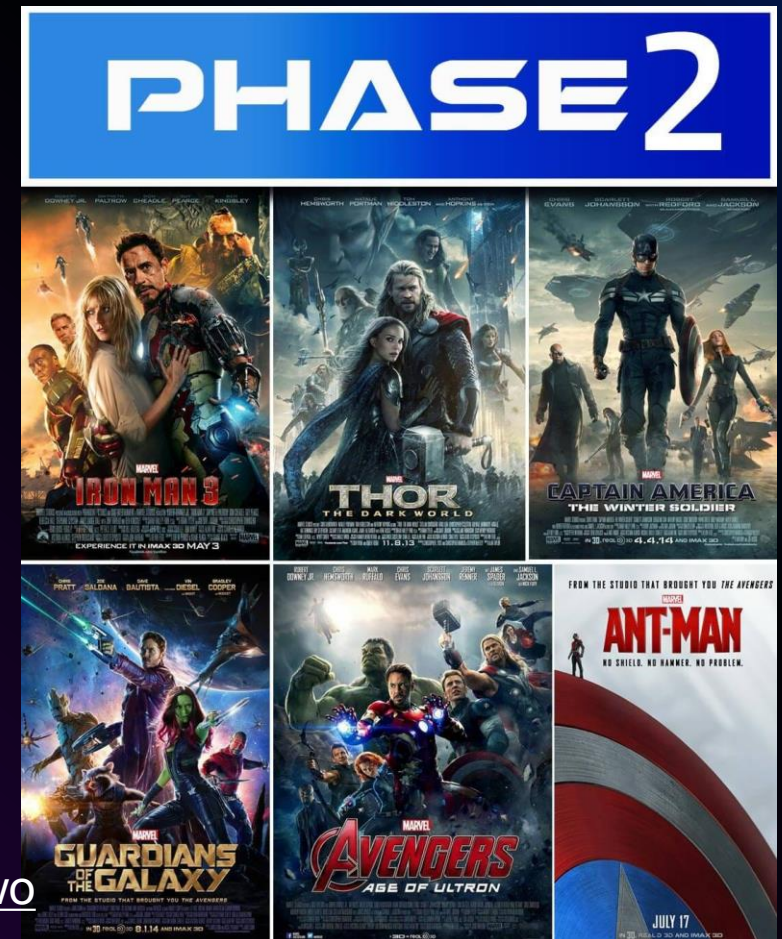


https://en.wikipedia.org/wiki/Marvel_Cinematic_Universe:Phase_One

MCU PHASE 2

The MCU expands into the cosmos with Guardians of the Galaxy and explores the consequences of power through Iron Man's PTSD and SHIELD's corruption in The Winter Soldier. Each hero faces ethical dilemmas, learning that even good intentions can have unintended consequences, as seen with Tony Stark's creation of Ultron. New heroes like Ant-Man enter the scene, and the Quantum Realm is introduced, hinting at greater complexities in the universe. Internal team tensions set up for future conflicts, particularly as individual choices affect others. The phase concludes with the Avengers realizing they must be accountable for their power. This phase explores themes of responsibility, ethical conflicts, and the impact of past choices on the present.

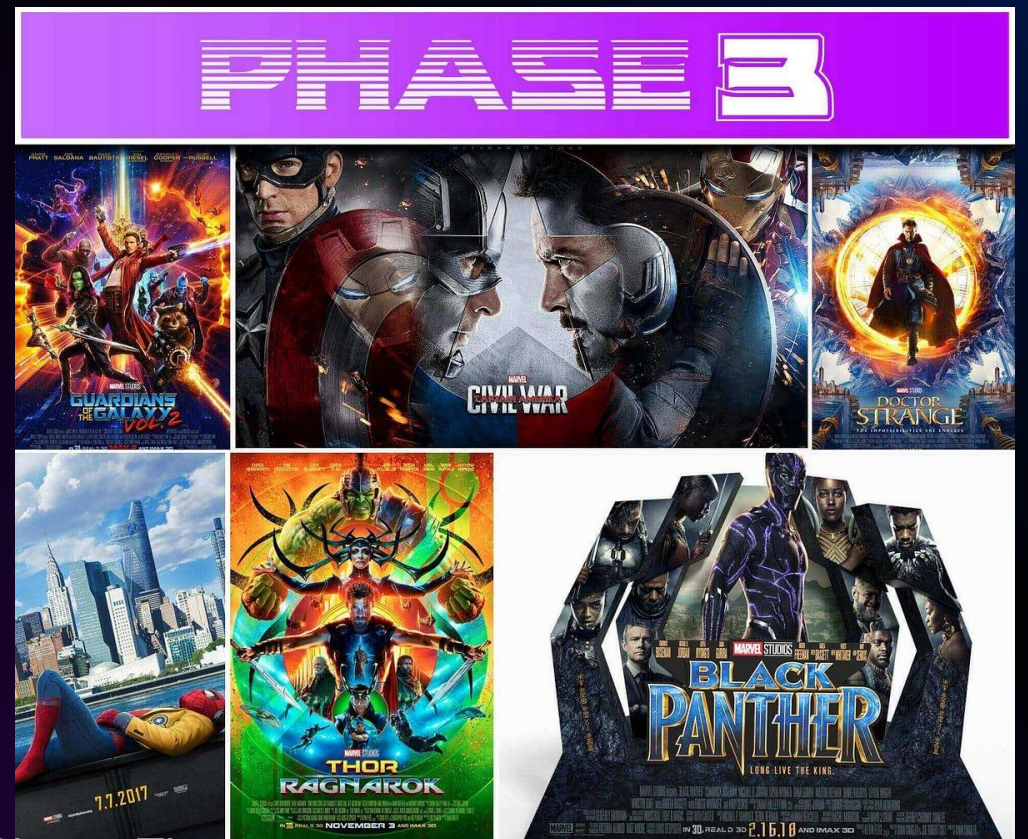
https://en.wikipedia.org/wiki/Marvel_Cinematic_Universe:Phase_Two



MCU PHASE 3

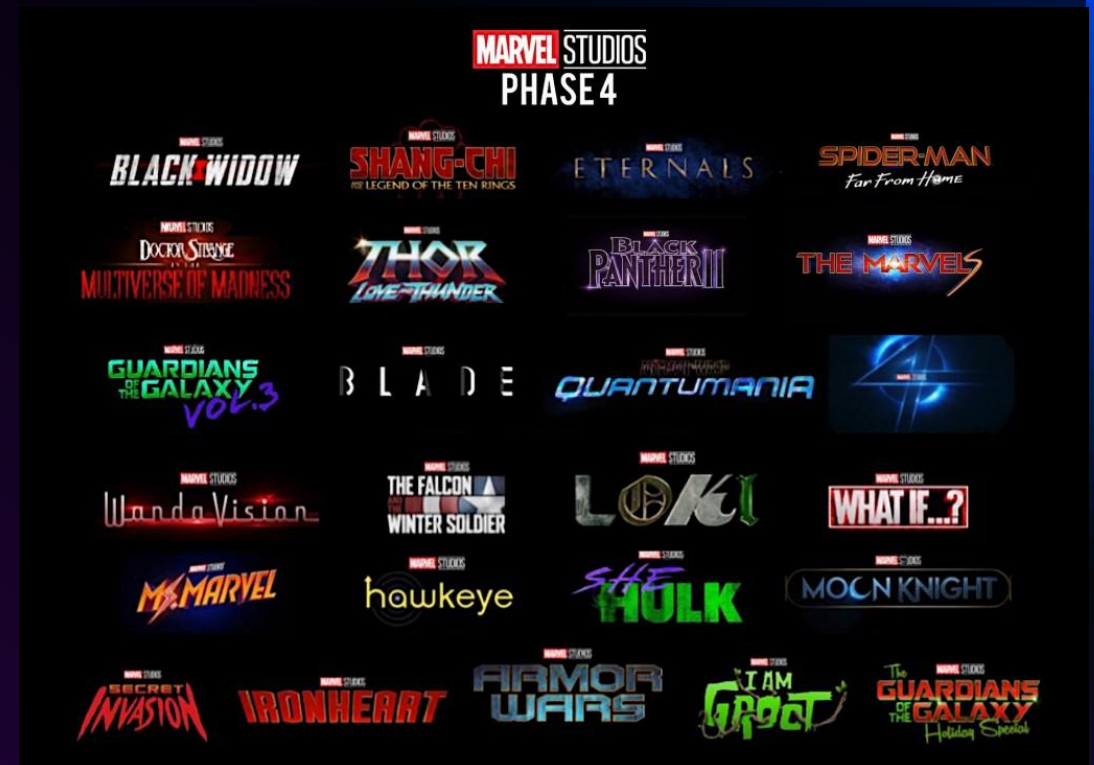
Civil War divides the Avengers over ideology, testing friendships and personal values. The Infinity Stones and Thanos' pursuit of them emerge as central elements, threatening the universe. Doctor Strange, Black Panther, and Spider-Man: Homecoming delve into personal identity, culture, and the role of heritage. In Infinity War, Thanos “snaps” half the universe out of existence, leaving the Avengers broken and questioning their purpose. Endgame concludes with a triumphant but costly victory, and several heroes make significant sacrifices, passing on their legacies. This phase’s focus on loss, resilience, and community can be valuable for processing grief, healing from trauma, and finding meaning in difficult times.

https://en.wikipedia.org/wiki/Marvel_Cinematic_Universe:Phase_Three



MCU PHASE 4

Post-Endgame, characters like Wanda and Sam Wilson confront personal grief, growth, and healing from their experiences. New heroes, such as Shang-Chi and Ms. Marvel, join the MCU, bringing fresh perspectives and diverse backgrounds. The multiverse is explored in Spider-Man: No Way Home and Doctor Strange in the Multiverse of Madness, raising questions of identity across alternate realities. Returning heroes grapple with their place in a world reshaped by the “Blip,” while cosmic threats intensify. Individual journeys toward purpose and acceptance are prominent, particularly as characters explore personal identity. This phase’s themes of grief, identity, and finding belonging offer valuable insights, particularly for those adapting after major life changes.



https://en.wikipedia.org/wiki/Marvel_Cinematic_Universe:Phase_Four

MCU PHASE 5- CURRENT

The MCU's legacy shifts as experienced heroes pass their knowledge to the next generation, like Ant-Man's daughter and the Guardians' new team members. The multiverse becomes increasingly complex, with new threats and ethical challenges, particularly with villains like Kang the Conqueror. As heroes face existential questions, some consider retiring or redefining what it means to be a hero. The Quantum Realm and cosmic dimensions reveal previously unseen powers and dangers, expanding the MCU's scope. Characters must now navigate these power dynamics with caution, focusing on long-term impact. This phase's exploration of legacy, ethical ambiguity, and purpose can support clients in counseling as they navigate life transitions, ethical dilemmas, and finding meaning amid complexity.

MORE ON THE ORDER OF MOVIES

- There are a million different videos on YouTube out there that will give you varying levels of information
 - <https://www.youtube.com/watch?v=hQsynbNhfRg>
- There are also a bunch of articles out there if you prefer reading.
 - <https://editorial.rottentomatoes.com/guide/marvel-movies-in-order/>
- Be careful of when the source was made, because they add a lot to the MCU every year.

DOCTOR STRANGE (DR. STEPHEN STRANGE)

Dr. Stephen Strange starts as an egotistical neurosurgeon who loses the use of his hands in a car accident, shattering his identity and career.

After exhausting medical solutions, he journeys to Kamar-Taj, where he learns about mysticism and opens his mind to spiritual and alternative healing.

Strange gradually learns humility, masters magic, and ultimately becomes a protector of Earth against mystical threats.

He grapples with the immense responsibility of being a sorcerer, which involves sacrificing personal desires and adhering to strict ethical standards.

In Multiverse of Madness, he confronts his own fear of attachment and his desire for control, ultimately realizing that some things cannot be forced.

Strange's story highlights themes of identity loss, recovery from trauma, and finding new meaning after a life-changing event—useful for counseling around acceptance, letting go of control, and personal growth.



THOR

- Initially reckless and prideful, Thor is banished from Asgard by his father, Odin, to learn humility on Earth.
- He watches his mother, father, and friends die, facing the loneliness of leadership and the burden of being Asgard's protector.
- After failing to stop Thanos and losing half the universe, he sinks into depression and self-blame, illustrated in Avengers: Endgame.
- He gradually learns self-acceptance, confronts his trauma, and passes the Asgardian throne to Valkyrie, choosing a new life path.
- Thor: Love and Thunder focuses on his journey to rediscover his identity beyond being a warrior.
- Thor's journey with loss, self-worth, and finding a purpose after trauma can resonate in counseling, especially for individuals grappling with grief, identity, and depression.



SPIDER-MAN (PETER PARKER)

Peter, a teenager, gains spider-like abilities and faces the responsibility that comes with his powers following the death of his Uncle Ben.

Guided by Tony Stark, he learns about sacrifice, stepping into the role of a young superhero in a world with seasoned heroes.

In *Avengers: Endgame*, Peter loses Tony, his father figure, leading to feelings of isolation and doubt.

In *Far From Home*, he grapples with balancing his hero duties with his desire for a normal life, ultimately revealing his true identity in *No Way Home*.

After his identity is exposed, Peter makes a painful choice to erase his existence from the minds of those he loves, sacrificing personal happiness for the greater good.

Peter's story is a strong metaphor for balancing personal desires with responsibility, relevant in counseling for young adults navigating identity, loss, and self-sacrifice.



CAPTAIN AMERICA (STEVE ROGERS)



Steve Rogers starts as a physically weak but morally steadfast man, who transforms into a super-soldier during WWII.

As Captain America, he becomes a leader with an unwavering moral compass, often questioning authority when it conflicts with his values.

Frozen and revived in modern times, he struggles with displacement, mourning the life he could have had.

Steve's loyalty to friends, especially Bucky, is tested as he opposes the Avengers and government over personal loyalty.

He ultimately chooses to return to the past, living out the life he missed and passing his shield to Sam Wilson.

Captain America's journey resonates with themes of sacrifice, integrity, and finding personal fulfillment, beneficial in therapy for exploring self-sacrifice, moral conflict, and finding closure.

THANOS



Thanos believes the universe is overpopulated, leading him to pursue the Infinity Stones to wipe out half of all life, seeing himself as a savior.

He is willing to sacrifice everything, including his daughter Gamora, to achieve what he sees as a righteous goal.

In Infinity War, he succeeds in his mission, believing he has brought balance, though it costs him everything.

In Endgame, he's confronted by the Avengers, representing those who reject his ideology, leading to his ultimate defeat.

Thanos' actions stem from a twisted but internally consistent logic, making him both a terrifying antagonist and a deeply complex figure.

His story provides a lens to explore ideologies, distorted cognitions, control, and moral complexity, valuable in counseling for examining fixed beliefs and the impact of extreme conviction.

LOKI

Loki grows up as the adopted son of Odin, feeling overshadowed by his brother, Thor, and struggling with jealousy and self-worth.

He attempts to seize power in *The Avengers* as a way to prove himself, eventually accepting his role as a "villain."

Over several films, Loki experiences character growth, ultimately aligning with his brother and confronting his own flaws.

He sacrifices himself in *Infinity War* to save Thor, demonstrating the depth of his evolution.

In *Loki* (2021), he confronts alternate versions of himself, accepting his multifaceted nature and beginning to heal past wounds.

Loki's story highlights struggles with identity, self-acceptance, and personal transformation, valuable in therapy when exploring themes of self-worth, sibling rivalry, and the complexity of change.



PRACTICAL CONSIDERATIONS FOR IMPLEMENTATION

- There is a lot of overlap in the characters and their stories
 - This isn't a flaw, it's a feature. Use it to your advantage.
- There are a TON of fan theories out there on the internet, and the students enjoy a surprising number of those.
- Be Careful with Antiheroes
- Consider developmental level

EXAMPLE INTERVENTIONS

- The Hulk & Anger
 - The Hulk is initially shown to be defined by his anger and his fear of his own anger. Over the course of the movies he gains skill at tuning his anger down (with the help of the Black Widow), and eventually transitions to “Professor Hulk”.
 - A little info about the Hulk
 - <https://www.youtube.com/watch?v=eLKVjCFEpv0>
- Thor & Depression
 - “I’m still worthy”
 - <https://www.youtube.com/watch?v=VT-ra8P7DU8>

EXAMPLE INTERVENTIONS CONT.

- Iron man & PTSD
 - After nearly dying while saving the world Tony Stark experiences symptomology consistent with PTSD.
 - <https://www.youtube.com/watch?v=QRXOvAGkot8>
- Wanda Maximoff & Grief
 - After having to kill her boyfriend in a failed attempt to prevent “the Snap”, Wanda grieves her losses in “Wandavision”. The episodes detail her journey through grief.

AND THIS IS JUST ONE SET OF MOVIES!

- These general ideas and principals are functional with a wide variety of video media!
- Other good examples include Wreck-it-Ralph, Inside Out, and basically any other Disney/Pixar movie from the last decade.
- Consider using shorts when possible
 - Piper- <https://www.youtube.com/watch?v=KCf56Tb0CP8>
 - Lava
 - Lost & Found- <https://www.youtube.com/watch?v=35i4zTky9pl>

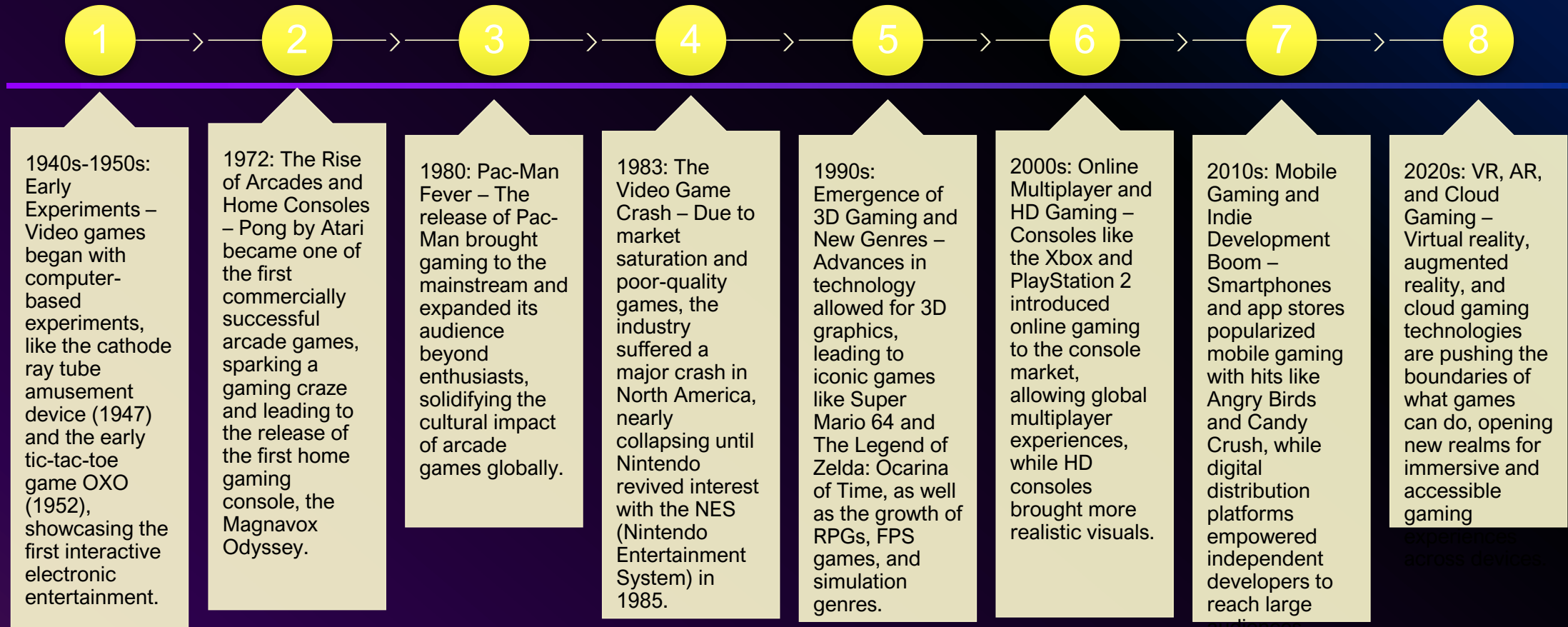
VIDEO GAMES IN THERAPY



SOMEONE IS ABOUT TO OBJECT TO VIDEO GAMES

- Video Game addiction
 - There is much less support for this in the data than we'd like. Anecdotal evidence isn't enough.
 - According to researchers who banded together to ask for more time to research the current conceptualization lacks:
 - Clinical validation
 - Normed measures
 - Measurement specificity
 - Longitudinal case studies
 - A delinieation between highly involved and potentially addicted
 - Cross-sectional research including factors such as anxiety, depression, and other mental health concerns.
- The public has been told that
 - Gamers are antisocial and addicted
 - Gamers have a high propensity for aggression and violence
 - Gamers have problems with emotional regulation
 - Gamers have deficits in attention
 - Gamers can not hold relationships with other individuals

VIDEO GAME HISTORY



<https://www.history.com/topics/inventions/history-of-video-games>

VIDEO GAME TERMINOLOGY

- Meta – Refers to the most effective strategies, characters, or items in a game at any given time.
- Respawn- Where a character reappears after failing at a task in a game.
- Loadout- The set of skills or equipment that is set for a character to use.
- NPC- Non-Player Character
- Achievement- a completion of a difficult feat in a game (usually given points)
- Boss- a big bad which takes longer to defeat and may require specific mechanics or phases to overcome.
- Dailies- a quest in a game that can be completed daily for points
- Farm- to stay in a place or area and pick up collectables
- Glossary of terms

- <https://www.playstation.com/en-us/editorial/playstation-ultimate-gaming-glossary/#>

POPULAR VIDEO GAME CONSOLES

- PlayStation 5 (PS5)
- X-Box Series S and Series X
- Nintendo Switch
 - Nintendo DS
- Gaming Computers

GENRES OF VIDEO GAMES

Role-Playing Games (RPGs) – Games where players control characters in a fictional world, often involving character development, exploration, and narrative depth (e.g., The Witcher, Final Fantasy).

Action Games – Fast-paced games that emphasize physical challenges, such as combat or platforming (e.g., Call of Duty, Super Mario Odyssey).

First-Person Shooters (FPS) – A sub-genre of action games that focus on gun-based combat from a first-person perspective (e.g., Halo, Overwatch).

Adventure Games – Narrative-driven games focused on exploration and puzzle-solving (e.g., The Legend of Zelda, Life is Strange).

Sports Games – Games simulating real-world sports such as soccer, basketball, or racing (e.g., FIFA, NBA 2K).

Simulation Games – Games that replicate real-life activities, often with high realism (e.g., The Sims, Flight Simulator).

Strategy Games – Games that emphasize tactical or strategic decision-making, often in real-time or turn-based formats (e.g., Civilization, StarCraft).

Fighting Games – Games that focus on close combat between characters (e.g., Street Fighter, Mortal Kombat).

Puzzle Games – Games centered around solving puzzles, often challenging the player's logic and problem-solving skills (e.g., Tetris, Portal).

Massively Multiplayer Online Games (MMOs) – Large-scale games that allow thousands of players to interact in a persistent online world (e.g., World of Warcraft, Guild Wars 2).

POPULAR GAME SERIES

Candy Crush

A match-3 puzzle game where players swap colorful candies to complete level objectives, Candy Crush relies on progressively challenging puzzles and a “lives” mechanic to keep players engaged. With simple, addictive gameplay and frequent new content, it has remained one of the top-grossing mobile games. It’s free-to-play with in-game purchases for extra lives and boosters.

Call of Duty

This first-person shooter series offers intense, fast-paced gameplay focused on military combat across various historical and modern warfare settings. With both single-player campaigns and extensive multiplayer modes, Call of Duty is known for realistic graphics and high-stakes action. The franchise includes battle royale modes, such as Warzone, which attract a massive global audience.

POPULAR GAME SERIES CONT.

Fortnight

A battle royale game where players compete to be the last person or team standing on an island, Fortnite combines building mechanics, vibrant visuals, and frequent in-game events featuring pop culture crossovers. It's free-to-play with revenue generated from cosmetic purchases and seasonal battle passes. Known for its social elements, Fortnite remains one of the most popular multiplayer games worldwide.

“V-Bucks”

League of Legends

A multiplayer online battle arena (MOBA) game where two teams of five players battle to destroy the opposing team's base, League of Legends emphasizes strategic teamwork and skillful control of unique characters. Each match requires planning, coordination, and knowledge of character abilities. With its competitive ranking system and eSports scene, League is one of the world's most-watched games.

POPULAR GAME SERIES CONT.

Mortal Kombat

A fighting game series famous for its intense, visceral combat and "Fatalities," Mortal Kombat features one-on-one battles with unique characters using a range of brutal moves and special abilities. Known for its graphic violence and mature themes, the series is a staple in competitive fighting game communities. It also has a surprisingly rich lore, blending martial arts with supernatural elements.

Super Smash Brothers

A crossover fighting series where characters from various Nintendo franchises (and beyond) battle in chaotic, platform-based arenas, Super Smash Bros. combines fighting mechanics with accessible controls for both casual and competitive play. Unlike traditional fighters, players aim to knock opponents off the stage. Its dynamic roster and multiplayer options make it popular across all ages and skill levels.

POPULAR GAME SERIES CONT.

Madden

A football simulation game that aims to replicate real-life NFL gameplay, Madden allows players to control teams, call plays, and manage rosters with detailed mechanics and realistic graphics. Each installment is updated to reflect the latest rosters, strategies, and rules of the NFL season. It's especially popular among fans for its realistic sports simulation and competitive online modes.

Animal Crossing

A life simulation game where players move to a new village or island inhabited by anthropomorphic animals, Animal Crossing emphasizes peaceful, open-ended gameplay involving activities like fishing, gardening, decorating, and building friendships. Known for its real-time calendar system and seasonal events, players often visit other players' islands for trading and social interaction. Its calming gameplay and customization options make it especially appealing to casual gamers.

POPULAR GAME SERIES CONT.

Final Fantasy

A long-running role-playing game (RPG) series featuring unique worlds, characters, and fantasy elements, Final Fantasy games usually involve turn-based or real-time combat, intricate storytelling, and character development. Each installment explores new narratives and mechanics, blending magic with science fiction in detailed environments. The series is beloved for its emotional stories, memorable soundtracks, and contributions to RPG gameplay.

“Limit Break”

LEGO Games

A series of action-adventure games that combine puzzle-solving, platforming, and light combat with humor, LEGO games let players explore iconic franchises (like Star Wars, Harry Potter, and Marvel) in a blocky, playful format. The games are known for cooperative gameplay, with characters' unique abilities often needed to solve environmental puzzles and progress through levels. With accessible controls and humorous storytelling, LEGO games appeal to a wide age range and are particularly popular for family-friendly gaming experiences.

GAMEPLAY VIDEOS

- Fortnite
 - <https://www.youtube.com/watch?v=ZVcuOwPVE9A>
- League of Legends
 - <https://www.youtube.com/watch?v=Oza63bLiJRg>
- Super Smash Brothers
 - <https://www.youtube.com/watch?v=0V0ZkYkIt2U&list=PLgU0ldjAiGw5TLFh8H1tQHm6YBRBBiCDX>
- Animal Crossing
 - <https://www.youtube.com/watch?v=6pZiC75qB7Y>
- Mario Kart
 - <https://www.youtube.com/watch?v=20owk8uMObM>
- Overcooked
 - https://www.youtube.com/watch?v=4THY_VrsraE
- Looking for more? Consider Twitch!



PRACTICAL CONSIDERATIONS FOR IMPLEMENTATION

- Different games are popular at different times
- Keep track of game ratings if you're going to use them in therapy
- Game narratives can be useful therapeutic tools

EXAMPLE INTERVENTIONS

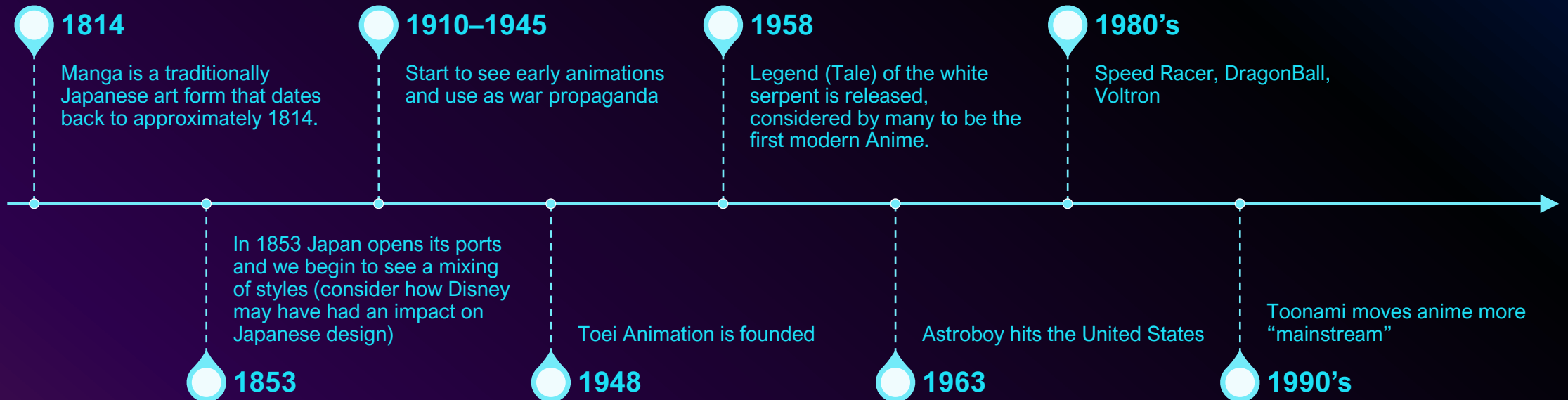
- Super Smash Brothers
 - Great for Frustration Tolerance- Use special rules to push the limits
- Mario Kart
 - Easy to play while generally talking, and good for frustration tolerance
- Overcooked
 - Teamwork!
- Animal Crossing
 - Team decision making
- Tetris
 - Problem solving, especially the newer versions

VIDEOGAMES AT SCHOOL

- It can be done! I run a small program in my school.
- Considerations:
 - Funding
 - Ask for Permission or Forgiveness?
 - Internet
 - Games that are appropriate
 - Parental Consent?
- Consider how it could be used as part of PBIS or other larger scale interventions

ANIME IN THERAPY

ANIME HISTORICAL OVERVIEW



Fun Fact: After topping \$2 billion for the first time in 2021, sales of comics and graphic novels in North American fell 7% to \$1.87 billion in 2023, from \$2.01 billion in 2022, according to estimates from ICv2.

ANIME TERMINOLOGY

- Subs- A subtitled version of an anime where the original voice acting remains in place.
- Dubs- A dubbed version of an anime, where the original voice acting is “dubbed over” to another language.
- Plot Armor- The protection provided to a character because they are important to the story.
- Otaku- Difference between North American and Japanese definitions
 - North America- otaku is more neutrally or even positively viewed, often as a badge of pride among fans of Japanese pop culture. Here, it simply refers to someone passionate about anime, manga, or Japanese media. Western fans don't generally associate otaku with the same social stigma found in Japan, and it's often used in the same way as the term "fan" might be for other media.
 - Japan- otaku traditionally has a somewhat negative connotation, describing someone with an intense obsession or fanatical interest, particularly in anime, manga, video games, or other subcultures. It often implies a level of social awkwardness, and in extreme cases, otaku are stereotyped as reclusive or disconnected from mainstream society. While the term has softened over time, especially as anime and manga have become more mainstream, it still carries a lingering association with excessive fanaticism.

GENRES OF ANIME

Isekai – Features characters who are transported to, reborn, or trapped in a parallel or fantasy world. Example: Reincarnated as a Slime

Shonen – Aimed primarily at young male audiences, these focus on action, adventure, and coming-of-age themes. Example: Naruto

Shojo – Targeted at young female audiences, often dealing with romance, relationships, and emotional development. Example: Fruits Basket

Seinen – Intended for adult male viewers, often featuring more mature, psychological, or darker themes. Example: Berserk

Josei – Aimed at adult women, usually dealing with realistic relationships, romance, and drama. Example: Nana

Mecha – Focuses on giant robots and mechanized suits, often with a blend of sci-fi elements. Example: Mobile Suit Gundam

Slice of Life – Focuses on everyday experiences and ordinary life situations, emphasizing character development and realism. Example: Clannad

Sports – Centers around athletic competitions, team spirit, and personal growth through sports. Example: Haikyuu!!

Fantasy – Set in magical worlds or includes magical powers and supernatural elements. Example: Fairy Tail

Horror – Designed to instill fear, with themes of terror, death, and often supernatural forces. Example: Tokyo Ghoul

POPULAR ANIME SERIES- CLASSICS

Sailor Moon- Crystal

Usagi Tsukino, a clumsy high school girl, discovers she is the reincarnated moon princess and transforms into Sailor Moon to protect the world from dark forces. This reboot closely follows Naoko Takeuchi's original manga, emphasizing themes of love, friendship, and the battle against evil. The series' iconic status helped popularize magical girl anime worldwide.

Dragon Ball Z

Following the journey of Goku, a Saiyan warrior, as he defends Earth against powerful enemies, this series is known for epic battles, power-ups, and transformations. It expands on Akira Toriyama's Dragon Ball universe, introducing now-iconic characters like Vegeta and Gohan. Dragon Ball Z became a cornerstone of anime in the West and defined the shonen genre.

Naruto

Naruto Uzumaki, a young ninja with dreams of becoming the Hokage, overcomes social isolation and harnesses the power of the Nine-Tails fox spirit sealed inside him. The series explores friendship, perseverance, and ninja combat, with deep world-building and character development. Created by Masashi Kishimoto, it has inspired spin-offs, movies, and a sequel series, Boruto.

POPULAR ANIME SERIES CONT.

My Hero Academia

In a world where most people have superpowers called Quirks, Izuku Midoriya, a Quirkless boy, aspires to become a hero. He inherits the powerful Quirk "One for All" from his idol, All Might, and trains at U.A. High School. The series blends superhero themes with classic shonen storytelling, focusing on courage, mentorship, and heroism.

One Piece

Monkey D. Luffy, a boy with the ability to stretch like rubber, embarks on a journey to become the Pirate King and find the legendary treasure, One Piece. He gathers a diverse crew and faces challenges across vast oceans in this long-running series by Eiichiro Oda. Its themes of friendship, freedom, and adventure have made it one of the most popular manga and anime ever.

POPULAR ANIME SERIES CONT.

Jujutsu Kaisen

Yuji Itadori, a high schooler with remarkable strength, joins a secret organization of sorcerers after swallowing a powerful cursed object. Together, they fight against curses that threaten humanity, exploring the dark side of the supernatural world. With intense battles and supernatural themes, it quickly gained popularity for its blend of horror and action.

Demon Slayer

Tanjiro Kamado sets out to avenge his family and cure his sister Nezuko, who has turned into a demon, by training as a demon slayer. Set in Taisho-era Japan, the series is known for its breathtaking animation and heartfelt story. It became one of the highest-grossing anime series, praised for its compelling characters and visually stunning battles.

POPULAR ANIME SERIES CONT.

Spy x Family

Elite spy Twilight, under the alias Loid Forger, forms a fake family to infiltrate an elite school for a mission, not realizing his wife is an assassin and his adopted daughter can read minds. The series is a mix of comedy, action, and heartwarming family moments. Its unique blend of spy thriller and family comedy has made it a recent fan favorite.

Blue Lock

In a bid to create Japan's ultimate striker, the Blue Lock program gathers elite soccer players and pushes them through intense, survival-style training. Protagonist Yoichi Isagi discovers the cutthroat world of competitive sports as he fights to stay in the program. Known for its unique take on sports anime, it focuses on ambition, ego, and individualism.

POPULAR ANIME SERIES CONT.

Chainsaw Man

Denji, a poor young man, merges with his pet devil Pochita to become the titular Chainsaw Man and battles against devils to repay his debts. As part of the Public Safety Devil Hunters, he confronts horrifying creatures while seeking a better life. Its dark humor, intense action, and gritty themes of survival have made it a hit with mature audiences.

Mister Villains day off

This slice-of-life comedy follows a powerful alien villain who, despite his goal of destroying humanity, spends his precious day off indulging in Earthly delights. Known as "The General," he explores mundane activities like shopping, eating ice cream, and observing nature with a childlike curiosity, all while maintaining his evil persona. The series offers a humorous contrast between his villainous identity and his innocent fascination with human life, highlighting the lighter side of traditionally sinister characters.

WHERE TO WATCH ANIME

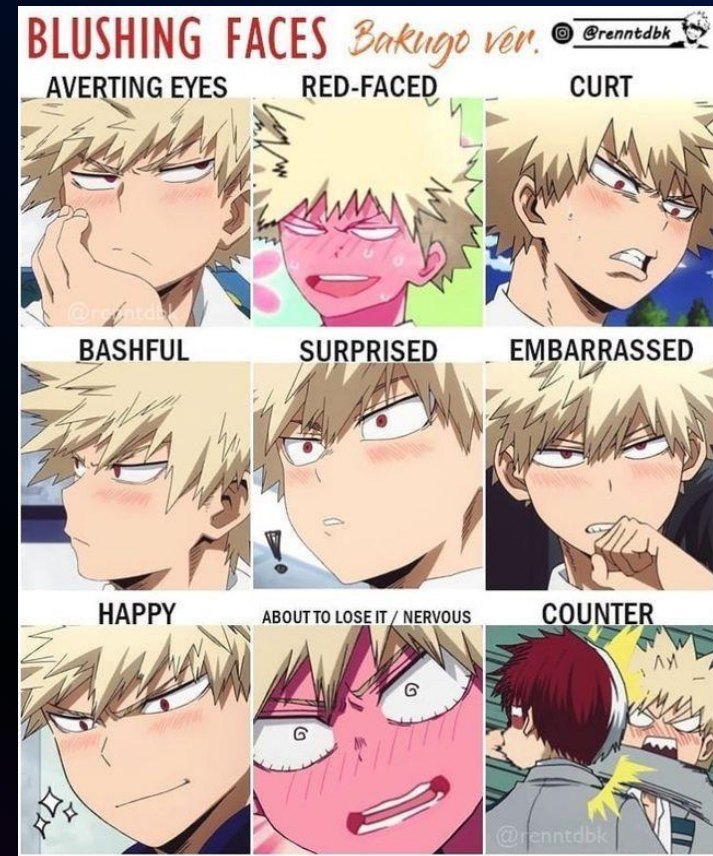
- Netflix has a fairly large catalog now.
- Crunchyroll is a dedicated anime streaming service
 - Has a free and premium version.
- Clips are available on youtube and other social media sources.

PRACTICAL CONSIDERATIONS FOR IMPLEMENTATION

- Keep an eye on ratings
 - Crunchyroll has recommended age ranges
- Screen anything you're going to put on before you put it on
- I recommend keeping a little something Anime in your space or on your person to initiate conversations.

EXAMPLE INTERVENTIONS

- Anime Facial expressions



EXAMPLE INTERVENTIONS CONT.

Normalization of Neurodiversity & Mental health related concerns

There are a wide variety of characters who experience a lot of different types of concerns. Some carry diagnosis, some are “just quirky”, and everything in between.

L From Deathnote likely meets criteria for depression, Naruto from Naruto likely has ADHD, Tanjiro from Demon Slayer likely has survivors guilt.



MANGA IN THERAPY

MANGA HISTORICAL OVERVIEW

Origins and Early Influences: Manga's roots trace back to 12th-century emaki scrolls, notably Chōjū-jinbutsu-giga, depicting humorous animal scenes. Edo-period woodblock prints, especially ukiyo-e, further influenced manga's style, blending humor and caricature.

Meiji and Taisho Eras: Western comics introduced new styles and concepts to Japan, including political satire and serialized cartoons. Manga began to emerge in magazines, combining Western influences with traditional Japanese art.

Pre-War and Wartime Manga: The 1930s and 1940s saw the rise of "rental manga" libraries due to economic hardships. Wartime censorship limited content, leading to a decline in manga production.

Post-War Boom and Tezuka's Influence: After WWII, Osamu Tezuka revolutionized manga with Astro Boy, introducing cinematic storytelling and laying the foundation for modern manga. His success spurred genre expansion across science fiction, romance, and fantasy.

Golden Age of Manga (1970s–1980s): Weekly magazines like Shōnen Jump popularized serialized manga, leading to iconic series and the solidification of shōnen and shōjo genres. The Year 24 Group of female artists expanded shōjo themes to include complex narratives and social issues.

Global Expansion and Digital Manga (1990s–2000s): Popular series like Naruto and Dragon Ball fueled global manga interest, especially with anime adaptations. The rise of digital platforms made manga accessible worldwide.

Modern Manga and Cultural Impact: Manga today spans diverse genres, addressing themes from fantasy to LGBTQ+ issues. It remains a global cultural force, with record-breaking series and adaptations, and digital platforms expanding its reach further.

MANGA TERMINOLOGY

- Writing Style- Reads Right to Left
- Be careful for Yaoi, Yuri, and hentai.

MANGA SAMPLE PANELS



MANGA SAMPLE PANELS



GENRES OF MANGA

Isekai – Manga where characters are transported to, reincarnated in, or trapped in alternate worlds. Example: Sword Art Online

Shonen – Manga aimed at young boys, usually featuring action, adventure, and character growth. Example: One Piece

Shojo – Geared toward young girls, focusing on romance, friendships, and emotional relationships. Example: Ouran High School Host Club

Seinen – Targeted at adult men, often including complex plots, darker themes, and psychological depth. Example: Vagabond

Josei – Aimed at adult women, often portraying realistic romantic or personal experiences. Example: Honey and Clover

Yaoi (Boys' Love, BL) – Focuses on romantic and/or sexual relationships between male characters. Example: Given

Yuri (Girls' Love) – Centers on romantic and/or sexual relationships between female characters. Example: Bloom Into You

Slice of Life – Depicts everyday experiences, relationships, and personal growth in realistic settings. Example: March Comes in Like a Lion

Fantasy – Includes magic, supernatural elements, or otherworldly creatures in fantastical settings. Example: Attack on Titan

Sports – Focuses on athletic competition, teamwork, and personal development through sports. Example: Kuroko's Basketball

POPULAR MANGA SERIES

One Piece – An epic tale of pirates and adventure by Eiichiro Oda, serialized since 1997.

Jujutsu Kaisen – A dark fantasy series by Gege Akutami, blending curses and supernatural battles.

My Hero Academia – Kohei Horikoshi's superhero-inspired series set in a world where nearly everyone has superpowers.

Chainsaw Man – A gritty, action-packed story by Tatsuki Fujimoto that has captivated fans with its unique tone.

Spy x Family – A blend of espionage, family life, and comedy by Tatsuya Endo, focusing on a spy's undercover family.

Demon Slayer: Kimetsu no Yaiba – Koyoharu Gotouge's immensely popular series (recently concluded in print but still prominent in reprints).

Tokyo Revengers – Ken Wakui's time-traveling delinquent drama that combines action and heartfelt themes.

Blue Lock – A unique sports series by Muneyuki Kaneshiro and Yusuke Nomura about a soccer training program for elite strikers.

Kingdom – Yasuhisa Hara's historical epic set during China's Warring States period.

One Punch Man – An action-comedy about an overpowered hero by ONE and Yusuke Murata, still serialized in digital form.

Kaiju No. 8 – Naoya Matsumoto's story of a man who transforms into a kaiju and fights monsters.

Berserk – Created by Kentaro Miura and continued after his passing, this dark fantasy remains influential.

Dandadan – A supernatural action-comedy by Yukinobu Tatsu, blending romance and high-stakes adventures.

Mashle: Magic and Muscles – A comedy-action series by Hajime Komoto about a strong, magic-less boy in a magical world.

Oshi no Ko – Aka Akasaka and Mengo Yokoyari's exploration of fame, talent, and the entertainment industry through a reincarnation premise.

WHERE TO READ MANGA

- Most Public libraries now have these available. Your campus library probably also has a section.
 - They frequently have both print copies and digital copies
- Comixology is another option
- If you don't care for the graphic style consider reading "light novels", which have the same stories OR the same characters in different stories.

PRACTICAL CONSIDERATIONS FOR IMPLEMENTATION

- Developmental level is an important consideration
- Remember that they read left to right
- Remember that they bridge genres, so you have lots of opportunities.
- Prescreen your selections. But likely your campus has a selection of things that would be safe to reference with your students.
- Some people don't like them because they don't get to imagine as they would a traditional novel.

EXAMPLE INTERVENTIONS

- Manga Facial expressions



GRAPHIC NOVELS IN THERAPY

GRAPHIC NOVELS HISTORICAL OVERVIEW

- Golden Age (1930s–1950s)
 - Focus: Introduction and popularity of superheroes, led by characters like Superman (1938) and Batman.
 - Highlights: Debuts of Wonder Woman, Captain America. Heavy censorship from the 1954 Comics Code Authority restricts darker themes.
 - Impact: Establishes superheroes as central figures in Western comics and sets up serialized storytelling.
- Silver Age (1956–1970)
 - Focus: Rebirth of superheroes with deeper characters and complex storylines.
 - Highlights: Marvel's creation of flawed heroes like Spider-Man and the Fantastic Four under Stan Lee and Jack Kirby.
 - Impact: Expanded storytelling depth, starting to explore social issues. However, the format of graphic novels remains limited.
- Bronze Age (1970–1985)
 - Focus: Grittier, socially aware stories tackling issues like racism, addiction, and urban crime.
 - Highlights: Series like Green Lantern/Green Arrow explore controversial topics; The Death of Gwen Stacy in Spider-Man marks darker narratives.
 - Impact: Underground comix and alternative comics grow, setting the stage for graphic novels to address adult themes and diverse genres.

GRAPHIC NOVELS HISTORICAL OVERVIEW

- Dark Age (1980s–1990s)
 - Focus: Darker, psychologically complex narratives; graphic novels as a distinct medium.
 - Highlights: *Watchmen* by Alan Moore (1986) and *The Dark Knight Returns* by Frank Miller (1986) redefine comics with mature, introspective themes. *Maus* by Art Spiegelman (1986) becomes the first graphic novel to win a Pulitzer Prize.
 - Impact: Graphic novels earn critical and academic recognition. Known for its darker themes, the Dark Age solidifies the genre's literary potential.
- Modern Age (2000s–present)
 - Focus: Diverse storytelling, with graphic novels in various genres and styles, often addressing personal and social issues.
 - Highlights: Works like *Persepolis* by Marjane Satrapi (2000) and *Fun Home* by Alison Bechdel (2006) reflect autobiographical and political themes. Popular digital webcomics and manga adaptations further expand the audience.
 - Impact: Graphic novels become widely accepted as literature, often integrated into academic curricula and libraries. Digital and webcomics make graphic novels more accessible, fostering a global audience.

GRAPHIC NOVEL CATEGORIES

Graphic novels can have all of the same genres as any other type of novel. For simplicity I break them into two categories.

Superhero

- Marvel & DC are the major providers, but they're not the only ones.

Non-Superhero

SUPERHERO GRAPHIC NOVEL EXAMPLES

- Marvel
 - Captain America
 - Spider Man
 - X-Men
 - Important Storylines
 - Dark Phoenix Saga, Daredevil Born again, Captain America Truth, House of M
- DC
 - Batman
 - Superman
 - Wonder Woman
 - Important Storylines
 - Kingdom Come, Red Son, Sandman, Allstar Superman, Blackest Night



SUPERHERO GRAPHIC NOVEL PANELS





PATRIOTISM TAKEN TOO FAR IS FANATICISM.



NO MATTER WHO YOU ARE OR WHERE YOU'RE FROM.



THESE FILTHY FOREIGNERS MADE US LOOK BAD.

FOREIGNERS AREN'T YOUR ENEMY, SON.

I'M THE SON OF IMMIGRANTS.



W-WHAT?



WHEN I WAS A KID IT WAS MY FATHER'S PEOPLE, THE IRISH, WHO WERE LOOKED DOWN ON.

CALLED FILTHY FOREIGNERS.

DISCRIMINATED AGAINST.



IS THAT THE XENOPHOBIC AMERICA YOU WANT?

ALL RELIGIONS, ALL NATIONALITIES, WE ALL WANT THE SAME THING.

MORE SUPERHERO GRAPHIC NOVEL PANELS



NO!!

WHAT PART DON'T YOU UNDERSTAND?!

IF A NINJA MASTER CONFRONTS YOU HEAD ON, THAT MEANS THAT OTHER NINJAS ARE GOING TO ATTACK YOU FROM THE SIDES AND FROM BEHIND.

A NINJA MASTER NEVER CONFRONTS YOU UNLESS HE HIMSELF IS THE--

NON-SUPERHERO GRAPHIC NOVEL EXAMPLES

- General Reading
 - Babysitter's Club Series
 - Amulet Series
 - Dogman Series
 - Maximum Ride Series
 - Nancy Drew Series
- More Pointed
 - Flamer by Mike Curato
 - They called us enemy by George Takei
 - Gender Queer: A Memoir by Maia Kobabe
 - Invisible by Christina Diaz Gonzalez and Gabriela Epstein

NON-SUPER HERO GRAPHIC NOVEL PANELS



PRACTICAL CONSIDERATIONS FOR IMPLEMENTATION

- If you don't think you like them, try a different genre!
- Prescreen your novels. But likely your campus has a selection of things that would be safe to reference with your students.
- Some people don't like them because they don't get to imagine as they would a traditional novel.

EXAMPLE INTERVENTIONS

- Bring what they're reading or have read into the session
- Consider it similarly to bibliotherapy
- Share panels and ask what they think happens next, or what they think a character may be thinking.

BRINGING IT ALL TOGETHER

USING ONE FRANCHISE TO HIT ALL OF THE
TOPICS

POKÉMON
Gotta catch 'em all!

Want more info? Better Lists on these sites

https://nintendo.fandom.com/wiki/List_of_Pok%C3%A9mon_games

<https://www.esports.net/news/pokemon/all-pokemon-games/>

POKÉMON MAINLINE GAMES

Pokémon Red and Green (Japan, 1996) / Pokémon Red and Blue (International, 1998)

Pokémon Yellow: Special Pikachu Edition (1998, Japan; 1999, International)

Pokémon Gold and Silver (1999, Japan; 2000, International)

Pokémon Crystal (2000, Japan; 2001, International)

Pokémon Ruby and Sapphire (2002, Japan; 2003, International)

Pokémon FireRed and LeafGreen (2004)

Pokémon Emerald (2004, Japan; 2005, International)

Pokémon Diamond and Pearl (2006, Japan; 2007, International)

Pokémon Platinum (2008, Japan; 2009, International)

Pokémon HeartGold and SoulSilver (2009, Japan; 2010, International)

Pokémon Black and White (2010, Japan; 2011, International)

Pokémon Black 2 and White 2 (2012)

Pokémon X and Y (2013)

Pokémon Omega Ruby and Alpha Sapphire (2014)

Pokémon Sun and Moon (2016)

Pokémon Ultra Sun and Ultra Moon (2017)

Pokémon Let's Go, Pikachu! and Let's Go, Eevee! (2018)

Pokémon Sword and Shield (2019)

Pokémon Brilliant Diamond and Shining Pearl (2021)

Pokémon Legends: Arceus (2022)

Pokémon Scarlet and Violet (2022)

POKÉMON NON-MAINLINE GAMES

Pokémon Stadium (1998, Japan; 1999, International)
Pokémon Snap (1999)
Pokémon Pinball (1999)
Pokémon Stadium 2 (2000, Japan; 2001, International)
Pokémon Puzzle League (2000)
Pokémon Mystery Dungeon: Red Rescue Team and Blue Rescue Team (2005, Japan; 2006, International)
Pokémon Ranger (2006)
Pokémon Mystery Dungeon: Explorers of Time and Explorers of Darkness (2007, Japan; 2008, International)
Pokémon Battle Revolution (2007)
Pokémon Mystery Dungeon: Explorers of Sky (2009)
Pokémon Rumble (2009)
Pokémon Ranger: Shadows of Almia (2008, Japan; 2009, International)
Pokémon Ranger: Guardian Signs (2010)
PokéPark Wii: Pikachu's Adventure (2009, Japan; 2010, International)
Pokémon Mystery Dungeon: Gates to Infinity (2012, Japan; 2013, International)
PokéPark 2: Wonders Beyond (2011, Japan; 2012, International)
Pokémon Rumble Blast (2011)
Pokémon Conquest (2012)
Pokémon Mystery Dungeon: Super Mystery Dungeon (2015)
Pokémon GO (2016)
Pokémon Rumble World (2015)
Pokémon Shuffle (2015)
Pokémon Duel (2016, Japan; 2017, International)
Pokémon Quest (2018)
Pokémon Café ReMix (originally Pokémon Café Mix, 2020)
Pokémon Unite (2021)
New Pokémon Snap (2021)

POKÉMON MOVIES

- Pokémon: The First Movie – Mewtwo Strikes Back (1998)
- Pokémon: The Movie 2000 – The Power of One (1999)
- Pokémon 3: The Movie – Spell of the Unown (2000)
- Pokémon 4Ever: Celebi – Voice of the Forest (2001)
- Pokémon Heroes: Latios and Latias (2002)
- Pokémon: Jirachi – Wish Maker (2003)
- Pokémon: Destiny Deoxys (2004)
- Pokémon: Lucario and the Mystery of Mew (2005)
- Pokémon Ranger and the Temple of the Sea (2006)
- Pokémon: The Rise of Darkrai (2007)
- Pokémon: Giratina and the Sky Warrior (2008)
- Pokémon: Arceus and the Jewel of Life (2009)
- Pokémon: Zoroark – Master of Illusions (2010)
- Pokémon the Movie: Black—Victini and Reshiram and White—Victini and Zekrom (2011)
- Pokémon the Movie: Kyurem vs. the Sword of Justice (2012)
- Pokémon the Movie: Genesect and the Legend Awakened (2013)
- Pokémon the Movie: Diancie and the Cocoon of Destruction (2014)
- Pokémon the Movie: Hoopa and the Clash of Ages (2015)
- Pokémon the Movie: Volcanion and the Mechanical Marvel (2016)
- Pokémon the Movie: I Choose You! (2017)
- Pokémon the Movie: The Power of Us (2018)
- Pokémon: Mewtwo Strikes Back—Evolution (2019)
- Pokémon the Movie: Secrets of the Jungle (2020, Japan; 2021, International)

POKÉMON SHOWS

- Pokémon: Indigo League (1997-1999)
- Pokémon: Adventures in the Orange Islands (1999)
- Pokémon: The Johto Journeys (1999-2000)
- Pokémon: Johto League Champions (2000-2001)
- Pokémon: Master Quest (2001-2002)
- Pokémon: Advanced (2002-2003)
- Pokémon: Advanced Challenge (2003-2004)
- Pokémon: Advanced Battle (2004-2005)
- Pokémon: Battle Frontier (2005-2006)
- Pokémon: Diamond and Pearl (2006-2007)
- Pokémon: Diamond and Pearl Battle Dimension (2007-2008)
- Pokémon: Diamond and Pearl Galactic Battles (2008-2009)
- Pokémon: Diamond and Pearl Sinnoh League Victors (2009-2010)
- Pokémon: Black & White (2010-2011)
- Pokémon: Black & White Rival Destinies (2011-2012)
- Pokémon: Black & White Adventures in Unova and Beyond (2012-2013)
- Pokémon: XY (2013-2014)
- Pokémon: XY Kalos Quest (2014-2015)
- Pokémon: XYZ (2015-2016)
- Pokémon: Sun & Moon (2016-2017)
- Pokémon: Sun & Moon – Ultra Adventures (2017-2018)
- Pokémon: Sun & Moon – Ultra Legends (2018-2019)
- Pokémon Journeys: The Series (2019-2020)
- Pokémon Master Journeys: The Series (2020-2021)
- Pokémon Ultimate Journeys: The Series (2021-2023)
- Pokémon Horizons: The Series (2023-present)

POKÉMON MANGA

- Pokémon Pocket Monsters (1996-2003)
- Pokémon Adventures (1997-present)
- Magical Pokémon Journey (1997-2003)
- Pokémon Gotta Catch 'Em All (1999-2001)
- The Electric Tale of Pikachu (1997-1999)
- Pokémon Gold & Silver: The Golden Boys (2000-2001)
- Pokémon Ruby-Sapphire (2003-2006)
- Pokémon Mystery Dungeon: Ginji's Rescue Team (2006)
- Pokémon Diamond and Pearl Adventure! (2006-2009)
- Pokémon Ranger Batonnage (2008)
- Pokémon Platinum: Aim to Be Battle King!! (2008-2010)
- Pokémon HeartGold and SoulSilver (2010-2011)
- Pokémon Black and White (2011-2013)
- Pokémon RéBURST (2011-2012)
- Pokémon X and Y (2013-2014)
- Pokémon Omega Ruby and Alpha Sapphire (2014-2015)
- Pokémon Sun and Moon (2016-2019)
- Pokémon Horizon: Sun and Moon (2016-2017)
- Pokémon Sword and Shield (2020-present)

EXAMPLE INTERVENTIONS

- Consider the Hero's Journey
 - Draw parallels between the journey the main character takes and where your student is.
- The idea of Evolution and the different KINDS of evolution
- There's a distinct focus on empathy and compassion across all of the Pokemon media.

HONORABLE MENTIONS

THERE WERE TOO MANY THINGS I WANTED TO
TALK ABOUT



TRADING CARD GAMES (TCGS)



TRADING CARD GAME

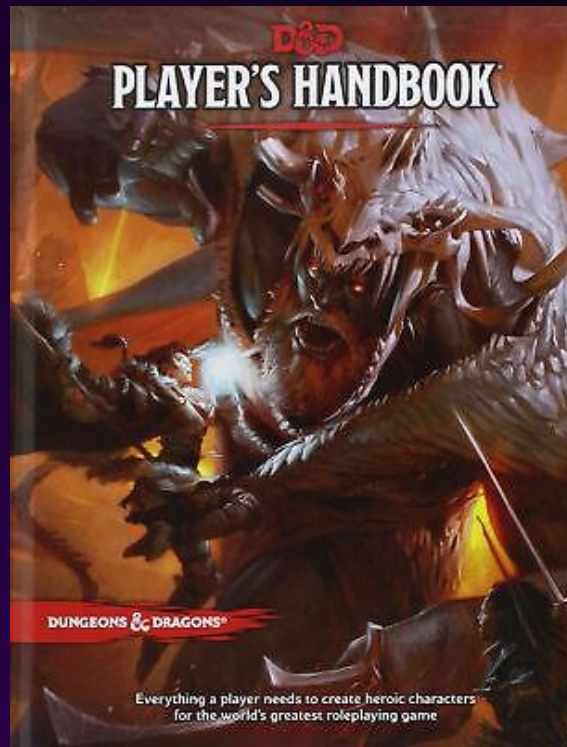


TRADING CARD GAME



- Make eye contact with your audience to create a sense of intimacy and involvement
- Weave relatable stories into your presentation using narratives that make your message memorable and impactful
- Encourage questions and provide thoughtful responses to enhance audience participation
- Use live polls or surveys to gather audience opinions, promoting engagement and making sure the audience feel involved

DUNGEONS & DRAGONS (D&D)



Tabletop roleplaying games are gaining popularity in the mainstream

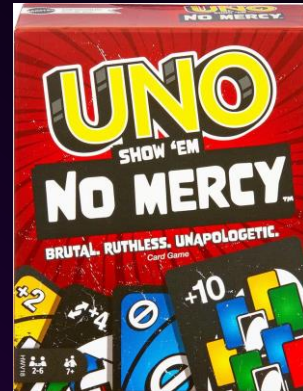
The days of the “satanic panic” are generally behind us, though there are still people who oppose TTRPGs.

There are different kinds of TTRPGs now with a variety of kinds of rule sets, themes, and settings.

- Examples include Call of Cthulu, D&D, magical kitties save the day, or Kids on Brooms

TTRPGs can be great for building social skills, especially group problem solving and assertiveness.

BOARD GAMES



Board games are not what you remember anymore.

There are a wide variety of games involving the key components of old games that vary in complexity from incredibly simple to highly complex.

A lot of communities have board game groups nowadays!

Good examples include Fluxx, Sushi Go, Munchkin, The voting game (for older students), Smash up!, and more!



SOME QUOTES TO LEAVE YOU ON

- “It is possible to make no mistakes and still lose. That is not a weakness; that is life” - Captain Jean-Luc Picard, Star Trek TNG
- “Living together with mutual respect means accepting each other’s ways of life, not forcing yourself to be friends with everyone” - Flio, Chillin’ in another world with level 2 super cheat powers
- “I see now that the circumstances of one's birth are irrelevant. It is what you do with the gift of life that determines who you are.” - Mewtwo, Pokemon: The First Movie
- “To be strong is not just about physical strength. It's about having a strong will and a determined spirit.” - Gai Sensei, Naruto
- “How do you prove that you exist...? Maybe we don't exist...” - Vivi Ornitier, FF IX
- “What is grief if not love persevering?” - Vision, WandaVision

THANK YOU

Rene Hernandez, MSCP, LSSP

rhernandez@dentonisd.org