

CLINICIAN'S GUIDE



ZELDA: BOTW 101

Zelda: Breath of the Wild is an open-world action-adventure game that takes place in the Kingdom of Hyrule. Players take the role of Link, the protagonist of the series, as he travels across Hyrule recovering his memories.

AGE: 10+ years

PLATFORMS: Nintendo Switch, and Nintendo WiiU

HELPFUL LINKS:

SAMPLE SCREEN



DISCUSSION PROMPTS

- ▲ There's so much to do in BotW - exploring, fighting, collecting, cooking - what's your favorite part?
- ▲ Each region of the world has its own challenges. How do you make sure Link doesn't freeze on a mountain top, or burn up near the Eldin Mountains?
- ▲ Do you collect the Korok seeds? How'd you find them?
- ▲ When you first started playing, did you go straight for Ganon? Try and free the Guardians? Explore?
- ▲ What's the most unexpected thing that's happened to you while playing the game?

THEMES



HEALING: Link has been through a traumatic experience and much of the gameplay revolves around him rediscovering his forgotten past and working to move forward.



GROWTH: The game allows players to roam freely and approach or avoid challenges as they see fit. Many of the challenges are difficult and require significant persistence as well as requiring a player to return later when they are better equipped.



CURIOSITY:for The game world in BotW is open and responsive. Players are free to explore, experiment, and discover themselves and the world.

CASE EXAMPLE

Jane was a 13 year-old lesbian girl referred to treatment after being groped at school multiple times. Her therapist embraced Jane's love of BotW and used the game's journey of healing, self-discovery, and self-empowerment to help Jane reclaim her autonomy, courage, and strength.

"Jane had embraced her very own Triforce, living like Link and gaining wisdom through her own process of courage and gaining back her power. Her parent reflected how she was back to her old self - bubbly, happy, and unabashed." - Sarah Hays, MA

Read Jane's full story at: www.ithrivegames.org/jane

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FORTNITE

FORTNITE: BATTLE ROYALE 101

Fortnite consists of two games: Save the World (a cooperative-against-AI game) and Battle Royale (a free-to-play Last Person Standing game). Battle Royale is by far the more popular mode which primarily consists of 100 players competing alone, in pairs, or small squads to become the last one alive on the map.

AGE: 10-18+

PLATFORM: PC, Xbox One, PlayStation 4, Nintendo Switch, Android, iPhone

HELPFUL LINKS:

More information about Battle Royale: https://fortnite.gamepedia.com/Battle_Royaleleague.com/

THEMES



CHANGE

Seasons change every two months, with a different theme affecting the map players play on, including curious items, growing cracks in the sky, and changes in landscape.



PRIDE

Players level up Battle Ranks to unlock dances, emotes, and skins. Showing off many of these can be empowering.



FAILURE

Being the last person standing out of 100 can be very difficult. Players frequently die quickly, return to the lobby, and queue for the next round.

SAMPLE SCREEN



DISCUSSION PROMPTS

- F** Does Fortnite come up in conversation with friends? If so, what sorts of things do you talk about from the game?
- F** Do you play Fortnite with friends? How often do you team up with offline friends?
- F** Have you ever achieved Victory Royale (the name for the last person standing)? How did it feel the first time you did?
- F** Do you watch streamers play Fortnite?
- F** What's your favorite memory from playing Fortnite?
- F** Fortnite has received a lot of attention about it being addictive or unhealthy. What do you wish other people knew about Fortnite and why you play it?


CASE EXAMPLE

A 13-year-old boy was struggling with social anxiety. His parents described him as smart but shy and he reported low self-esteem. However, when talking about Fortnite, he became animated and proudly displayed an encyclopedic knowledge of Fortnite strategies and general information. Part of his therapeutic homework was to begin talking to other kids at his school who enjoyed Fortnite. His game expertise made him a sought-after resource with his classmates and he began to establish and maintain friendships. He even began to step into a leadership role and organize games outside of school with his friends and classmates. This confidence transferred into the classroom as well as his teachers reported the boy had become more classroom discussions and raised his hand with greater frequency.

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DESTINY™



DESTINY 101

Destiny is an online multiplayer first-person shooter that takes place in a futuristic and mystical science fiction world. Players take on the role of Guardians and are charged with protecting the last safe city on Earth from an alien threat. Players inhabit a shared online world populated by other players as well as computer-generated characters. In-game activities include both cooperative and competitive elements.

AGE: 10-18+

PLATFORM: PC, Xbox One, PlayStation 4

HELPFUL LINKS:

https://destiny.fandom.com/wiki/Destiny_Wiki

THEMES



CUSTOMIZATION

Destiny provides players the ability to create highly customized avatars and equipment that allows players to take on different roles.



TEAMWORK

Destiny strongly encourages players to play cooperatively with friends and often requires teamwork to accomplish in-game goals.



HERO'S JOURNEY

The story of Destiny is a classic Hero's Journey - the player starts from nothing and is tasked with saving the world from destruction.

SAMPLE SCREEN



DISCUSSION PROMPTS



Destiny offers both a solo and cooperative campaign as well as competitive multi-player. Which does your client prefer and why?



Playing in an online open-world setting like Destiny means frequently interacting with strangers, both cooperatively and competitively. How does your client handle boundary setting within and outside the game?



Destiny requires the use of an elaborate inventory and leveling system. How does the client manage their inventory?



Is the client interested in the lore surrounding Destiny, both in-game and beyond the game? If so, what sparks their interest or curiosity?

CASE EXAMPLE

A therapist was able to connect with a resistant teen client after the teen discovered the therapist enjoyed Destiny just as much as he did. The language, quirks, and Destiny-related memes built both a therapeutic rapport as well as a means of communicating things that would be otherwise uncomfortable to discuss. The therapist invited the client to bring in videos of the client's in-game accomplishments. These videos naturally allowed for important conversations around relevant treatment topics such as cheating on tests and intentionally grieving (irritating or angering) others.

Destiny is a registered mark of Bungie. Content of this guide was created by iThrive Games in partnership with Josué Cardona.

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OVERWATCH

OVERWATCH 101

Overwatch is a team-based online shooter with around 30 unique heroes to play. Players can play with random people, form teams, or even compete professionally if their skill is high enough. It is also one of the first eSport games to have a championship broadcast live on ESPN.

AGE: 10-18+

PLATFORM: PC, Xbox One, PlayStation 4

HELPFUL LINKS:

- An overview of the game: <http://overwatch.gamepedia.com/Overwatch>
- Overwatch as an eSport: <https://overwatch-league.com/>

THEMES



DIVERSITY

29 heroes represent multiple countries of origin (18), genders, sexual orientations, and the game's maps are placed around the world (20+ geographic locations).



COOPERATION

Players must work together in balanced teams to be successful. The game advises players to select a hero in the context of their teammates' selected heroes.



PROSOCIAL

The game provides emotes, endorsements, and post-game recognition that all serve to give players quick and easy ways to positively recognize the efforts of players on friendly and enemy teams.

SAMPLE SCREEN



DISCUSSION PROMPTS



Some heroes charge in first and take all the attention of the enemy (tanks), some heroes heal their allies (support), and some heroes deal high damage and/or restrict an enemy's abilities (offense). Who is your favorite hero to play and why?



The game primarily involves teaming up with strangers or friends and competing against others. Do you socialize with others when playing? Do you play with friends, or have you made friends through the game?



If you could design your own hero, what would be their strength and what would be their weakness (counter used against them)?



What's the lore (background) behind your favorite hero?

CASE EXAMPLE

A 15-year-old boy with Bipolar Disorder discussed his favorite hero, Genji, who is a ninja and moves around very quickly. Genji can also deflect attacks back at his enemies, which this client loved doing because it makes him somewhat invincible while "showing the enemy how much damage they can do to me." Discussions then transitioned into control, power, and powerlessness when acting impulsively or being singled out by others.

Overwatch is a registered mark of Blizzard. Content of this guide was created by iThrive Games in partnership with Patrick O'Connor, PsyD.

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MINECRAFT 101

Minecraft is a sandbox openworld game that offers a variety of play modes including survival, creative, adventure, and hardcore. Players can play alone or with others online. Although goals vary based on mode, general gameplay involves mining different materials in the environment to build structures and craft tools.

AGE: 10 - 16+ years

DEVICE / PLATFORM: Computer, consoles, and mobile devices

LINKS / RESOURCES

Minecraft Official Site: www.minecraft.net

Education Edition: www.education.minecraft.net

Community Events: <http://www.minefaire.com>

THEMES



CREATIVITY

Minecraft is a “sandbox” game, meaning players are free to create anything they can imagine in the game world.



COOPERATION

Minecraft players can co-inhabit game worlds to share resources, fend off enemies, and collaboratively build imaginative worlds.



GROWTH MINDSET

When building new worlds, mistakes are part of the process. Players have infinite opportunities to try something, like crafting an object or building a structure, assess their work, and try again.

SAMPLE SCREEN



DISCUSSION PROMPTS



What is your favorite Minecraft mode? What about it makes it your favorite?



What's the coolest thing you've ever built or what you're most proud of?



Do you use any mods? (Applicable if client plays on PC).



If you could build anything, what would you build?



Do you watch any Minecraft streamers or YouTubers? If so, who do you watch?



Have you ever run into griefers while playing? If so, how did you handle it? What did you do?



Do you have any screenshots or videos of things you've made that you'd like to share?

USE CASE

Client was an eight year old boy referred for ADHD and behavioral issues. He was an avid Minecraft fan - he loved to talk about his builds and was able to focus and stay on topic when discussing them. We used watercolors to paint our own Minecraft avatars and special equipment. We then talked about what attributes, equipment, and tools our characters had. His avatar was a lone wolf-type with an invisibility cloak, shoes to run extra fast, and special gloves to climb trees. This transitioned into a discussion about avoidance and running from problems. Discussion of the avatars also revealed a previously unexpressed sense of loneliness regarding the recent cross-country move his family, social discomfort at school, and grieving the loss of a close, in-person relationship with his grandparents.

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MARIO KART



MARIO KART 101

Mario Kart is a series of racing games created by Nintendo. The game can be played solo and have players race against NPCs, but it is most often used as an in-person multiplayer game. Players race around hazard-strewn tracks and have the opportunity to pick up and deploy additional hazards to make the race more challenging and competitively balanced.

AGE: 6+ years

DEVICE / PLATFORM: Nintendo Wii, Nintendo WiiU, or Nintendo Switch

LINKS / RESOURCES

<https://mariokart8.nintendo.com>

THEMES



FRIENDLY COMPETITION

Mario Kart is a low-stakes competitive game where players compete against one another, NPCs, and the clock.



EMOTION REGULATION

There is ample opportunity to experience the excitement of winning and the sting of defeat. Players can deploy obstacles to hinder their opponents, so swings between winning and losing - and the associated emotions - are common.



CHALLENGE

Mario Kart is designed using a “rubber-banding” technique. This means that the game adjusts difficulty to match a player’s skill. This creates a challenging yet achievable level of difficulty.

SAMPLE SCREEN



DISCUSSION PROMPTS

- ★ If you could change one thing about Mario Kart, what would it be?
- ★ What does it feel like to win at Mario Kart? What does it feel like to lose?
- ★ What character do you like to race as? Do you have a specific car you use with that character?
- ★ One of the toughest parts of playing Mario Kart is when you’re in the lead and you get hit by the blue shell. Even though it’s a setback, you can still come back to win. Can you think of an example in your own life where you had something like that happen?
- ★ Do you ever play Mario Kart with your family?

USE CASE

A group for pre- and early-teens utilized Mario Kart as a means to improving distress tolerance, impulse control, and cognitive shifting. At several points during the race, the clinician would say “controllers down” and the players had to set their game controllers on the table. This resulted in players being passed by other players or NPCs. After a brief period, the clinician said “controllers up” and the players could resume. This interaction was modified over time from incremental warnings to no warning at all. This helped the clinician understand how each client tolerated stress and what was helpful for each client to disengage and switch tasks. (Thank you to Patrick O’Connor, PsyD for this example).

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