## Pacific Northwest American Therapeutic Recreation Association

Conference 2016
The Therapeutic and



Educational Uses of
Role-Playing Games (RPG)
as Intervention Modalities
for Individuals and Groups
from the
Therapeutic Recreation
Perspective

Version 20160125zz - (c) 2016 W. A. Hawkes-Robinsonhttp://www.rpgresearch.com

**Upon completion of this session, participants will be able to:** 

Identify and explain existing research indicat ing the pros and cons of each RPG format
when used in their standard diversionary forms.

**Upon completion of this session, participants will be able to:** 

• Identify and explain examples of specific areas that non-adapted RPGs can directly achieve TR-related client outcomes in general.

**Upon completion of this session, participants will be able to:** 

• Identify *specific populations* that can benefit most from a *non*-adapted TR-based RPG intervention programs.

**Upon completion of this session, participants will be able to:** 

• Identify and illustrate examples of specific areas where applying TR methodologies to adapted RPG can achieve specific client out - comes.

**Upon completion of this session, participants will be able to:** 

• Identify specific populations that can benefit most from an adapted TR-based RPG intervention program.

**Upon completion of this session, participants will be able to:** 

• Specify areas still needing further research for future use of TR-based RPG.

## Links of Note

This presentation file, and any associated audio/video will be available on

**The RPG Research Project** 

website and associated YouTube channel.

The latest version of this presentation file: <a href="http://rpgresearch.com/pnwatra-rpg-presentation-1.pdf">http://rpgresearch.com/pnwatra-rpg-presentation-1.pdf</a>

The RPG Research Project Website www.rpgresearch.com

Youtube Channel
<a href="https://www.youtube.com/rpgresearch">www.youtube.com/rpgresearch</a>

## Links of Note

• The full-length slide show file can be downloaded from:

http://rpgresearch.com/pnwatra-rpg-long.pdf

Repository of referenced research & abstracts:

http://rpgresearch.com/documents/-list

Speaker's background information

http://rpgresearch.com/staff/hawke-robinson

• RPG Research Project Files:

http://rpgr.org/documents/rpg-research-project

Wheelchair-friendly RPG trailer:

http://www.rpgtrailer.com

• List of Autism Spectrum programs:

http://www.rpgr.org/asd-list

• Amalgamation of other presentations, interviews, other program plans, etc.:

# Research Studying therapeutic & educational effects Tabletop | Live-action | Computer WWW.RPGR.ORG



# About the Speaker - "Hawke Robinson" TR & Related Back-

- Senior undergraduate student at Eastern Washing ton University.
- Interdisciplinary Degree in progress:
- Recreation Therapy
- Music Therapy
- Neuroscience
- Research Psychology
- Plan to sit for NCTRC CTRS, & continue onward to graduate interdisciplinary degree program.

## "Hawke Robinson" TR & Related Background (cont'd)

- Registered with Washington State Department of Health as Recre ational Therapist, since 2014, **ID:** #**RE60526204**
- 2013 to current Student Member in good standing: Washington State Therapeutic Recreation Association.
- 2013 to current Student Member in good standing: American Therapeutic Recreation Association.
- April 2015 Speaker at WSTRA Conference, WA.
- 2014 to 2015 TR & Music Therapy Volunteer Saint Luke's Rehabilitation Institute, Brain Injury and Spinal Cord Injury departments, WA.

# TR & Related Background (cont'd)

- 2011 Volunteer, Music Therapy Rockwood Clinic "Tremble Clefs", WA.
- 2006 to 2011 Volunteer at Eastern Washington Center for Deaf & Hard of Hearing, WA.
- 2008 Volunteer Hippo-therapy Side-walker Free Reign Thera





#### Other Professional Background

- 2006 Campfire USA, Camp Dart-lo Camp counselor, archery in structor, arts & crafts & activities facilitator, WA.
- 2004 to 2008 Activities Volunteer Boy Scouts of America.
- 2003 Published by the SANS Institute <a href="http://www.sans.org/security-resources/malwarefag/pptp-vpn.php">http://www.sans.org/security-resources/malwarefag/pptp-vpn.php</a>

#### Other Professional Background

- 1996 2004 Information Technologist / Computer Scientist, Consultant, Chief Technology Officer (CTO), Chief Information Officer (CIO), various companies including Fortune 500 Companies. CA, GA, ID, IL, NM, OK, TX, UT, WA.
- 1996 Instructor Utah Career College / Bryman Schools, & American Automotive Institute, UT.
- 1990 to 1991 Certified Nursing Assistant (CNA), Doxie-Hatch Medical Center, UT.
- 1990 Habilitation Therapist, Hillcrest Care Center, UT.
- 1979 Elderly Care Volunteer Saint Joseph's Villa, UT.

#### Additional Related Background

#### **Additional program involvement**

- •whthuro-education, using Bio-feedback & Neuro-feedback, with music (Spokane).
- ASD Toddlers (EWU).
- ASD Youth to Adults (Tacoma PAVE Group).
- Spokane Play Therapy community (Rebecca Rudd, PhD, RPT-S).
- Spokane Music Therapy community www.spokanemt.com

#### Role-Playing Gaming Background

- 2014 to current President, RPG Therapeutics LLC, <u>www.rpgtherapy.com</u>
- 2007 to current Founder, Publisher, & co-editor Other Minds Magazine <u>www.omzine.org</u>
- 2004 to current Principle Investigator (PI) & Founder The RPG Research Project www.rpgr.org

#### Role-Playing Gaming Background

- 1979 to current Role-playing gamer, game master (GM) and independent role-playing game developer.
- 1986 to current Role-playing gaming conventions organizer. www.tolkienmoot.org

#### Additional Related Background

#### Population Summary

· ADD/ADHD

Elderly

ASD/PDD

OCD/OCP

At-risk Youth

• Parkinson's

19

 $\bullet$  CP

• Brain Injury (Stroke TRI etc.)

#### RPG Terms Summary

- RPG = Role-Playing Game (noun)
- RPGs = Role-Playing Games
- RPGers = Role-Playing Gamers
- RPGing = Role-Playing Gaming (verb)
- TRPG = Tabletop RPG (original RPG)
- CRPG = Computer-based RPG
- CYOA = Choose Your Own Adventure books
- LARP = Live-Action Role-Playing
- PvP = Player vs. Player
- PvE = Player vs. Everyone or EvP
- PvG = Player vs. Group or reverse GvP
- DM = Dungeon Master (D&D only)
- GM = Game Master (all non-D&D RPGs)
- PC = Player Character
- NPC = Non-Player Character

#### Overview

Since so many people either do not know what role-playing games are, and/or so many are misinformed about role-playing games & gamers, approximately half of this presentation covers:

#### Overview

- Background information about Role-Playing Games (RPG).
- Examples of all major RPG formats.
- Addresses the many inculcated concepts in popular culture regarding role-playing games and gamers, including relevant research.

#### Overview

#### The rest of this presentation covers:

- Research & program examples from professions oth er than TR that have used RPGs as intervention modalities.
- And finally, using RPGs as intervention modalities from the TR perspective, with specific program plan examples and relevant research information.

## Audience participation

Raise your hand when prompted...

#### Challenge by Choice...

What do you think of when I say...
Role-Playing
Game?

### Challenge by Choice...

# Have you ever participated in any form of RPG?

#### Introduction

#### **RPG Formats Include:**

- Tabletop role-playing games (RPG /
- TRR6)se Your Own Adventure books
- (Civo-A) tion role-playing
- (CARP)uter-based Role-Playing Games









#### What is a Role-Playing Game (RPG)?

Often when using the term "Role-Playing Game" or "RPG", most of those unfamiliar with this recreational activity, typically assume it is either a video game
or people dressing up in costumes
bonking each other with foam swords.

For those aware of the tabletop format, it is usually a negative association with Dungeons & Dragons (D&D).

#### Next Slide: PBS Idea Channel

The following is a fast-paced video clip. It quickly summarizes a few concepts regarding the Tabletop RPG Format, Dungeons & Dragons (D&D)

#### PBS Idea Channel RE: D&D



For the complete ~10 minute episode see:

https://www.youtube.com/watch?v=VFtlDhksGHA

There have been anywhere from 70 to several hundred studies performed related to the psychological relationships between role-playing gaming and gamers (Kim).

This research shows that role-playing games may have many benefits for participants. Examples include:

- Helping to more rapidly develop foreign language skills (Phillips)
- Improved child behavior and attitudes (Bay-Hinitz)
- Developing stronger skills in reading, mathematics, creative thinking, cooperative play, problem-solving, & social skills (DeRenard)
- Development of many other skills as well as potentially significant therapeutic benefits (Kestrel).

As knowing some of the history, development, and societal responses to RT/TR is useful for understanding where this profession is today, and in planning for the future development of the industry...

So too is understanding the creation, evolution, and societal responses to RPG useful for understanding what it is, and the potential uses of RPG in TR as an intervention modality to achieve clients' goals.

When considering RPGs as intervention modalities, a historical context is important for better matching client needs.

These needs can be better met by an understanding of the cohort factors of different populations, such as generational media influences,

leisure interests, etc.

#### RPG BACKGROUND

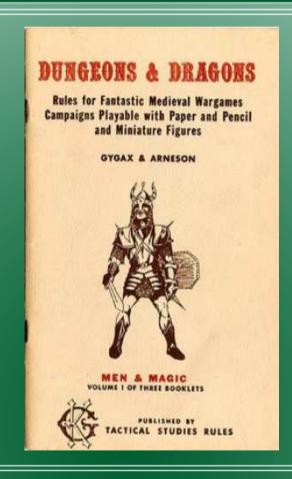
Having this historical context is also important in being prepared for any potential "push back" that may sometimes occur
because of many inculcated conceptions regarding

role-playing gaming and gamers.

#### RPG BACKGROUND

With the significance of historical context in mind, a considerable portion of this presentation

- Thillproveressors and origins of RPG.
- The evolution of RPG since creation in 1974.
- Media & societal treatment of RPG and gamers.



First published in 1974, a unique, cooperative, social, recreational activity known as the Role-playing Game (RPG), was invented in Lake Geneva, WI.

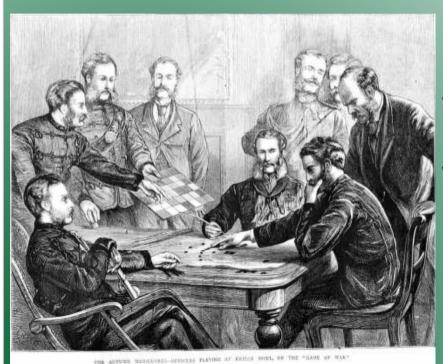
Thus the grandfather of all RPGs, the tabletop role-playing game, Dungeons & Dragons (D&D), was born.

Role-playing gaming (RPGing) has roots in ancient his tory with the development
of war-gaming.

War-gaming is the simulation of combat strategies and tactics represented in reduced scale with various rules for action resolution.

(Note there is a variant called "Live-Action War-gaming" that is different from both the above definition, and LARP)

As long as there has been organized warfare, there appears to have been some form of war-gaming in every culture throughout history.



Chess and the Chinese game Go both are *related* to war-gaming, but *not* considered to be actually war-gaming because they lack other factors offered by "true" war-gaming, taking into account many variables such as: terrain, weather, randomization, etc.

The Autum Maneuvres – Officers Playing at Kriegs Spiel, or the "Game of War". – Illustration for "The Graphic", August 17<sup>th</sup>, 1872

War-gaming

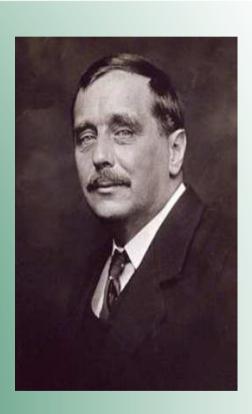
(1913)

H.G. Well-

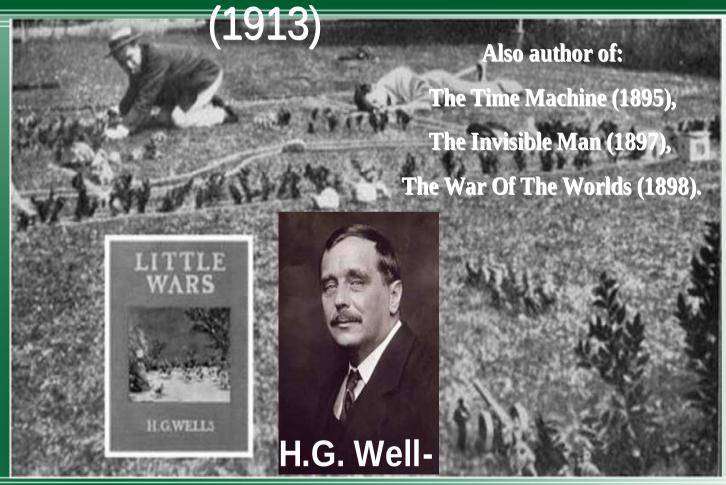
The Time Machine (1895),

The Invisible Man (1897),

The War Of The Worlds (1898).



War-gaming



Wells revolutionized war-gaming with his publication of "Little Wars" (1913).

War-gaming



War-gaming

(1913)

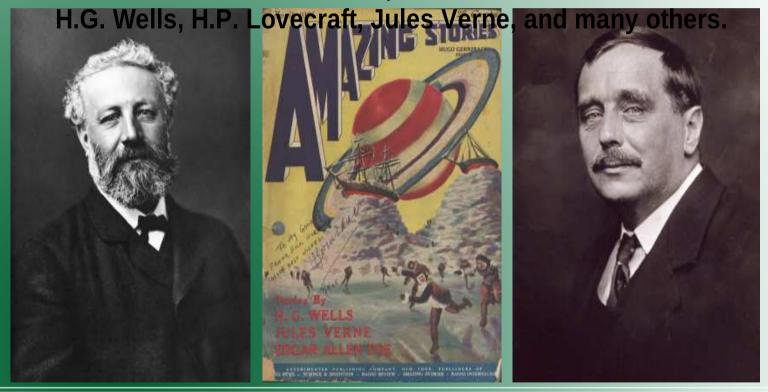
Also at this point in history, there were only 2 major genres for war-game settings:

- Historical
- Hypothetical

But that was about to change...

# The Science Fiction & Fantasy Genres

Notable authors included: Edgar Allen Poe, Edgar Rice Burroughs,



### The Times They Are A Changin'

In the 1930s, J.R.R. Tolkien's

The Hobbit and 13 years later the Lord of the Rings

hit the literary world and inspired the minds and hearts of

generations, with a wave of popular culture

enthusiasm in the 1960s...

(for better or worse)

### The Times They Are A Changin'



A very cheesy/bad music video: Leonard Nimoy ("Spock") Sings "The Ballad of Bilbo Baggins" (1967)

### The Times They Are A Changin'

These cultural and literary changes soon influenced war-gaming.

War-gaming

('60s - '70s)

Published in 1968, "Chain Mail", provided war-gaming rules with extra features to meet the new interests of the time, most notably including rules for mythological creatures, and "magic".

This contributed directly to a new invention in recreation...

1974 - The invention of a new recreational



The Role-Playing Game.

Dungeons & Dragons was first released in 1974 as self-published, hand-stapled booklets, mailed from the creators' homes, under their new business name of "TSR". (Tactical Studies Rules)

(1980s)

The early to mid 1980s were the "Golden Age" years of tabletop role-playing games in the United States & U.K.

Other countries would experience the boom of RPG in later decades, including Europe in the later 80s, South America in the 1990s, Israel in the 2000s, etc.

It is difficult to pin down the number of actual RPG players, since it is often just the Dungeon Master (DM) aka Game Master (GM) that purchases most of the books.

Estimates are that during the 80s, in the USA, there were at least 20-30 million (10-15% of the popula tion) people playing Dungeons & Dragons, ignoring the other countries and all the other RPGs of the time.



Jntil the mid 1980s
D&D was
'just a game",
s illustrated
n Steven
Spielberg's 1982
movie "E.T.".

The Moral/Satanic Panic of the

This was also a time when the greatest backlash occurred during the height of the "Moral Panic", aka "Satanic Panic" of the 1980s.



This included waves of many claims against music, movies, television, video games, and D&D.

The Moral/Satanic Panic of the

1980s

The effects of this time period are still significantly influencing (USA) society today. When considering developing a program plan utilizing Role-Playing Games as an intervention modality, it is important to be properly informed and prepared for the questions and misconceptions that may arise.

The Moral/Satanic Panic of the

1980s

The backlash was so significant, that RPG manufactur - ers such as TSR, continually changed the book covers to be less "upsetting" to the detractors.









Advanced D&D 1st Edition

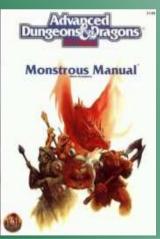
AD&D 1st Edition – Revised Covers

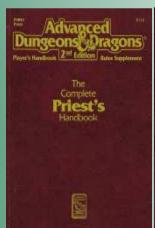
#### The Moral/Satanic Panic of the

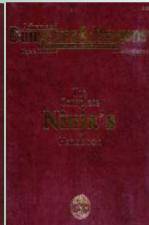
1980s

This intimidation progressed to the point of releasing many books without ANY artwork. Such cosmetic changes did not make any difference to thoselobbying congress to outlaw RPGs or at least have them treated as controlled substance with warning labels (they succeeded at this with video games). (Cardwell, 1994)









S

Around the 1990s hybrid games developed that were based on many concepts from RPGs. Some used cards as a focus, instead of characters, and also began a shift to simpler rules. The shift to cards was completed in 1993 with the creation of Magic: The Gathering, which is a Collectible Card Card (CCG) aka Trade-able Card Game (TCG), and still very popular world-wide.

8

The industry has diversified from just "paper and dice" tabletop role-playing games to now also include a wide range of hybrid collectible card games (CCGs), solo computer RPG games, massive multiplayer online role playing games (MMORPGs), persistent online worlds, multi-user dungeons (MUDs), and many other derivations.

8

The role-playing game (RPG) industry has had a number of ups and downs in its growth but combining all formats, it is currently a multi-billion dollar industry.

The fledgling company Tactical Studies Rules (TSR) that started D&D was long-ago absorbed through various mergers by Wizards of the Coast, currently owned by the parent company Hasbro.

8

As an aside, percentage-wise, tabletop games (including RPGs) sales have been experiencing very significant sales growth since 2011 for several years in a row, while video game sales overall have been in a slow downward trend for the past 4 years.

Though of course the video game market is much larger. (\$15 to \$20 billion)

Many theories abound as to why this might be.

For a more detailed history about role-playing gaming, see Shannon Appelcline's 4-volume set,

"Designers & Dragons - A History of The Role-Playing Game Industry"



#### RPG Controversies

As mentioned earlier, back in the early-to-mid 1980s a movement began to develop against RPGs and the people who played them - role-playing gamers (RPGers)...

Next Slide: Video Collage Anti-RPG Media

### Video: 1980s Anti-RPG Collage



#### RPG Controversies

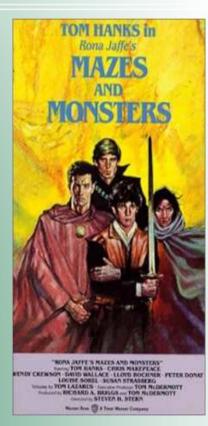
You may have already heard some of these statement-

- sD&D/RPG will make you commit suicide.
  - D&D/RPG will make you commit murder-
  - D&D/RPG will make you more violent in real life.
  - D&D/RPG players have no meaning to their life.
  - D&D/RPG will lead you to the occult and devil worship.
  - D&D/RPG will lead you away from [insert religious sys-
  - D&D/RPG is only for people with no social skills, and will make you anti-social (in the layman use of the term).
  - D&D/RPG players are all dorks, nerds, geeks, and losers that that can't succeed in real life and live in their mother's basement.
  - Gamers are all male, there aren't any female RPGer-

#### Mazes & Monsters

Time after time I run into people quoting as fact: "Role-playing gamers were murdered in a university's steam tunnels by a Dungeon Master that took the game too seriously."

This never actually happened. It was a made-for-TV movie with Tom Hanks, called "Mazes & Monsters" (1982), designed to cash in on the early stages of hysteria of the time period.



Many people also conflate this with the Dallas Egbert III missing person's

case.

Much of the hype in the media, was created by the small group calling themselves "Bothered About Dungeons & Dragons (B.A.D.D.)" (yes there actually was such an organization). The founder of BADD, Patricia Pulling, claimed that her son Irving "Bink" Pulling committed suicide because he played D&D. She made it her life's mission to get RPGs banned. She even trained police stations throughout the country to look out for the "danger signs of a gamer." (Pulling)

#### One focal point was BADD's claims that D&D/RPG will make you commit suicide... (Pulling, Radecki, BADD, & NCTV)

#### Groups Say Fantasy Game Responsible for Teen Suicide

(AP) - Millions of high game "Dungeons and oly. Dragons," fighting hobgoblins and green slime.

Two national groups, however, claim the popular game is far from harmless, blaming it for the deaths of as many as a dozen young peo-

The National Coali-Dragons (BADD) have urged their members to write their congressional representatives asking the government to declare the game hazardous.

for the Consumer Product Safety Commission of the FTC, said the commission has no jo- rious monsters. risdiction in the matter.

Dieter Sturm, a apokeaman for TSR Hobbies of Lake Geneva. Wis., which makes the game, said "Dungeons and Dragons" is

LAKE GENEVA, Wis. only a board game and no more violent than school and college stu- other classic board dents play the fantasy games such as "Monop-

> Starm, director of corporate relations for TSR, derided the groups' proposal to put a warning label on the

"You're going to have to label everything from soup to nots," he said. "What are you going to tion on Television Vio- do, put a label on your lence and Bothered dog, saying this animal About Dungeons and might hite if you're not careful?"

"Dungeons and Dragons" players are assigned a character with specific traits. Guided by a "dungeon master" who has a book with Lou Brott, spokesman more information than the players do, the players atrive to win a treasure while avoiding va-

> About 3 million to 4 million people, mostly young males in their late teens and early 20s. play the game, accord-

> > Pat Pulling of Rich-



Patricia Pulling holds a photo of her son along with several books and games from "Dungeons and Dragons," which she blames for the suicide of her son, irving.

mosd, Va., started after a curse was placed BADO after her 16-year- on him during a game of old son, Irving, shot DaD at his high school. himself to death in 1982. She sued TSR, its chair-Mrs. Pulling said her man and the two teachson killed himself hours ers who led the game, are getting murdered the game had nothing to

was dismissed by the Radecki's group lists Circuit Court of Hano- at least a dozen deaths, ver County, Va.

"We know D&D was involved with his death because of the notes (on his game sheets) he left behind," Mrs. Pulling said in a telephone in-

Mrs. Pulling and her son was "perfectly normal" before he played the game, which was aponsored by the school's program for talented and gifted chil-

that some of his classmates later said that Pulling had personal problems not associated with the game.

"Many millions of kids are sold Dungeons and Dragons," Thomas Radecki, head of the co- some tendency there alition and a psychia- (for violence) too. trist at the University of

but the \$19 million suit because of this game."

including five suicides, that it says were connected with the game. Radecki sald the game can wrap impressionsble teen-agers in a dangerous web of taurany.

"Aggression research shows that the more vinlent fastasies someone has, the more likely be is to act it out in real life," he said. "In this. game, you're ready at any moment to be assaulted by deadly

The game, he admitted, may not spar everyone to violence.

"It doesn't mean every player is goong to go out and kill himself or somebody else," he said.

... There has to be

Sturm emphasized Illinois at Urbana- that, in at least one of Champaign, said in a the incidents cited by telephone interview. Radecki - a murder-The very least they de suicide involving two serve is the other side of teen-age boys in Colorathe story - that kids do - police later said

"If you take (the game) outside the table contest, you're not playing Dungeons and Dragena, you're playing something else, Starm said. "This is nothing more than a game. It's played around a table, it's not played in real

The average D&D player is 13-24 years old and is male, TSR said. is the mid-1970s when the game originated, it attracted primarily college-aged students.

On of B.A.D.D.'s early claims was that D&D/RPG will increase your risk of suicide.

(Pulling, Radecki, BADD, & NCTV)

Their primary "official source" of their claims was the Americ an Psychiatrist Dr. Thomas Radecki of NCTV (National Coalition on Television Violence).

It should be noted had his medical license revoked in 1992, rein stated in 2002, and revoked again in 2012, and arrested in 2013. (State of Illinois)

BADD lobbied first the Federal Trade Commission,
then subsequently the Consumer Product Safety
Commission, to mandate putting warning labels on
all role-playing gaming materials stating
RPGs "were hazardous and could cause suicide"
(Cardwell, Jr., Paul. 1994)

Banning of D&D / RPGs
A.D.D. Booklet. A list of people they believed committed suicide because of

D&D (some listed weren't actually ruled as suicides!).

BANNING

The below listed victims of suicide have one common denominator: ALL WERE REAVILY INVOLVED IN DUNGEON AND DRACONS : ALL DEATHS INVOLVED WEAFONS: SAVE ONE; THREE DIED ON THE FULL MOON: ALL WERE WHITE MALES BETWEEN THE AGES OF 12 to 18 . THREE WERE HONOR OR GIFTED STUDENTS.

JAMES D. EGBERT III Died 8/11/1980 HOME STATE - MICHIGAN MICHAEL P. DEMPSEY W/M 16 Died 5/12/81 HOME STATE - WASHINGTON IRVING LEE PULLING III W/H 16 Diec 6/9/82 HOME STATE - VIRGINIA HAROLD T. COLLINS Died 4/29/83

W/M 16

W/H 12

Died 11/2/84

Died 11/2/84

THE DEATHS ABOVE DO NOT REFLECT ALL SUICIDES .

BAILY, COLORADO SCHOOL BOARD MORRISVILLE, VERMONT SCHOOL BOARD WEST NEW YORK, NEW JERSEY -ST. JOSEPH'S HIGH SCHOOL ARLINGTON, WASHINGTON SCHOOL BOARD ARLINGTON , VIRGINIA SCHOOL BOARD HERBER CITY, UTAH SCHOOL BOARD FRESNO CALIFORNIA AKRON, OHIO CARDONA PARK , CALIFORNIA COSUMNES COLLEGE, CALIFORNIA MANOVER, VIRGINIA CHESTERFIELD, VIRGINIA SOUGH LEWIS SCHOOL BOARD, TURIN NEW YORK ALAMAGORDS, NEW MEXICO

MILWAUKEE, WISCONSIN MONTLAKE TERRACE, WASHINGTON

This list is not inclusive as the means of gathering information is limited to funds available

SCHOOL DISTRICTS AND ADMINISTRATORS THROUGH-OUT THE COUNTRY ARE DEEPLY DISTURBED BY THE QUEST-IONABLE MERITS AND DANGERS OF THE DUNGEON & DRAGON GAME. MANY ARE NOW IN THE PROCESS OF DISCONTINU-ING THE GAME IN THEIR SCHOOLS.

Also note the sample list of locations officially banning

D&D

DANIEL E. ERWIN

STEPHEN R. ERWIN

COLUBADO

COLURADO

# Controversy & Myths Banning of D&D / RPGs

Note the sample list of locations officially banning D&D.

While I am not aware of any public schools still banning RPGs
(a different story for some private schools), many (most?) correctional facilities that implemented their bans against RPGs in the 1980s, still refuse to lift those bans to this day.

Suicide Rate of Tabletop RPG players

A meta-analysis of all available data at the time of the suicide rate of non-gamer peers to gamer peers, not only refuted any increased risk, it arguably indicated that RPGers 1/10th the risk of suicide than

their non-gaming peers!

(Cardwell, Jr., Paul 1994)

Suicide Rate of Tabletop RPG players

Many theories abound as to why this might be the case, from being a social activity that builds a sup portive social network, to the fact that it requires and develops problem-solving skills rather than "no way out but suicide", to cathartic or other benefits.

Suicide Rate of Tabletop RPG players

There are several case studies using RPGs to treat suicidal individuals, the next few slides provide specific examples...

RPG, Depression, & Suicide

The results of a 1988 study by John Hughes was pub - lished under the title: "Therapy is fantasy: role-playing, healing, and the construction of symbolic order." Australian National University honors paper in medical anthropology on the use of RPG in the self-treatment of clinical depression.

Research: Suicide Rate of Tabletop RPG players

"Dungeons and Dragons:

The Use of a Fantasy Game in the Psychotherapeutic

Treatment of a Young Adult."

Blackmon, Wayne D.

Journal of Psychotherapy

48.4 (1994): 624-632. 28 Nov. 2008

Suicide Rate of Tabletop RPG players

#### **Abstract**

This is a case history of *adepressive*, *suicidal*, *schizoid personality* 19 *year old* male that was not responding to traditional therapies. Using the role-playing game Dungeons and Dragons as a bridge to help him develop a communication and rapport with the doctor, he began to increase in his openness, and ability to analyze the relationships in games, to increase his ability to become aware of relationships in "real" and improve his socialization, empathy, and communication skills.

Suicide Rate of Tabletop RPG players

He was able to use D&D as an outlet for anger he had to wards his father, and then discuss those actions that were "in game" and begin developing skills of awareness and introspection that he was able to generalize in his every day life in a very productive fashion.

Suicide Rate of Tabletop RPG players

The only real caveat, especially for anyone with mental health struggles, is to keep the hobby from becoming too all-consuming. While research repeatedly shows RPGs can greatly help most with such issues, as with any other recreational activity it is important to now allow it to become out of balance. This means appropriate balances and structure, especially for inpatients with significant mental health issues.

Suicide Rate of Tabletop RPG players

The possibility that RPG may actually lower the risk of suicide has been further reinforced by other case studies, including psychologists/psychiatrists using, or encouraging participation in, RPG to help patients already struggling with depression and suicidal ideations.

(Blackmon, 1994)

Violence, anti-social behavior, criminality, etc.

Another topic the detractors of D&D/RPG claimed, that it would make players homicidal (Radecki and Pulling), and thus the "D&D Defense" was born in the court system.

However, this has never worked our for the defendant s/claimants. No court has ever accepted this claim as valid. (Cardwell, Jr., Paul. 1994)

Violence, anti-social behavior, criminality, etc.

- Furthermore studies on gamer personality traits, be
  - havioral tendencies, criminal history, and anti-so -

cial behavior surveys

disprove any such increased

tendencies or heightened risks.

(Abyeta & Forest, 1991)

Research: Violence, anti-social behavior, criminality, etc.

Abyeta, Suzanne and Forest, James (1991, December<u>Gamers</u>

<u>are lower in criminal tendencies</u>

<u>than rest of population</u>.

**Abstract:** The hypothesis that role-playing experience should be positively correlated with self-reported criminality was ex amined.

Psychological Reports, December 1991, 69, pp. 1187-1192.

Violence, anti-social behavior, criminality, etc.

Regression analysis indicated that role-playing experience did <u>not</u> relate to self-reported criminality.

However, psychoticism, which was higher in the non-gamers, did predict criminality.

Violence, anti-social behavior, criminality, etc.

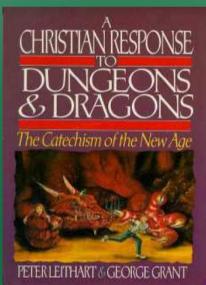
The above Abyeta study, and many others since then, have thoroughly disproved the claims & stereotypes made by detractors of D&D/RPG the gamers.

Regarding their claims that RPG would be bad for the participants, study after study has either shown no correlation, or an inverse correlation indicating that gamers had a lower risk of issues than their non-gamer peers.

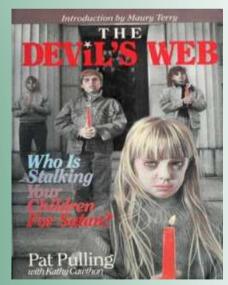
#### Controversies & Myths

Occultism/Satanism

Repeated research can find no correlative statistical link, and also shows a distinct difference in personality from those admittedly involved in satanism and those who



are role-playing gamers (Leeds, Stuart. 1995).



**Meaninglessness & Alienation** 

- Role-Playing Gamers appear to have signific antly higher ratings for having meaning in their lives, much higher than their non-gam ing peers in a college study from 1990.
- Only 17% of role-playing gamers scored high on meaninglessness, while 46% of non-gamers scored high.

(Derenard & Kline 1990)

Meaninglessness & Alienation

• The only alienation that RPGers report feeling, is from society in relation to the stigma against gamers, but other than that did not show any higher levels of social isolation of alienation than their non-gamer peers.

(Derenard & Kline 1990)

Research: Meaninglessness & Alienation

## ALIENATION AND THE GAME DUNGEONS AND DRAGONS

by LISA A. DERENARD AND LINDA MANNIK KLINE.

Psychological Reports, 1990, 66, 1219-1222.O Psychological Reports
1990

#### **Purpose**

The report was written based on research undertaken to determine if there was any empirical evidence supporting or refuting the media's various negative claims about the supposedharmful effects on those who participate in the cooperative, social, recreational activity of role playing gaming using the Dungeons & Dragons (D&D) game system, and if playing the game leads to players having higher levels of alienation. The Strole 1956 Anomia Scale to test overall levels of alienation, the Middleton 1963 Alienation Scale to measure six types of alienation, and the Rotter 1966 Internal-External

Locus of Control Scale used to determine how much control the subject has over events that have an effect on them. A moderate correlation relating to meaninglessness was found in the opposite direction of the media claims. 46% of the non-players (16 subjects) scored high on meaninglessness feelings, whereas only 17% of the players (6 subjects) indicated such feelings.

The paper concludes that there is no solid empirical evidence supporting the media claims that D&D is harmful to those who participate in this cooperative, social, recreational activity.

Original report, and analysis of report found here: http://rpgresearch.com/blog/alienation-1

**Research: Empathy** 

• Tabletop RPG = Higher Empathy than non-gamers. (Rivers 2016) (Yee 1999)

• Play by Email (Computer) RPG = Lower Em - pathy than non-gamers. (Douse 1993)

#### Controversies & Myths

**More Information** 

If interested in more detailed information, you can find many essays and separate slideshow presentations on the entire history of the controversies & myths about RPG available on the

www.RpgResearch.comwebsite.

# Video Clip: Modern Inculcated Concepts - Big Bang Theory (2013)



Clearly they were all having fun, and yet observe how the writers for "Penny" insisted on putting down the fun had by the others as lesser-than.

#### The Gamer "Floater" Hypothesis

Why these stereotypes still being reinforced? Besides typical "media hype". **Observations** leading to this hypothesis. Unlikely will ever be able to design an effective research program to prove or disprove, but seems a plausible explanation for stereotype fulfillment in public view at game stores, conventions, and other public "Pick Up Game" (PUG) related events.

# What do these people have in common? They are role-playing



#### Vin Diesel and D&D



#### Famous "Not So Geeky" Gamer-

S

- Vin Diesel (Action film actor)
- Kobe Bryant (NBA)
- Nelly (Rap musician)
- Hulk Hogan ("Wrestler")
- Emilio Estevez (Actor)
- Bare Naked Ladies (Band)
- Metallica (Band)
- Alice Cooper (Musician)

- Dave Chappelle (Comedian)
- Ewan MacGregor (Actor)
- Harrison Ford (Actor)
- Jacques Villeneuve (Formula One racing champion)
- Alice Cooper (Musician)
- Nelly (Musician)
- Lou Ferrigno (Body Builder / In credible Hulk)

#### Famous Female Gamers

- Daryl Hannah
- Jennifer Lopez (J-Lo)
- Jenny McCarthy

- Sarah Michelle Gellar
- Claudia Christensen
- Judi Dench (Famous Brit Felicia Day ish actress as Money Penny in James Bond Paget Brewster Movies)

# Famous "Geeky" Gamer-

S

- Jon Stewart
- Stephen Colbert
- Billy Crystal
- Robin Williams
- Mike Myers
- Ben Aflac
- Nathon Fillion
- George Lucas

- Seth Greene
- Joss Whedon
- Conan O'Brien
- Stephen King
- Jack Black
- Marilyn Manson
- Bill Gates
- Stephen Spielberg

#### Computer Gamer Demographics Highlights (2015 ESA Report)

- 44% Female (all video games)
- Avg. age female gamers: 43
- Avg. age male gamers: 35
- ~40% of video/computer games sold/played are Role-playing Game related (RPG, Adventure, Action, & Mixed)
- http://www.dreesa.com/wp-content/uploads/2015/04/ESA-Essential-Facts-2015.pdf

# Gaming Market

Depending on your definition of a role-playing game, in the video games realm, anywhere from 200 million to 480 million paying computer-based gamers play per year from 2008 through 2011. In 2009 U.S. gamers spent \$3.8 billion USD to play MMO games in 2009. (Bayer, 2010)



#### Video/Computer Games in Decline Boardgames on the Rise (ESA 2015)

#### U.S. Computer and Video Game DOLLAR Sales

**DOLLARS IN BILLIONS** 



Source: The NPD Group/Retail Tracking Service; Games Market Dynamics: U.S.

- \* Figures include total consumer spend.
- \*\* Other delivery formats include subscriptions, digital full games, digital add-on content, mobile apps, social network gaming and other physical delivery. 2003-2009 figures are sales of new physical content at retail exclusively.

#### Recession Economics: Video Games Decline, Board Games (& TRPG) Double Digit Growth

• Recession's upside: Family game night

 Many parents are cutting spending on vacations and lavish toys, but spending more on board games for home

tfe/lifestyle/2009/07/05/Recession-s-upside-Family-game-night/stories/200907050244

## Diversity of RPGs

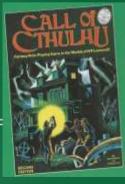


### Diversity of RPGs: Genre

While D&D originally was mostly designed for "swords & sorcery" type gaming (though sometimes included science fiction cross-overs), later products from TSR and many other companies, covered every genre imaginable; SciFi, police procedural, historical settings, biblical, 1920s-40s Noir detective mysteries, horror, supernatural, zombies, dystopic futures, alternative pasts, purely political settings, purely social drama settings, westerns, road-warrior settings, and innumerable others.

















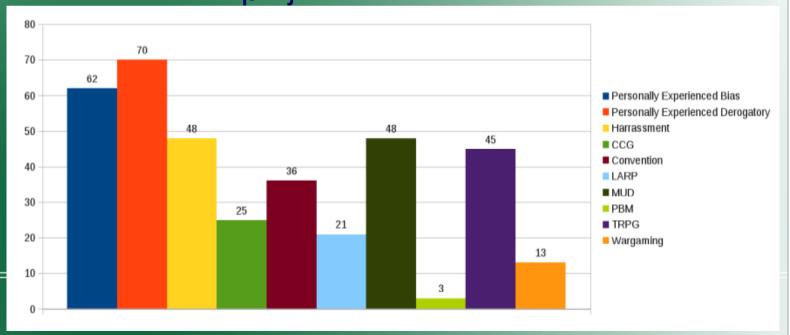
# Diversity of RPGs: Format



# Research: Gender Bias in The Gaming Community & Industry

Pilot research program took place throughout waiver acquired from WSU in 2015 to implement

Homainrestants you ject at World Con 73.

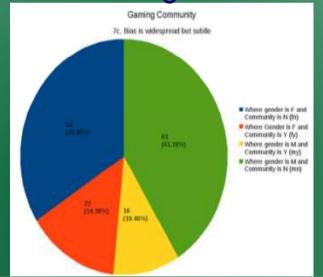


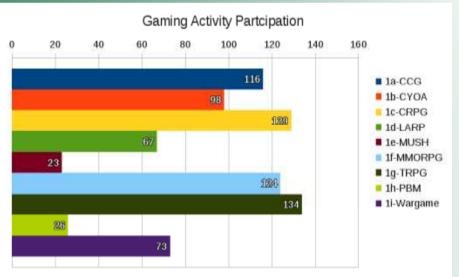
# Research: Gender Bias in The Gaming Community & Industry

 Pilot program: 164 respondents. Mostly Spokane

area participants: 120+ respondents. Participants

from throughout world.





## Key Aspects of RPG: Overview

- *Imagination* and *creativity*, especially creative solutions to challenges, as just a couple of obvious skills that are automatically necessary (and developed).
- Players assume the roles of characters (usually in a fic tional setting).
- Players control the actions of the character(s) within a narrative style.

## Key Aspects of RPG: Overview

- *Interactive and collaborative storytelling* are particularly used with tabletop RPGs, many LARPs, and sometimes in computer-based variants.
- Suspension of disbelief.
- Players *make decisions* to determine what courses of *action* may be available for the character.
- Structure/rules.

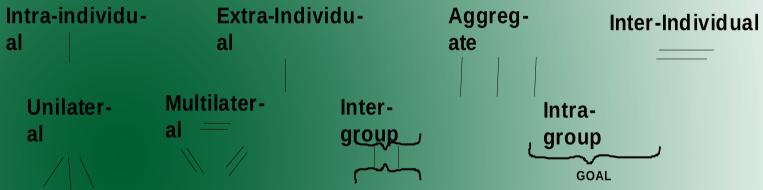
• Actions are either *representational* (as in the case of tab letop RPG), *or actual* (clicking the mouse to make a character "do something" in computer-based RPG, or actually physically taking action in LARP).

Actions may be as simple as a player electing to have
their character remain silent, begin speaking, searching, picking up an (imaginary or real) object, solving
puzzles, interacting with others, overcoming physical
obstacles (real or imaginary), engagement in "combat",
or many other options.

• Within the narrative context, there are generally *struc-tured rules systems* to determine success or failure of attempted actions. These systems often allow a player's character to far *exceed the actual abilities of the player-*

 Characters generally *evolve* and *develop* over time through overcoming challenges.

In "The Structural Elements of Games",
E.M. Avedon detailed 8 interaction patterns
inherent to all recreational activities.
This section of the presentation correlates
these interaction patterns and the differences
between the various RPG formats.



# terns Abbreviations

\* = Standard for this RPG variant.

CYOA= Choose your Own AdvertuSeC

RPG = Role-Playing Game

TRPG = Tabletop RPG

SRPG = Solo RPG

CRPG = Computer-based RPG

SCRPG = Solo Computer-based RPG CCG/TCG = Collectible/Tradeable Card Game

PvP = Player versus Player

GvP = Group versus Player

GvG = Group versus Group

LARP = Live-Action Role-Playing

MMORPG = Massive Multiplayer Online RPG

PBP = Play by Post / Mail / E-mail / Forum

## Intra-individu-

Internal

Action taking place within the mind of a person or action involving the mind and a part of the body, but requiring no contact with another person or external object. (Avedon, 1974, p. 164).

RPG Application: While not directly applicable to a specific RPG format, imagination, reflection, "fantasizing", projection, qualifies according to the reference and is certainly a critical component.

120

### Extra-Individu-

Solo Activity

Action directed by a person toward an object on the environment,

requiring no contact with another person. (Avedon, 1974, p. 164).

"... many individuals with disabilities and/or illnesses spend a large amount of time alone and thus need leisure skills that can be engaged in while alone..."

"... extra-individual activities are therefore a must for program

consideration." (Stumbo & Peterson, "Cookbook", p. 188)

Aggreg-

Parallel but separate

Action directed by a person toward an object in the environment while in the company of other persons who are also directing action toward objects in the environment. Action is not directed toward one another, and no interaction between participants is required or necessary (Avedon, 1974, p. 165).

"Because many people with disabilities and/or illnesses spend time alone, they should have a repertoire of activities

RPG Application: CYOA, SRPG, SCRPG, with possible addition of competitive variants, additionally painting miniatures, and completing character sheets for TRPG.

### Inter-Individual

Person to Person
Son
One to one

Action of a competitive nature directed by one person toward another. (Avedon, 1974, p. 166).

"A characteristic of these activities is playing by the rules and regulating one's behavior according to the rules in order to participate successfully." (Stumbo & Peterson, "Cookbook", p. 188)

## Unilateral



All against one

Action of a competitive nature among three or more persons, one of whom is an antagonist, or "it". (Avelon, 1974, p. 167).

### **Multilateral**



EvE
Everyone vs. everyone
Everyone for themselves

Action of a competitive nature among three or more persons, with no one person as an antagonist (Avedon, 1974, p. 168).

"Obviously, many clients need to work up to this type of interaction pattern, because it places high demands on internal initiative and independence." (Stumbo & Peterson, "Cookbook", p. 188)

#### Intergroup



Team vs.

Action of a competitive nature between two or more intragroups (Avedon, 1974, p. 170).

RPG Application: GvG TRPG, GvG MMORPG, LARP\*.

## Intragroup



Cooperative, All for one, one for all

Action of a cooperative nature by two or more persons intent upon reaching a mutual goal. Action requires positive verbal and nonverbal interaction (Avedon, 1974, p. 169).

RPG Application: PBP, TRPG\*, MMORPG, LARP.

#### Intragroup



"Learning how to cooperate and function successfully as a group member is a difficult task, but one that most clients need." (Stumbo & Peterson, "Cookbook", p.191)

"Activities in this category are essential in helping establish social skills, since so many interactions in life require compromise and cooperation. Family life, most social situations, and work are everyday examples that require intragroup interaction abilities." (Stumbo & Peterson, "Cookbook", p.192)

#### Intragroup



"Programming activities in this category is overwhelmingly important when we wish to assist clients in the development of positive and cooperative interactional skills." (192)

"Many professional feel that competitive activities are overemphasized in therapeutic recreation programs. The concept that fun has to involve doing someone else in or beating the other person is indeed narrow. Enjoyment should be fostered through cooperative action as well." (192)

#### Intragroup



"Finding or creating good activities that utilize the intragroup pattern is a challenge for the therapeutic recreation specialist. It often is difficult to establish a mutual goal that is attractive enough to the participants to establish a mutual goal that is attractive enough to the participants to facilitate positive interactions."(192)

"Nevertheless, the benefits resulting from successful participation in intragroup activities make the effort well worthwhile." (192)

# Game Theory TRPGs are Non-zero-sum

Intragroup



Game Theory refers to this cooperative role-playing gaming as a nonzero-sum game, (Schick) participants are able to experience overcoming challenges and achieving success without it being at the cost of fellow players.

# RPG Gamer Types

There is a simple diagram, based on the *Bartle Test*, that quickly sums up some very basic aspects of different computer-based RPG player types (over-simplified of course).



## RPG Format: CYOA

**Choose Your Own Adventure Books.** 

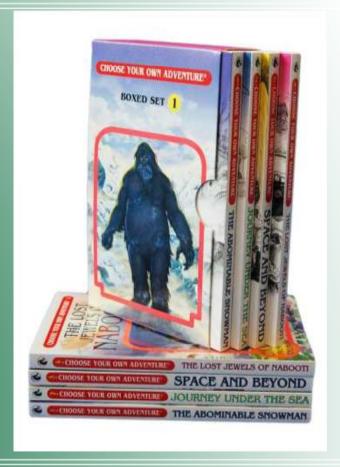
Basically a book with if/then/goto statements.

Rigid structure.

Learn through trial & error,

Dozens to hundreds of different

endings possible.

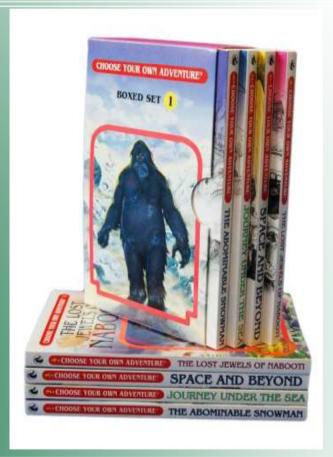


## RPG Format: CYOA

# **Choose Your Own Adventure Books.**

Some offer additional complexity & flexibility with character sheets, dice, maps, etc. (Solo RPG vari - ant)

Here is a quick example... Audi - ence Participation





Tabletop RPG seems to be the most misunderstood format of RPG even though it is the original. It also may have the most potentially untapped as a therapeutic resource, especially as related to the TR profession.

Tabletop Role playing gaming can be summed up as - "interactive storytelling", with structured rules.

The participants create
on paper imaginary
characters in a story run
by the "game master" or "narrator"
who acts as writer,
director and referee of this imaginary

verbal-only play.

The activity is similar to childhood "let's pretend" games such as "cops and robbers" or "treasure hunt",

but with some key differences, especially structure.

Tabletop RPG does not use costumes or props.

At the most basic, it is merely a friendly group of people having fun sitting down to use their imagina - tions to verbally work together collaboratively creat - ing a story, overcoming imaginary challenges, and achieving goals in a structured way.

# Example Starting Tabletop RPG with a new player Movie: The Gamers 2



com/

Jessica Statsky, author of the essay Children Need to Play, Not Compete, expressed her concern about the over-competitive attitude towards play, and lack of cooperation-based activities by stating:

"Their goals should be having fun, learning, and being with friends. Although winning does add to the fun, too many adults lose sight of what mat ters and make winning the most important goal."



The Tolkien Moot VII (2011) Annual Convention – Youth RPG Tables

There are very few social table-top recreation activit ies available that are cooperative rather than competitive in nature.

Role playing gaming is by design a cooperative past time, which in and of itself may have significant benefits in the world where everything is becoming competitive at all ages and levels of society.



The 73rd Annual Science Fiction & Fantasy Convention – World Con 73

#### **Requirement-**

- S: 1 Game Master (GM) (aka referee, storyteller, narrator, rules master)
  - 1 to 7+ Players
  - Some randomizing agent (such as dice, cards, spinner, etc.)
- Paper / Character Sheets
- Pencils
- Comfortable non-distracting seating
- **RPG** game system rulebook(s).

# RPG Format: Tabletop RPG

#### **Optional:**

- Published adventure "modules".
- Drawing boards and/or "Battle mats".
- Miniatures (whole other area of potential use with sculpting, molding, creating, painting, etc.)

# RPG Format: Tabletop RPG



**Examples of RPG accessories:** Miniatures, battle mats, tiles, building, trees, maps, etc.

# (Tabletop) RPG Example

HARACTER CREATION DATE: LAYER NAME:				Carrotti Tago	SIMPLERPS
THRICITY/CULTURE	Caucasian / USA	Pursuit	Investigative Report	Ben	### 4999.cc11
Apparent Ace: _ Actual Ace: _	25 30	tys: _	Black Green	OTHER FEATURES:	
Birthday: — Homeland: — Heicht-	Chicago, IL, US	CEMPER:	Fenale Determined. He	unorous. Insightfy	ul. Tough-minded.

Example Player Character
Sheet
Hawke's SimpleRPG
1940s Noir Setting
"The Case of the Missing Surgeon"

From TR Program Plan:
Using Tabletop Activities to
Teach ASD / PDD Population
in the use Of Civic / Community Resources.

TRIBUTES	HEALTH	CHARACTER SKETCH OR LC
BODY _3	Max Heathi _12	
kaury <u>4</u>	Damacz	
HTELLECT _5	REDUCTION:	(a)
fillpower9		
	CURRENT HEALTH	
CERCILOS NIC		

#### Posession:

#### WEHPONS Pistol - .38 Special (6 round revolver)

# TOOUS Typewriter 35 mm SLR camera with 2 rolls B&W film

# MONEY & TREASURE Handbag: Wallet with \$42.37 USD Personal effects (makeup, compact, etc.) Fack of gum Extra ammunition (1 small box = 24 bullets)

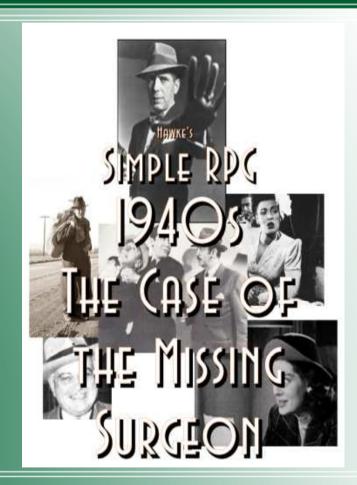
# OTHER BELONGINGS Small notebook Pencil Clothing Overcoat Broadbrin hat Gloves

months in Cities and temperatures can not deprete those and the pressure of the control of the c

# (Tabletop) RPG Example

Example Player Character
Sheet
Hawke's SimpleRPG
1940s Noir Setting
"The Case of the Missing Surgeon"

From TR Program Plan:
Using Tabletop Activities to
Teach ASD / PDD Population
in the use Of Civic / Community Resources.



# (Tabletop) RPG

"You and your friends have just walked into the courtyard of an ancient building. The courtyard is approximately forty feet square. The walls, built of a tan colored stone material apparently indigenous to the area, aligned with the points of the compass. They are about thirty feet high. You entered from an opening in the south wall. You see the north wall has some stairs leading up along the outside of the inner wall, and the east wall on your right has what appears to be a solid metal door hanging open on rusted hinges. The walls are crumbling in laces, and much is overgrown with ivy and weeds.

# (Tabletop) RPG

In the center is a large formula Loughteen feet high in what appears to be the form of a series of three success ively smaller flower-like terraces. Surprisingly, the foun tain is currently spouting clear and cool looking water. **Peering at the water, you are more acutely aware of how** dry your mouths are after a long day's hike through the surrounding desert, with not water previously in sight. The wind is picking up as a storm from the south, with lightning and dark clouds gathering, quickly ap proaches. The temperature is quickly dropping by the minute...

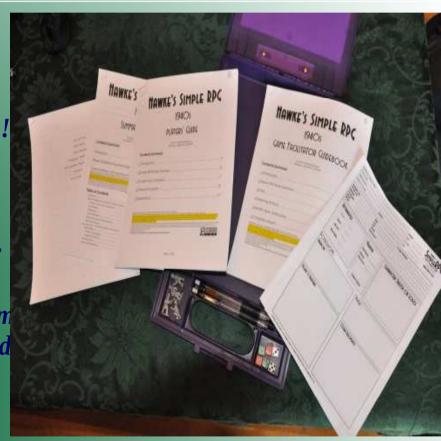
# (Tabletop) RPG

At this point, those playing in the gar le each take turns telling the GM and the other players what actions their character will take. Some will have mundane results, others could have surprising con sequences. Dice are frequently used to simulate the random events that can occur in life, and make it unknown in advance, even to the narrator/GM, what exactly will happen next. For example, someone may decide to climb the stairs, where there are some loose steps, and depending on how agile the player's character is, with a roll of the dice, that character may leap to the top unscathed, or may have a bit of a fall to deal with. Of course, there also could be trouble in the form of ill-intentioned bandits lurking within the en trance of the rusted door....

# The Case of the Missing Suraeon

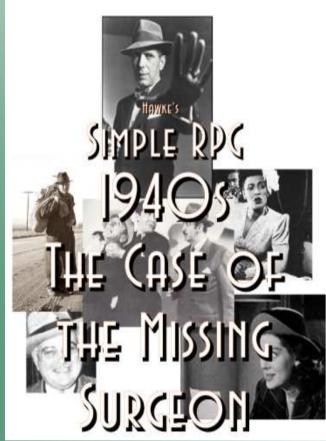
The Game Adventure: Famous Heart Surgeon is Missing!

The local doctor has gone missing!
The famous heart surgeon, Dr.
David Stevens has been reported missing by his wife Martha. The Stevens have two children Danny (Age 10) and Kathrine (Age 8).
Bewildered and distraught, the family needs your help in order to find their husband and father.



# The Case of the Missing Surgeon

Dr. Stevens has allegedly been missing for 48 hours and was last seen by his wife at his location of practice, Westwood Memorial Hospital; Westwood, Chicago. Since the police won't act until he has been missing for at least 72 hours, they won't even file a missing persons report, but Mrs. Stevens wants help now. Therefore, police at this time are no use to this frantic family that has no idea what to assume at this point. Martha's greatest fear is that David was having an affair and has run away to an unknown destination with some harlot.



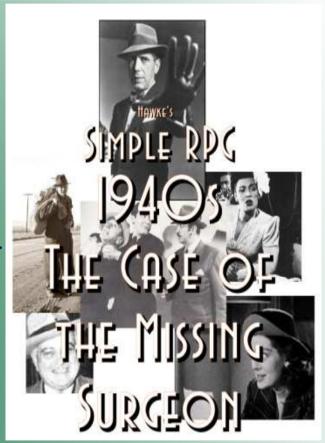
# The Case of the Missing Sur-

geon

David had always been known as a workaholic and that the people he works with are the ones that claim to know him better than his own family.

Mrs. Stevens has come to your private detective office asking you to find out what has
happened to her husband. The rest of you regularly help the private
detective to solve capers.

Mrs. Stevens has provided you with the address to his office to begin your investigation...



### Tabletop RPG & "Flow" Experience

A common experience I have witnessed frequently with Tabletop Role-Playing Gamers (and other formats to varying degrees), when the balance of challenge is focus is right, is the experience called by Mihalyi Csikszentmihalyi's, "Flow", which is found to be a transcendent experience consistent across all demographics, age, gender, culture, etc.

The next slide presents a brief video clip with a nice example of an aspect of the flow experience.

# Example of TRPG Flow Experience

Clip from Gamers 2: Dorkness Rising, Flow, loss of time.



http://www.watchthegamers.-

#### **Computer-based RPGs are available as:**

- Solo
- Multi-player

# RPG Formats: CRPG Solo

#### Some well-known solo

- •**RPGs**thiker's Guide to the Galaxy (text-based)
- Zork (text-based)
- Dragon Age
- Skyrim

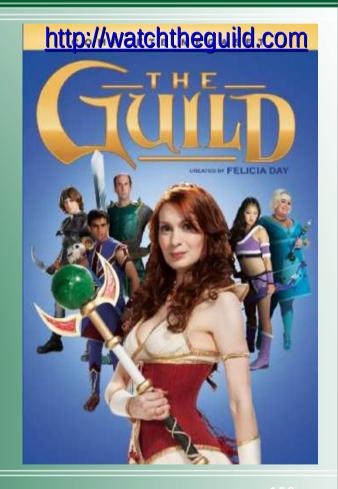


Photos of Felicia Day in Dragon Age: Redemption the movie (upper ),

Multi-player

There are many different types of multi-player CRPGS:H

- MUD
- MOO
- MMORPG
- PBP/PBM/PBEM
- Cooperative & PvP



Some of these games can switch between solo and multi-player modes.

Multi-player

#### Some well-known Multi-player titles in-

cludegeons & Dragons Online

- Lord of the Rings Online
- World of Warcraft
- Neverwinter Nights
- Ultima Online
- Baldur's Gate
- Eve Online



Some of these games can alternate between solo and multi-player modes.

#### Real-time vs. Turn-based

Whether offline or online, some games are real-time action, while others are turn-based.

Turn-based games will wait for a player's input (potentially waiting indefinitely in some cases), while real-time is much more dependent upon fast reflexes.

This is an important consideration when utilizing computer-based RPG as an intervention for some clients unable to respond quickly enough for a real-time style CRPG.

Personally I find all of the computer-based RPGs lacking compared to Tabletop & LARP, but I do see the potential merit for some clients, when used appropriately.

The feeling of something lacking in CRPGs likely has much to do with my personal style and preferences in the gaming experience.

I like to derive from RPG, cooperative social narrative to achieve common goals.

#### Screen Time

I have met many recreation therapists and TR professors with a "any screen is a bad screen" approach to program planning, and consider any video games counter to TR.

Though there are some more accepting of physical interface game systems like the Wii.

#### **Screen Time**

While it is true that so many people need to unplug and get away from those screens, there are clients where screen-based interventions such as computer-based RPG could be extremely valuable, for example working on neuroplasticity-related goals for TBI clients.

More on this topic will be discussed later.

#### **Screen Time**

A number of research projects are determining what is a "healthy" amount of computer-based game time for players in general, and what begins to become detrimental.

From several sources, the current consensus seems to be about 30-60 minutes per day is very healthful and helpful, while getting near the 2+ hours mark becomes counter-productive.

"Children who play computer or video games for up to an hour daily are the most sociable, happy and least hyperactive, Oxford University study finds." (Gosden)

"Simone Kuhn, a researcher at the Max Planck Institute for Human Development in Berlin, has found that the prefrontal cortex actually grows thicker and gray matter more voluminous in people who play games as humble as "Super Mario 64," changes that could improve memory and navigational ability." (Keilman)

#### **Escapism**

There are actually two forms of escapism: self-suppression and self-expansion. She described self-suppression as running away from unpleasant thoughts, perceptions and emotions; self-expansion is actively seeking new skills, stronger relationships and positive experiences.

According to McGonigal, the difference between these two is comparable to the difference between saying, "Everything

sucks, so I'm going to go play games," versus "Life is better when I have time to play games." (McGonigal)



# RPG Formats - CRPG - Violence Trait-based Variance

Effects of Trait Hostility, Mapping Interface, and Character Identification on Aggressive Thoughts and Overall Game Experience After Playing a Violent Video Game - Younbo Jung, PhD, Namkee Park, PhD, and Kwan Min Lee, PhD - Cyberpsychology, Behavior, and Social Networking

December 2015, 18(12): 711-717. doi:10.1089/cyber.2014.0648.

#### **Abstract**

This study investigated the effects of trait-level hostility, interface types, and character identification on aggressive thoughts and overall game experience after playing a violent video game. Results showed that the mapping interface made participants with high trait-level hostility more readily accessible to aggressive contracts, yet it did not have any significant impact for participants with low trait-level hostility. Participants with low trait-level hostility reported more positive game experience in the mapping interface condition, while participants with high trait-level hostility in the same condition reported more negative game experience. Results also indicated that character identification has moderating effects on activating aggressive thoughts and mediating effects on overall game experience. Implications regarding possible ways of reducing potentially negative outcomes from violent games are discussed.

Generally most people seem to think this is the only form of LARP (combat):





# RPG Formats: LARP Combat



Generally most people seem to think that the combat form is the only form of LARP (boffer):



### Subtypes

There are as many genres of LARP as TRPG & CRPG. these are expressed in various ways including:



- Boffer (light combat / demonstrative)
- Heavy combat / reenactment
- Non-combat (free-form, theater-style, salon)



From a visual perspective, one could interpret Live-Action Role-Playing available in 3 primary vis ible forms (with many sub-sets therein):

- Plainclothes (no costuming, minimal/no props)
- No Combat vs. Combat-focused.
- Costumed/props



Roleplaying, especially Live-action, may be seen as part of a move ment in Western culture towards participatory arts, as opposed to traditional spectator arts. Participants in a LARP cast off the role of passive observer and take on new roles that are often outside of their daily life and contrary to their culture.[65] (Wikipedia)



The arrangers of a LARP and the other participants act as co-creators of the game.[66] This collaborative process of creating shared fictional worlds may be associated with a broader burgeoning "geek" culture in developed societies that is in turn associated with prolonged education, high up take of information technology and increased leisure time. [67] (Wikipedia)



In comparison to the mainstream video-game industry, which is highly commercialized and often marketed towards a male audi - ence, LARP is less commodit - ized, and women actively con - tribute as authors and parti - cipants.[68] (Wikipedia)



### Non-combat Style



### **Pros & Cons of Each RPG Format**

The following section quickly summarized the pros and cons of each of the RPG formats, CYOA, TRPG, CRPG, & LARP.

### CYOA: Pros

- Accessible to a wide population
- Flexible time commitment
- Well structured
- Reusable
- Inexpensive
- Easy TRS training curve

### CYOA: Cons

- Not social (unless modified/adapted to be read aloud by others).
- Rigidly structured, doesn't allow flexibility outside of the if/then design.
- Does really allow for "character" development.
- Requires matching language ability
- Requires reading skills, or someone to read for them.

### TRPG: Pros

- Very social
- Cooperative game-play (rather than competitiveness of CRPG and LARP).
- Accessible to wide range of populations.
- Inexpensive initial investment and long-term reusability
- Encourages creativity.
- Unlimited flexibility of options.
- Easy to find players/groups in small cities (or larger).
- Easy to find locations to play table and chairs.
- Very little equipment needed, typically just paper, pencil, dice.
- Can encourage many other interests (history, literature, cartography, painting, sculpt ing, metalurgy, physics, etc.).
- Ancillary activities like miniature painting, terrain building, etc.

### TRPG: Cons

- Not physically active (no current research on obesity rates as there is for computer-based).
- Difficult to find players/groups in small towns
- Ongoing societal stigma, and outright hostility in some locations.
- Requires social, communication, and cooperative problem-solving skills.
- Without strongly skilled GM or TRS supervision, if participants lacking in social skills, can break down and lead to group dissolution

### CRPG: Pros

- Readily available in many styles, formats, genres, titles.
- Very popular and more culturally accepted than TRPG or LARP.
- More flexible options than CYOA.
- Online versions can join with existing friends/family, or make new friends online
- Easy to find others to game with online...
- Research shows about 1 hour per day very beneficial to key brain development.
- Many adaptive interfaces available for those with severe disabilities.
- Can help bed-ridden or socially phobic participants can connect with world when they would otherwise normally be socially isolated, behind the safety of the screen/keyboard/console.

### CRPG: Cons

- Not physically active, research shows higher levels of obesity.
- Offline versions not social.
- Online versions can have "rough" online communities and poor social experiences.
- Much more controlling structure than TRPG or LARP (less freedom).
- Typically doesn't encourage strong communication skills.
- Companies build in too much "grinding" and "hooking" to make money rather than enjoyment of game, this can feed "Addictive-like" behavior patterns (by design).
- Can be expensive, up-front costs \$60+, monthly 15+, gaming hardware upgrades, etc.
- Online "anonymity" can lead to incendiary behavior and mistreatment of others.

### LARP: Pros

- Physically active (degree varies).
- Accessible to wide range of populations.
- Team-work.
- Encourages creativity.
- Encourages problem-solving skills.

### LARP: Cons

- Often competitive rather than cooperative.
- The Combat-centered LARPs more athletics-focused, excluding many other player-types.
- Can be somewhat expensive for equipment/costumes, though less expensive usually than Computer-based RPG.
- Hard to find groups in area.
- Location accommodations can be challenging and/or limited by weather if outdoors.
- Ongoing social stigma, and downright hostility in many locations (more than all the other forms of RPG).

### Regarding RPG Re-

As you have seen in this presentation, there is plenty of strong correlative evidence that thoroughly disproves the negative stereotypes about role-playing

Unfortunately there is only a limited amount of causal research extant.

gamers.

Are role-playing gamers stronger in social skills, lower depression & suicide rates, less violent, less criminal, more empathetic, stronger in problem solving skills, etc. because of their participation in role-playing gaming necessitating development in those (and many more) areas? Or are people already strong in these areas, looking for an activity that matches their exceptional attributes, drawn to role-playing gaming as a means of utilizing their strong points?

Like the nature vs. nurture debate, this is likely a mix. While there is quite a growing body of causal research related to video games (including computer-based RPGs), there is very little in the way of controlled studies on the causality

### RPG Training for TR Specialists

- The basics for players can be picked up quickly.
- Being a Game Master however takes a considerable amount of time to master.
- For TRS interested in learning to run a tabletop RPG, there are 6 videos, about 3-4 hours each, that illus trate starting up a group from scratch.
- The Spartan Show's Adventurer's Guild: The Worlds of Beru, using Dungeons & Dragons 5 th Edition (currently the latest version)

### RPG Training for TR Specialists

- Recommended that those interested in learning about RPGs, find local groups to join as a player, to learn ing the basics, before taking on the more challen ging task of running a group.
- However, I have created some entry-level program plans, that walk a TRS through the entire process, as suming zero prior RPG experience.
- I can assist in helping you find groups to join.

### RPG Training for TR Specialists

- I regularly provide phone, email, Skype support to TR specialists trying to ramp up
- I can provide training remotely, or will come to your facilities to train specialists if needed.
- The aforementioned videos available here:

http://rpgr.org/videos/the-adventurers-guild

### RPG Program Plan Examples

- RPG for Brain Injury recovery.
- LARP for Autism Spectrum Disorder (ASD) Tod dlers.
- Tabletop RPG & LARP for ASD youth & adults to learn use of public transit system.
- Tabletop RPG for ASD, use of civic resources.
- Tabletop RPG for Deaf Community.

- You may access the program plan files, and a full length (24:22) presentation with audio & WHO ICF/ICD codes, here: <a href="http://www.rpgresearch.com/brain-injury">http://www.rpgresearch.com/brain-injury</a>
- A significantly shortened summary of this program plan's presentation is included on the next few slides for a brief overview.
- Only a few key highlights will be covered in this presentation, but the extra details are included for your perusal after the presentation.

A client with traumatic brain injury and multiple functional impairments submitted for recreational therapy treatment.

The program plan utilizes all formats of RPG as intervention modalities.



These injuries & symptoms are based on amalgamation of actual cases.

The chosen recreational therapy activity for the client to achieve maximal benefit toward recovery will involve four forms of role-playing game (RPG) approaches as the client progresses through 4 stages of the recovery process:

- Stage 1 "Choose Your Own Adventure" (CYOA)
- Stage 2 Computer-based (CRPG)
- Stage 3 Tabletop RPG
- Stage 4 Live-action (LARP)

As the client gradually improves functionality, the

client can progressively take on greater chal -

lenges toward increasing self-sufficiency capabil - ities.

## RPG for TBI Recovery Stage 1 Client Function Overview / Assessment

- Client was involved in an accident and received multiple injuries to various parts of the brain (and body). This example program plan will focus mostly on the TBI-related issues in this scenario.
- This TBI case includes diffuse injury, and some localized concussive and piercing injuries to specific parts of the brain.
- The client's initial functional level when RT is introduced to the case, is just coming out of an induced coma, with minimal interactive capacity.
- The client's stamina is currently limited to durations around 15-30 minutes between extended hours of rest.

## RPG for TBI Recovery Stage 1: CYOA Client Function Overview / Planning

- After consultation with the family and care-takers, it is determined that prior to injury, one of the client's favorite activities included various forms of role-playing games.
- The RPG intervention modality can also be considered even if the the client has never played RPGs previously, but showed high levels of interest in many genres, for example "Noir mysteries", "Fantasy" or "Science fiction", "Super Heroes", "Procedural Police", in books, television, or movies.
- Client mostly preferred tabletop, but had dabbled with both computer-based and live-action forms.
- As client slowly regains various levels of functioning, modified versions of RPG will be presented in which the client may participate.

## RPG for TBI Recovery Stage 1: CYOA Client Function Overview / Implementation

• The RT asks the client, "Would you like to play a simple version of a role-playing game?". "Squeeze/blink once for yes, two for no." Client indicates yes...



### RPG for TBI Recovery Stage 1: CYOA

#### Client Function Overview / Implementation

- "This adventure is set in Chicago during the 'Roaring '20's'. It is a mystery-style adventure."
- Of course any genre/setting will work.
- "You will have three characters you can choose from. I will first list the three options, then I will ask you which one you prefer as I go through the list a second time. You will then indicate 'yes' when I mention the character you want."
- "You may choose to play: 1. A Police Detective, 2. A Private Eye, 3. An Investigative Reporter."

#### RPG for TBI Recovery Stage 1 Client Function Overview / Evalu -

As the client continues to recover, there should be measurable improvements in the following areas:

- Basic cognition
- Social interaction
- Simple to moderate problem solving
- Speech comprehension
- Encourages brain plasticity
- Relevant codes.

Ongoing evaluation of program efficacy from the followup assessment results will help determine what modifications should be made to the existing stage 1 program plan, and evaluating when to transition the client to stage 2.

## RPG for TBI Recovery Stage 2 Client Function Overview / Assessment

- Client has regained full visual function.
- Client has not regained most speech, only able to an swer with simple monosyllabic words.
- Client has extremely labile facial expressions.
- Client has significant aphasia, and is continuing treat ment with speech therapist. Long term prognosis is un certain, but hopeful.

## RPG for TBI Recovery Stage 2 Client Function Overview / Assessment

- Client only has limited motor function of right arm, hand, and fingers, with full sensory response.
- Client is able to move head slightly left and right, or up and down.
- Client stamina is about 30 minutes.
- Though client's cognitive functioning is improving, the client's ability to communicate is still severely limited.

## RPG for TBI Recovery Stage 2: CRPG Client Function Overview / Planning

- Based on client's current functioning, it is recommended to have the client try using a mouse, Wii-mote, or adaptive interface to participate in an offline computer-based RPG that is turn-based rather than real-time.
- The client is able to move and click both buttons on a mouse, can see the computer screen clearly, and has enough cognitive functioning to interact in the game at a much higher level than be fore.
- If client does not yet have sufficient motor skills, consider imple menting bio-and-neuro-feedback-based computer-based role-playing game.

## RPG for TBI Recovery Stage 2: CRPG Client Function Overview / Implementation

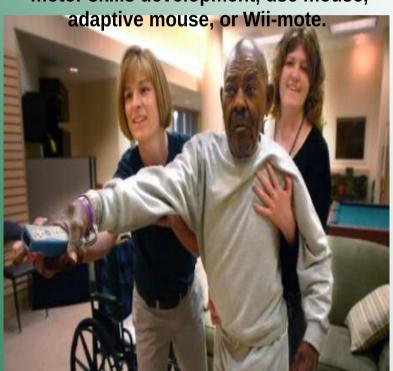
- Based on client's current functioning, it is recommended to have the client try using a mouse, Wii-mote, or adaptive interface to participate in an offline computer-based RPG that is turn-based rather than real-time.
- The client is able to move and click both buttons on a mouse, can see the computer screen clearly, and has enough cognitive functioning to interact in the game at a much higher level than be fore.

## RPG for TBI Recovery Stage 2: Computer-based Client Function Overview / Implementation

If insufficient motor skills function: Bio/Neuro-feedback interface for turnbased, computer-based, role-playing game

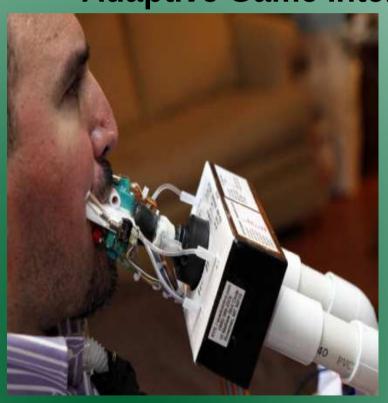
based, computer-based, role-playing game

For clients with sufficiently functioning motor skills development, use mouse,



# RPG for TBI Recovery Stage 2: Computer-based Client Function Overview / Implementation

#### **Adaptive Game Interfaces: Quadriplegic**





## RPG for TBI Recovery Stage 2: Computer-based Client Function Overview / Implementation

#### **Adapted Game Interfaces: Oversize Controller-**



### RPG for TBI Recovery Stage 2: Computer-based Client Function Overview / Evaluation

- General cognitive improvement.
- Moderate problem solving development.
- Audio and/or visual language comprehension.
- Improvement of gross motor functions.
- Improvement of fine motor functions.

## RPG for TBI Recovery Stage 3: Tabletop RPG Client Function Overview / Assessment

- Client has impairment around T1-T4, may be tem porary.
- Client has regained use of entire upper body.
- Client can engage in light speech using very simple sentences, but still has some aphasia.
- Client can not move legs.

## RPG for TBI Recovery Stage 3: Tabletop RPG Client Function Overview / Assessment

- Client has unpredictable control of bowels and bladder .
- Client stamina has increased to about an hour for recreational activity capacity before needing rest.
- Client affect is no longer labile.

## RPG for TBI Recovery Stage 3: Tabletop RPG Client Function Overview / Assessment

- Client now able to participate with minimal modifica tion in tabletop RPG.
- Client using wheelchair.
- Some assistance is necessary from other participants to be patient and assist as needed when client has trouble communicating correct word or intention verbally.

## RPG for TBI Recovery Stage 3: Tabletop RPG Client Function Overview / Plan

Client is able to fully manipulate, read, and calculate
 dice rolls and simpler character variable calculations,
 though may have some trouble with verbally express ing the result.

### RPG for TBI Recovery Stage 3: Tabletop RPG Client Function Overview / Plan

- The client is able to pick up and roll dice
- The client can comprehend letters, rulebooks, dialog, and mildly complex scenario puzzles.
- Only minor modifications are necessary for client to participate in this form of RPG.
- The tabletop interaction with other players and the Game Master (GM) will need to operate at a slower pace than "normal", but client will be able to participate with the complete tabletop experience.

## RPG for TBI Recovery Stage 3: Tabletop RPG Client Function Overview / Implement

- Client can handle and write on paper with pencil.
- Client can engage in adventure dialog between GM and other players.
- Client understands and communicates desired player -character (PC) actions and action resolution.
- Client understands rules discussion and enforcement, though occasional repetition or clarification may be necessary.

## RPG for TBI Recovery Stage 3: Tabletop RPG Client Function Overview / Implement

- Client can increasingly engage in social interaction with other players and GM.
- Client can have increasingly complex dialog with other players and GM for both "in game" an d "out of game" discussions.
- Client can engage in cooperative play with shared narrative, and increasingly complex problem solv ing through group interaction

## RPG for TBI Recovery Stage 3: Tabletop RPG Client Function Overview / Evaluate

- Reading and reading comprehension
- Social skills
- Cooperative play
- Joint and individual complex problem solving
- Speech
- Listening and comprehension
- Math
- Many others....

# RPG for TBI Recovery Stage 4: LARP Client Function Overview / Assess

- L3 injury. Prognosis likely permanent.
- Client has regained some ability to walk with assist ance of support products (braces and crutches).
- Client speech mostly recovered, but still occasional aphasia.

## RPG for TBI Recovery Stage 4: LARP Client Function Overview / Assess

- Client has improved from much of past amnesia, but still shows some continued loss of some past memories.
- Client no longer shows impairment to retaining new memories.
- Client now able to control bodily functions without assistance from other people.

# RPG for TBI Recovery Stage 4: LARP Client Function Overview / Assess

- Client has some signs of "spastic" movement. Prognosis is positive if continue to engage in regular physical activities, but client is averse to "regular" workout regimen or physical therapy.
- Client may engage in Live-action Role-play (LARP) with wheelchair and/or with braces/crutches.

# RPG for TBI Recovery Stage 4: LARP Client Function Overview / Plan

- Client is willing to try LARP for physical regimen.
- Client initially participates in controlled clinical set ting with other "LARPers".
- Over time client may be able to participate in LARP activities outside of clinical setting.

# RPG for TBI Recovery Stage 4: LARP Client Function Overview / Implement





### RPG for TBI Summary

Through the use of role-playing games modified to fit the client's diverse needs, the client was able to receive a broad range of benefits from a favored recreational activity that provided improvements to:

### RPG for TBI Summary

- Cognition
- Speech
- Social Interaction
- Mathematics and general problem solving
- Fine motor skills
- Gross motor skills and balance.

### RPG for TBI Summary

Because these activities match the client's leisure interests well, combining the variety of options available with the adaptations from the TRS, the client is much more likely to continue engaging in the activities after discharge, continuing to improve the prognosis for the long term recovery outcome.

# Adapted Tabletop RPG Population: Deaf



# Adapted Tabletop RPG Population: Deaf

#### Hands-On-Adventure!



Role-playing gaming in American Sign Language.

# Adapted Tabletop RPG Population: Deaf

Population: Deaf and hard of hearing, or anyone who can sign in ASL (or any signing language) with sufficient proficiency. Ages can range in groups from 8 to 13, 14 to 21, and 21 on up. Both male and female can equally participate.

Setting: Safe, quiet, comfortable, non-distracting room, or outdoor setting. Seating reasonably close enough and sufficient lighting for everyone to see each others' signing. Seating usually best in the shape of a circle or a square rather than a rectangle so signing can be seen by all fairly equally (compared to long rectangle making it a bit more difficult to see everyone).

More information: <a href="http://www.rpgresearch.com/deaf-rpg-1">http://www.rpgresearch.com/deaf-rpg-1</a>

# Adapted LARP Population: ASD / PDD Tod-



# Adapted LARP Population: ASD / PDD Tod-



# Adapted LARP Population: ASD / PDD Tod-



### ASD Toddler LARP

- Cocrerative Chest
   Save Maly Chest
- Multiple stages
  Token-based reward economy options
- Program trial observation notes
- Reduction of stereotyped behavior
- Enhanced focus and cooperation
- Completion of program
- Comparison to parallel programs at same time with same group

### ASD Toddler LARP

Both tabletop and live-action show significant benefits immediately and with only some modification necessary depending on the severity of symptoms, as long as certain controls are implemented (Balances), while computer-based needs significantly more intervention to maintain balance, but can be achieved if implemented correctly.

### ASD Toddler LARP

Both tabletop and live-action show significant benefits immediately and with only some modification necessary depending on the severity of symptoms, as long as certain controls are implemented (Balances), while computer-based needs significantly more intervention to maintain balance, but can be achieved if implemented correctly.

#### Program Plan: PAVE Group

A more critically we would not it is to the saults of far, for the factor of it is, vith it of it is, vith it of it is, vith it is a far and is, with out, better positive experiences with cooperative engagement using Role-playing Game programs than those with out, better success rates at completing tasks cooperatively with Role-playing Game approach compared to non-RPG activities, improved efforts at communication with others when using Role-playing Game adapted activities than those without, after initial experiences with Role-playing Game much more likely to seek out opportunities in a more intrinsic self-motivation approach to engage in social tasks due to enjoyment of Role-playing Game despite the extra effort to work in a cooperatively social environment.

Both tabletop and live-action show significant benefits immediately and with only some modification necessary depending on the severity of symptoms, as long as certain controls are implemented (Balances), while computer-based needs significantly more intervention to maintain balance, but can be achieved if implemented correctly.

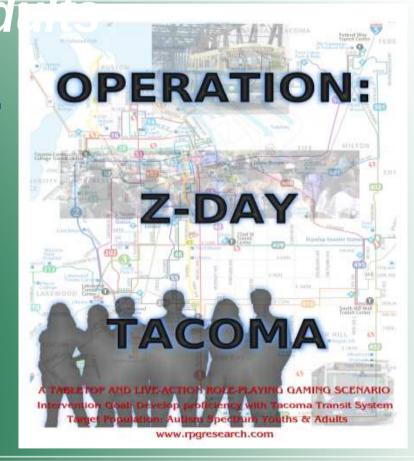
## Adapted LARP Population: ASD / PDD Youth &

Tabletop &

LARP RPG Program Plan for
ASD Youth &

Adults.

**Tacoma PAVE** 



Targeted Skills: Public Transit & Social Skill-

## Tacoma, July 2013 Annual "Zombie" Walk"



#### DEALERIAL WILL DISABINGES Education ADD/ADHD

The 2012 PDEA ned evice buedized n Edy opations Program propriate public education to children with disabilities who have an educational need and meet eligibility criteria." Approximately 50% of children with ADD/ADHD may need services under the IDEA. If the student meets the eligibility requirements under "Other Health Impairment (OHI)", then they may receive such services. (Dendy 184)

"Students may receive any 'related services' recommended in the IEP - e.g., counseling groups, occupational therapy, instructions regarding study skills, organizational strategies, time management, problem solving, and/or anger management." (Dendy 188)
Targeted Skills: Problem Solving, Organizational,

Math,

## IDEA-Endividuals with Disabilities Education ADD/ADHD

While Receation distributions placed pictly istand on placed pictly istand on placed pictly istand on placed pictly istand on proposed Education programs), a "gamification" TR-based Education program plan utilizing RPGs could be developed and proposed targeting the "organizational strategies, time management, problem solving" and other relevant skills, for those students qualifying under this program.

People with ADD/ADHD need a higher level of stimulation or "novelty" to overcome the Executive Function (EF) and Dopamine receptor deficiencies to aid in attention focus, and long-term memory encoding (Dendy 39), an RPG approach to covering these topics would likely be much more effective for a young student struggling to learn these critical skills.

## IDEA-FALED "related section ADD/ADHD

Renate Restricted in the Renate of the Renat

- 1. Orchestrated Immersion: Create a learning environment that surrounds the student with interesting, related, hands-on activities
- 2. Relaxed alertness: Eliminate fear while creating a challenging learning environment.
- Active processing: Connect information to prior learning and allow the student actively process the information.
   (Dendy 51)

## IDEA IEP "related services" for IDEA = Individuals with Disabilities Education ADD/ACT

As we have seen throughout this presentation, a program plan utilizing RPGs would be an ideal modality to achieve the above goals.

A potential "adventure setting" could be something along the lines of a "Cyber" or Detective adventure, having to unravel technical clues (solve math problems, organizational riddles/puzzles, time-based sessions, and of course the easily understood development of problem solving skills inherent to role-playing gaming.

### RPG <u>as</u> assessment

Just a thought, not a quote:

RPGs can be used as "fun" assessment tool of client's functioning, especially children...

#### Flexible Session Length

Adventures can start and end all in one session (ses sion length from one hour, and more typically 2-4 hours/sessions), to spanning a long time, in cluding "campaigns" that can span years build ing a rich "history".

#### The Shared Narrative Phenomenon

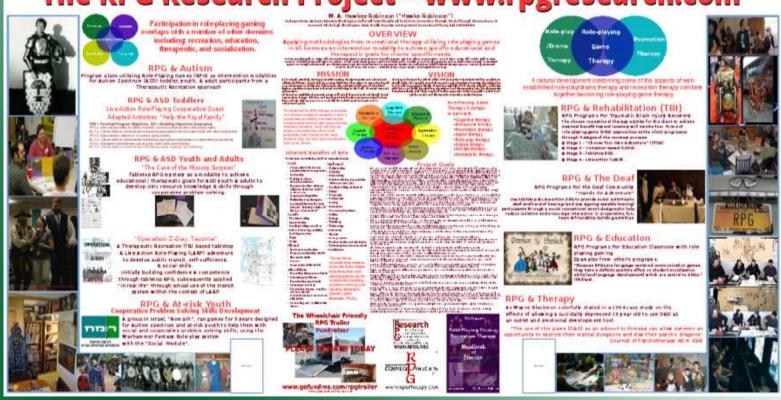
Phenomenon of shared narrative.

Recall from game sessions in contrast
to witnesses at an accident.

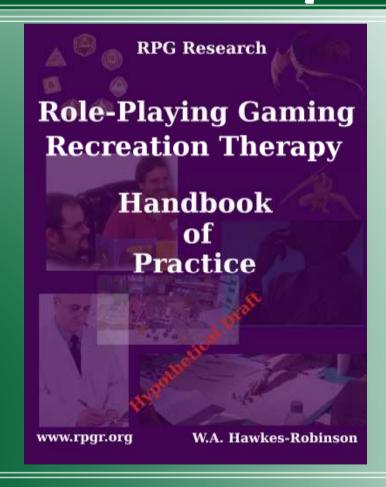
#### WorldCon 73 Research Poster **Summarizes 10 Years of Research**

Studies on the effects of all forms of role-playing games: tabletop, live-action (LARP), and computer-based The RPG Research Project W. A. Howker Robinson ("Howker Robinson"

The state of the Adapt and the Intelligible of territory investigation of the Adapt and Adapt Participation in role-playing gaming vertags with a number of other domains Role-playing **OVERVIEW** including recreation, education,



# Role-Playing Gaming RT/TR Handbook of Practice



#### The Wheelchair Friendly RPG Trailer



http://www.rpgtrailer.-

248

com

#### The Wheelchair Friendly RPG Trailer



http://www.rpgtrailer.-

249

#### VICE Article: LARP for Educa-





WATCH -

SECTIONS -

PHOTOS -

MAGAZINE

TOPICS:

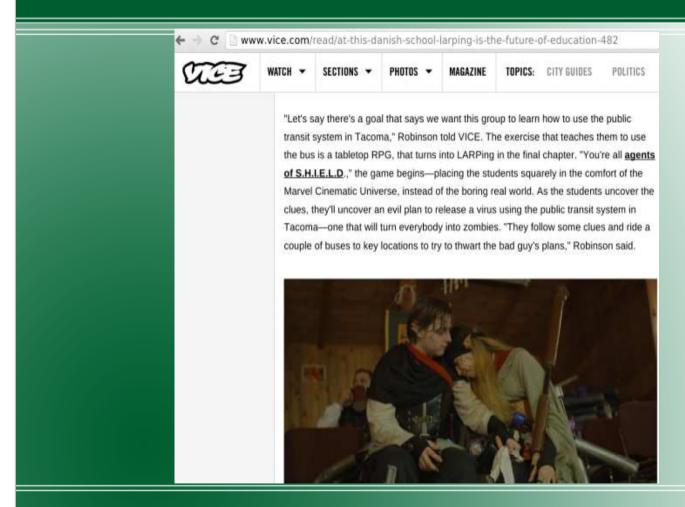
CITY GUIDES

POLITICS

"Let's say there's a goal that says we want this group to learn how to use the public transit system in Tacoma," Robinson told VICE. The exercise that teaches them to use the bus is a tabletop RPG, that turns into LARPing in the final chapter. "You're all agents of S.H.I.E.L.D.," the game begins—placing the students squarely in the comfort of the Marvel Cinematic Universe, instead of the boring real world. As the students uncover the clues, they'll uncover an evil plan to release a virus using the public transit system in Tacoma—one that will turn everybody into zombies. "They follow some clues and ride a couple of buses to key locations to try to thwart the bad guy's plans," Robinson said.



## LARP & Education VICE Media Article



## LARP Saved My Life (Autism) VICE Documentary Excerpts (2015)



(Excerpts Duration – 3:45) Full-length video is 20 minutes: <a href="http://www.vice.com">http://www.vice.com</a>

# Non-TR Educational Programs Using RPG

#### Østerskov Efterskole, Denmark, educational

http://rpgresearch.com/documents/rpg-research-documents/known-rpg-education/danish-rpg-larp-high-school





# Non-TR Educational & Therapeutic Programs Using RPG

Renaissance Adventures
Educational
Boulder, Colorado

http://www.renaissanceadventures.com/

Abantey Workshops
Educational
Oakland, California

http://www.roleplayworkshop.com/

# Non-TR Educational & Therapeutic Programs Using RPG

#### Mythic RPG Educational Pennsylvania

http://herculesinvictus.net/mythicadventure/Our\_RPG\_Program.html

# Non-TR Educational & Therapeutic Programs Using RPG

#### Wheelhouse Workshop Youth, Therapeutic Seattle, Washington

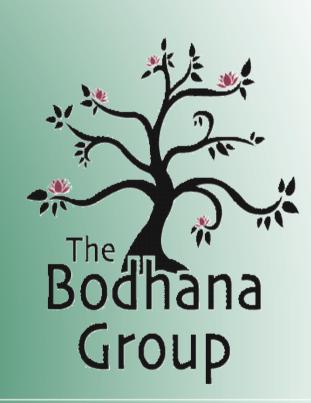
http://herculesinvictus.net/mythicadventure/Our\_RPG\_Program.html

#### Romach Therapeutic Israel

http://rpgresearch.com/blog/israeli-group-attempting-to-use-rpgs-as-therapy-tool

# RPG for Trauma

- The Bodhana Group, a 501(c)3 non-profit
- Trauma & Sexual Abuse
- Victims
- Perpetrators
- Pennsylvania
- Save Against Fear Convention



### IJRP - Peer Reviewed Journal

- International Journal of Role-playing.
- Double-blind peer-reviewed.
- Many Ph.D. review staff members.
- Wide range of disciplines.
- http://ijrp.subcultures.nl/

# WyrdCon & Compan-

WYRD CON 2016: Wyrd Con, experience every aspect of Stories:

Media, Books, Transmedia, Live Action, Writing, Alternate Real-

ity,

Traditional, and more!

The Wyrd Con Companion Book 2014



Edited by Sarah Lynne Bowman, Ph.D.

http://www.wyrdcon.-

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## PCA / ACA Confer-

The individuals who comprise the PCA/ACA are a group of scholars and enthusiasts who study popular culture. The PCA/ACA offers a venue to come together and share ideas and interests about the field or about a particular subject within the field. It also provides publication opportunities and sponsors the PCA/ACA En-



Popular Culture Association

American Culture Association

http://pcaaca.or-

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# Living Games Confer-

Living Games is a conference devoted to discussing all aspects of live action role-playing (larp) theory and practice: from keynotes to panels, from workshops to play. We invite all interested parties to attend, including academics, game designers, organizers, and enthusiasts.

**Austin Texas - May 19-22, 2016** 



http://www.livinggamesconference.-com/

### RPG Potential Program Formats

Here are some examples illustrating how different RPG formats fit potential program formats

### Sum-

There is strong correlative research proving that role-playing gamers do *not* fit the negative stereotypes, and instead they appear to have advantages over their non-gaming peers.

Regular and adapted role-playing games can be powerful additions to a Therapeutic Recreation Specialist's tool belt. When appropriately applied to leisure interest matche

### Sum-

### mary

Many of these programs can be implemented affordably, and clients are likely to continue receiving benefits long after discharge from the direct care of a TRS because of the intrinsic reward many clients experience from these activities.

There is still a need for stronger causal research to determine the specific "knobs & dials" for maximizing the potential for meeting specific client needs.

8 CAL

## Some Additional Quotes of

#### Note

Just participating in play in general, significantly "shapes the brain, opens the imagination, and invigorates the soul" (Brown)

Role-playing games (RPGs) are generally contests in which the players usually cooperate as a group to achieve common goals rather than compete to eliminate one another from play. (Mastery)

They bring players together in a mutual effort. RPGs tap both into the fundamental need for humans to enact narratives but also into important threads emerging from Western (or other) cultural identity. (Bowman)

When you master role-playing gaming, you become immersed in an activity that is peerless among leisure-time pursuits (Mastery).

The practice of role-playing gaming provides a much-needed outlet for shared, "performative" exploration and lends to the potential for enhanced communal cohesion. (Bowman)

### Some Additional Quotes of

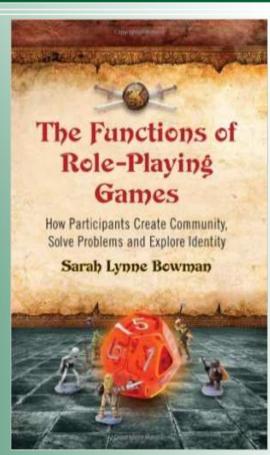
Note

For some, the pleasure of role-playing gaming (RPGing) lies primarily in the development of story and character. For others, the strategic elements of problem solving, scenario building, and skill acquisition provide a challenge and subsequent sense of accomplishment upon success. (Bowman)

Others primarily value "in character" (IC) and "out of character" (OOC) social interactions and feel that gaming is a relaxing way to cement friendships and feel connected to others. (Bowman)

Some gamers enjoy the release role-playing affords them from the constraints of their primary social identity. Still others view role-playing gaming as a psychological tool to examine themselves and others within shifting contexts and situations (whether they realize they are doing so or not). (Bowman)

Some focus on what they believe to be the three major functions that role-playing games serve: community building, problem-solving, and identity alteration. (Bowman)



## Some Additional Quotes of

#### Note

Typical advantages to improvisational play such as participating in role-playing games include:

- Expanding interpersonal trust
- Accessing playfulness
- Experiencing spontaneity
- Opening to creativity
- Broadening sensory, emotive, and movement, expressiveness (even more so with LARP)
- Co-creating new realities with others

(Bowman)

# Some Additional Quotes of Note

The original concept fueling the inception of role-playing games (RPGs) was to encourage wargame players to add more depth to their special heroes and work together as a team rather than battle each other. (Bowman)

RPGs can provide players with the opportunity to understand the motivations of others more clearly, expanding their comprehension of mundane reality and existing social dynamics. (Bowman)

# Some Additional Quotes of Note

If computer and online games are the movies and television (in popularity) of the 21st century, then the in-person, paper-and-pencil tabletop role-playing gaming is the Broadway theater of gaming. (Ubergoober, Gygax) The finest experience, but unfortunately a relatively small audience, and most do not realize they are missing out from the experience.

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Video: The PBS Idea Channel: D&D - <a href="https://www.youtube.com/user/pbsideachannel">https://www.youtube.com/user/pbsideachannel</a>

Video: The Gamers 2: Dorkness Rising – <a href="http://watchthegamers.com">http://watchthegamers.com</a>

Video: The Gamers 3: Hands of Fate – <a href="http://www.watchthegamers.com">http://www.watchthegamers.com</a>

Video: VICE, "LARP Saved My Life" - <a href="http://www.vice.com">http://www.vice.com</a>

Slide Note 1: Good afternoon everyone. My name is Hawke Robinson. This presentation is about
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Slide Note 31: Kim, John H. Psychological Studies on Role-Playing Games. http://www.darkshire.net/jhkim/rpg/whatis/psychology.html Last modified Sun Mar 15 10:58:20 2008. Viewed November 15th, 2008.

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Slide Note 33:

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Slide Note 41:
Slide Note 42: H.G. Wells was renowned during the late 19th and early 20th centuries as a novelist, journalist, sociologist, and historian. Some of his most famous novels include: The Time Machine (1895), The Invisible Man (1897), and The War Of The Worlds (1898).

Slide Note 43:
Slide Note 44: Previously war-gaming was solely the domain of the military & wealthy elite, but Wells' book made war-gaming available to every one that could read.
Slide Note 45:
Slide Note 46:
Slide Note 47: Developing some traction in the late 1800s, Science Fiction & Fantasy became a literary genre, and evolved into an industry with the growth of pulp magazines in the 1920s.
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Slide Note 87: This study showed that those who were gamers, did not have any correlation to criminal behavior.
Furthermore the study found that non-gamers were statistically more likely than gamers to score higher in psychotism, and that this trait did correlate to criminal behavior.
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