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Role-playing games as a tool in psychotherapy for young people with attention deficit hyperactivity disorder.

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Summary

This article presents an investigation into the historical journey of Role-Playing Games (RPGs) in the psychological field, focusing on their applicability in the psychotherapeutic process of young people with Attention Deficit Hyperactivity Disorder (ADHD). The study aims to demonstrate that the use of playfulness and the imaginary narrative of RPGs can bring significant benefits to the therapeutic process, as well as to the development of the patient's socialization and social communication. The methodological process used consists of an exploratory literature review, supporting the discussion through the analysis of scientific articles, monographs, books, and virtual materials in the field. The review allowed for an in-depth understanding of the topic, observing both the impairments arising from ADHD—such as difficulties in socialization, communication, and emotional regulation—and the ways of structuring and managing RPGs in psychotherapeutic sessions. This research found that the use of RPGs in therapy constitutes an effective option for structuring and managing sessions. This is due to its key characteristic: the possibility for the individual to deal with complex issues in a safe and controlled environment, within a playful narrative, directed and conducted by a professional psychologist.

Keywords: Role-Playing Game; Psychology; Attention Deficit Hyperactivity Disorder; Psychotherapy; Play.

Abstract

This article presents an investigation into the historical journey of Role-Playing Game (RPG) in the psychological field, focusing on its applicability in the psychotherapeutic process for adolescents with Attention Deficit Hyperactivity Disorder (ADHD). The study aims to demonstrate that the use of playfulness and the imaginary narrative of RPG can bring significant benefits to the therapeutic process, as well as to the development of the patient's socialization and social communication. The methodological process employed consisted of an exploratory Bibliographic Review, supporting the discussion through the analysis of scientific articles, monographs, books, and virtual materials in the area. The review allowed for a deeper understanding of the topic, observing both the impairments arising from ADHD — such as difficulties in socialization, communication, and emotional regulation — and the ways of structuring and managing RPG in psychotherapeutic sessions. With the completion of this research, it was verified that the use of RPG in therapy constitutes an effective option for structuring and managing sessions. This is due to its key characteristic: the possibility for the individual to deal with complex issues in a safe and controlled environment, within a playful, directed, and guided narrative by the professional psychologist.

Keywords: Role-Playing Game; Psychology; Attention Deficit Hyperactivity Disorder; Psychotherapy; Playfulness.



INTRODUCTION

Over the past few decades, Role-Playing Games (RPGs) have transcended boundaries. from entertainment to establish itself as a tool for expression, learning and human development. Created in 1970, RPGs emerged as a tabletop game that combines narrative, imagination, and cooperation among participants. However, its structure—centered on Character creation, problem-solving, and the collective construction of stories—it also proved to be... A dynamic means for exploring psychological and social aspects. The game provides the experience... through different roles and symbolic situations, encouraging the exercise of empathy and decision-making. and reflective thinking. In a therapeutic context, this characteristic transforms RPG into a an instrument that allows the individual to access internal content, express emotions, and work. Resolve conflicts in a safe, creative, and meaningful way.

Role-playing games (RPGs), in their traditional form, are based on the interaction between a group of players and a... The narrator—commonly called the master—guides the story, describes the world, and presents it. challenges for the characters. The game mechanics vary depending on the system adopted, but in general, They involve resolving actions through dice rolling and free interpretation, combining luck, Strategy and narrative. There are different styles of RPGs currently, ranging from classic games From medieval fantasy, like *Dungeons & Dragons*, to futuristic, horror settings, investigation or social realism, like *Paranormal Order*. This diversity of scenarios and systems. This makes RPG a flexible activity, capable of adapting to multiple contexts, including clinical ones. where it can be used as a tool for self-knowledge, emotional expression and empowerment. of interpersonal relationships.

The inclusion of RPG (Reeducação Postural Global - Global Postural Reeducação) in the therapeutic context therefore emerges as a natural extension of... practices that value playfulness and dramatization as ways to access the unconscious and the Subjectivity, engaging with approaches that go back to Jacob Levy Moreno and his psychodrama. A role-playing dramatization, present both in Moreno's theories and in contemporary practices, It allows the patient to experience new perspectives of themselves and others, promoting insight. Emotional self-regulation and personal growth. In this sense, therapeutic RPG updates and expands such fundamentals, incorporating narrative and interactive elements that align with the demands of contemporary audience, especially teenagers.

The decision behind choosing young people as the primary audience for this study is... related to the formative and interactive nature of this phase of life. Adolescence and the beginning of youth. These periods are marked by the search for identity, the need for belonging, and the expansion of social relationships. It is also a time when emotions intensify and... Interpersonal bonds take on new meaning. However, this stage of development, full of... Despite its history of discoveries and transformations, it can be impacted by atypical conditions that compromise it.



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attention, impulse control, and emotional regulation — as occurs in the case of Disorder

Attention Deficit Hyperactivity Disorder (ADHD), which can significantly affect socialization,

Emotional regulation and the ability to concentrate. In this context, RPG (Reeducação Postural Global - Global Postural Reeducação) presents itself as a...

This is a promising resource, as it offers a structured and playful environment in which young people can...

to develop socio-emotional skills, practice listening and self-control, and strengthen

Interpersonal bonds and self-esteem. The symbolic nature of the game allows for external experiences.

These ideas are internalized and reworked, transforming fun into a process of self-discovery.

and emotional learning.

In Brazil, this trend takes on more defined contours with the contribution of Manoel.

Acioli, a psychologist and researcher who formalized the concept of RPG Therapy in Brazil, proposing a

A methodology that combines the narrative and symbolic potential of the game with the demands of the process.

psychotherapeutic. Its approach structures the use of RPG (Reeducação Postural Global - Global Postural Reeducação) in clinical sessions in an ethical and...

targeted, providing psychology professionals with a model that aligns playfulness with technique, and

Fantasy as a means to personal transformation. Therefore, this article seeks to present an overview.

Theoretical and practical aspects of RPG (Reeducação Postural Global - Global Postural Reeducação) as a psychotherapeutic tool, analyzing its trajectory and foundations.

Conceptual aspects and their relevance in the care of young people with ADHD, in light of the contributions of Manoel

Acioli and contemporary approaches to psychology.

In methodological terms, this article is qualitative and exploratory in nature.

Based on bibliographic research. Books, scientific articles, dissertations, and other sources were used.

other materials that address RPGs, the development of the individual during the period of

Adolescence, ADHD, and its interfaces with psychotherapy. The analysis sought to identify

Theoretical and practical contributions that support the use of RPG as a therapeutic tool.

especially in the context of Gestalt Therapy and the proposals of Manoel Acioli. The nature

The qualitative aspects of this research allowed for an interpretive understanding of the phenomenon, valuing the...

Subjectivity and symbolic construction permeate both the game and clinical practice.

During the preparation of this work, the use of Artificial Intelligence tools was considered.

(AI) was integrated in an ethical and transparent manner, serving as essential technical support for

The improvement of writing and the optimization of the research process. Specifically, ChatGPT and...

Manus 1.5 Lite was used to assist in searching and directing content, as well as

in the structuring and organization of ideas. In the context of writing, these AIs provided support in

writing and grammatical revision process, raising the level of formality and vocabulary appropriateness of the

The text was adapted to the required academic standard. Additionally, they contributed suggestions for topics and...

Logical connection structures between the sections of the work. In parallel, NotebookLM was used.

as a resource to optimize search time, allowing for the quick location of information.

specific details in lengthy documents, with the caveat that all the content analyzed was



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

subsequently verified and validated by the authors. The activity of these tools was restricted to

Review of coherence, clarity, and academic structure, without any interference in the scientific content.

or in the intellectual authorship of the ideas. The incorporation of these resources reflects the growing inclusion of

Digital technologies in the academic environment, when used with ethical rigor and transparency,

Methodologically, they contribute significantly to the production of more consistent work.

accurate and well-structured.

Therefore, the main objective of this study is to understand the applicability

The use of Role-Playing Games as a psychotherapeutic technique in young people with ADHD, exploring its relevance in the development of socio-emotional, cognitive, and self-regulation skills.

The aim is also to present the historical trajectory of RPG (Reeducação Postural Global), its insertion in the therapeutic context, and the...

Contributions from various authors to the systematization of this practice in Brazil and worldwide. By combining

Theory, playfulness, and psychology: this work aims to offer a reflection on how RPGs can...

to transcend its entertainment function, becoming a transformative tool in the field.

Clinical and a promising resource for the future of contemporary psychotherapy.

EMERGENCE OF THE ROLE-PLAYING GAME

Over the years, the Role-Playing Game (RPG) has stood out not only as a

It's a form of entertainment, but also a tool that stimulates creativity and construction.

of narratives and social interaction between players. Its structure allows for immersion in stories.

fictional scenarios, where role-playing and problem-solving are central elements to the

experience (Gularte *et al.*, 2021, p. 3). Its origin is associated with the trajectory of Gary Gygax,

recognized as one of the creators of the first official system of its kind. Since childhood, Gygax

He showed a fascination for board games like chess, and grew up in an environment permeated by them.

through imagination. From an early age, she was exposed to fantasy and adventure narratives that explored

Fictional worlds, epic heroes, monsters, battles, and heroic deeds, which have become fundamental.

for building their creative repertoire and future inspiration. These stories, combined with the encouragement

familiarity helped shape his worldview and provided the foundation for the development of

Innovative ideas in the field of games. In the 1950s, Gygax became acquainted with *wargames (games of*

war), battle simulation games based on historical or fictional scenarios,

employing miniatures, tables, and complex rules to determine the outcomes of combat. The

The release of *Tactics II* (1958) by Avalon Hill marked a turning point in their

His trajectory expanded, expanding his dedication to this type of practice. Gygax's enthusiasm grew to such an extent.

The way he participated weekly in long gaming sessions with other enthusiasts.

Later, his passion led him to organize, in 1968, the first convention focused on games of

War in Lake Geneva, his hometown: the *Lake Geneva Wargames Convention*, better known



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like *Gen Con*, which would become one of the most traditional events in the gaming world (Batistute, 2024).

It was in this environment that Gygax met Dave Arneson, another *wargame* enthusiast and A creator of innovative proposals, Arneson presented the idea of games that went beyond the simple... A battle simulation, inspired by experiences like *Braunstein*. In this game, the participants They assume individual roles in a fictional city, interacting with the environment and with each other in a way... More open and creative than in traditional *wargames*, although still rudimentary and with limitations. Beyond the rules, the experience brought something innovative: the emphasis on role-playing and the construction of dynamic narratives. The collaboration between Gygax and Arneson intensified from that point on. By Through exchanging letters and occasional meetings, the two began to develop a more... structured. While Arneson contributed creative concepts and experimental narratives, Gygax He possessed the ability to organize, filter, and systematize rules in a logical way. From this partnership emerged... An innovative fusion: a game that retained the strategic mechanics of *wargames*, but that It introduced, as a central element, the collaborative interpretation of characters in the first person. an aspect that was previously nonexistent in tabletop games (Batistute, 2024).

In 1974, this process culminated in the publication of the first edition of *Dungeons & Dragons*. (*D&D*), released by the company *Tactical Studies Rules (TSR)*, founded by Gygax. The name of the game was Chosen based on a suggestion from his daughter Cindy, it quickly became a cultural landmark. Unlike *wargames*, *D&D* did not restrict players to military simulations or fixed objectives: He offered an open universe, in which imagination, creativity, and cooperation were the... central elements. Each participant assumed the role of a fictional character, with characteristics own, inserted into a collective plot mediated by a narrator, the Game Master (Batistute, 2024).

The release of *Dungeons & Dragons* represented a true breakthrough in the field of... games, inaugurating a genre that was previously nonexistent. The innovative proposal allowed the experience playfulness transcends the dimension of competition to become a collaborative creation activity of stories. With that, RPGs quickly caught the attention not only of players and enthusiasts, but also researchers in the fields of education, communication and psychology, interested in to understand the educational and therapeutic potential of this new form of play.

RPG in Brazil

In Brazil, RPGs began to timidly gain popularity starting in the 1980s. especially with the airing of the animated series *Dungeons & Dragons* on television, which introduced The *Dungeons & Dragons* universe is being introduced to a young audience. During this period, access to official materials will be provided. It was limited because foreign releases were not translated into Portuguese. How



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

Alternatively, players reproduced copies of imported books, giving rise to what was called...

"The Xerox Generation," which used photocopies of titles such as *Dungeons & Dragons*, *MERPS*, and *Rolemaster* for playing (Pereira, 2010).

Rodrigues (2023) highlights that the Brazilian RPG scene had an important milestone in 1991 with the launch of *Tagmar*, recognized as the first national RPG and published by GSA. According to the author, the game has undergone updates over the years, including the version... It was first released online in 2004 and adapted for the *Daemon* system in 2006 by the publisher of the same name. Furthermore, Rodrigues points out that the RPG *GURPS (Generic Universal Role Playing System)* was the first to be translated into Portuguese, offering a versatile system capable of guiding adventures in any imaginable scenario. Another relevant title that arrived in Brazil during this period was *Vampire: The Masquerade* (1994) that introduced Brazilian players to the narrative RPG style and the dark side of the *World of Darkness* line, further expanding the possibilities for gameplay and setting. These events demonstrate not only the consolidation of RPGs in Brazil, but also the effort to adapt and create materials that would make the hobby accessible and culturally relevant for the Brazilian audience, opening space for new generations of players and for the expansion of RPGs as a social, educational, and, more recently, therapeutic practice.

This consolidation and popularization of RPGs over the decades opened up space for... The game became not just a hobby, but also a cultural reference present in other media, such as books, films, and series. As is the case with the series *Stranger Things*, created by the brothers Duffer, released by *Netflix* in 2016, establishes a deep connection with the universe of *Dungeons & Dragons* (D&D), reflecting both the nostalgia of the 1980s and the growing popularity of RPGs at the time. The creators of the series, growing up during that period, incorporated... D&D elements as an essential part of the narrative, using the game as a metaphor for the supernatural events that occur in Hawkins. The main characters, such as Mike, Dustin, Lucas and Will are depicted playing D&D, and various elements from the series, such as the Demogorgon and the Upside Down World have direct references to the RPG universe.

The series also found an eager audience here in Brazil, especially among fans of... Pop culture and RPG games. It was widely publicized and quickly gained a following of fans in the country identified with the references to the 1980s and the representation of the universe of a geek. The popularity of the series boosted interest in D&D, leading to a revitalization of interest in RPGs in Brazil, with new groups of players and events dedicated to the game. This great impact inspired the creation of RPG-related products, such as the board game *Dungeons & Dragons: Stranger Things Edition*, which allows players to experience adventures in the series' universe utilizing classic role-playing game mechanics.



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025
Covid-19, social isolation, and the popularization of RPGs in Brazil

According to Almeida (2020 *apud* Scavone *et al.*, 2022), the COVID-19 pandemic caused intense emotional impacts on society, arousing feelings such as anguish, anxiety, Fear and insecurity. Furthermore, the need for social isolation as a preventative measure. It has become a significant barrier to maintaining interpersonal relationships. The impossibility of face-to-face interactions, which were previously natural and commonplace, brought with it a scenario of The distancing, on the one hand, sought to guarantee physical safety, but, on the other hand, weakened the support networks, family life, and even collective leisure activities.

With the onset of the pandemic, the way we consume entertainment has changed. Significant. Before social isolation, people used to go to cinemas, theaters, and bars to... to enjoy leisure time, but with the closure of these physical spaces, consumption began to occur in virtual environment. *Streaming* platforms have taken on a central role in this process, replacing Former physical spaces are becoming the primary means of accessing films, series, and other content. audiovisual content (Silva; Sucro, 2021). Furthermore, to maintain social connections and interactions. In everyday life, many young people have started using platforms like *Discord*, which facilitates conversations. In groups, there were online gaming sessions and virtual meetings with friends. In parallel, there was also... a significant growth in Brazilian content creators who, through live streaming, Living on *Twitch*, they found a form of interactive leisure that combined entertainment and socialization. in real time.

Within this context, internet-mediated socialization practices have gained strength. providing new spaces for meeting and interaction. RPGs, by their collaborative nature and Narrative, it stood out as one of those alternatives capable of bringing people closer together, even to distance. *Streaming platforms*, such as *Twitch*, have made it possible not only for gamers. that they could participate, but also that large audiences could follow the sessions in real time. It was It was in this context that content creator Rafael Lange, known as "Cellbit," launched in 2020. the project "Ordem Paranormal", a live-streamed RPG that quickly gained great popularity. popularity in Brazil. This initiative not only offered entertainment during isolation, but also It also consolidated RPGs as a widespread cultural practice in the digital realm. Connecting thousands of players and spectators around a collective experience.

The first campaign, titled The Paranormal Order, introduced players to a A world of investigative horror, in which ordinary people were recruited to investigate. supernatural mysteries linked to a secret organization that sought to understand and combat the "The Other Side," a dimension of horror that threatened reality. The plot, which mixes suspense, Investigation and elements of the supernatural, it quickly won over a legion of fans, who... They identified with both the characters and the immersive atmosphere created by Cellbit.



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

The success of The Paranormal Order opened the door for new seasons, each more complex than the last. Thrilling, such as Paranormal Order: The Secret in the Forest, Disenchantment, and Calamity, all Direct sequels to Cellbit's first RPG. Furthermore, the universe expanded through *spin-offs*. *Off-screen stories*, parallel narratives, and spin-off products that solidified the franchise, now in 2025, are... A new campaign entitled Hexatombe is being launched, demonstrating the impact of this niche. It became. Among these materials are comic books, which introduced the narratives to readers who were not yet familiar with them. They accompanied the broadcasts, as well as the rulebook, which serves as a supplement so that Players can create their own campaigns within the Paranormal Order setting. The material gave fans and RPG enthusiasts the autonomy to develop their own universes. Exploring the system created by Cellbit and his team.

The popularity of Ordem Paranormal is also directly linked to its personal trajectory. by Rafael Lange, who in some broadcasts reported having been involved with *Role-playing Games* since His childhood, when he played with his brothers. This early experience was crucial in awakening his... an interest in creating stories and building fictional worlds, culminating in Development of one of the biggest live-streamed RPG phenomena in Brazil.

The franchise's expansion went beyond live broadcasts and reached other media, such as... the digital game Enigma of Fear, collectively funded through a collective action that It raised approximately 5 million reais. Developed by Cellbit himself and Dumativa, a A Brazilian company focused on the development and production of games, the game belongs to the same company. The Paranormal Order universe has achieved international recognition, being played by *streamers*. from different countries and taking Cellbit's proposal to audiences far beyond Brazil. Another milestone. An important event was the special campaign "Ordem Paranormal: Quarantine," which became known as the... The project's first experience bringing together foreign players – including a Brazilian, one American, Swiss, and two Mexicans. This initiative demonstrated not only the global strength of community surrounding RPGs, but also how the franchise has established itself as a space for Cultural exchange in the digital age.

In this way, this large project shows the potential of *Role-Playing Games* not only as a recreational activity, but also as a cultural space capable of attracting diverse audiences and to promote social interaction, creativity, and learning at a time when face-to-face contact is... It was limited. For many people, it was precisely through these broadcasts that they had their first experience. Contact with the RPG concept contributed to the formation of a large community of fans. engaged, capable of interacting and creating content within that universe. Furthermore, she ended up inspiring... other *streamers* and players to develop their own stories and campaigns, broadcasting them. live streaming and further expanding the reach of digital RPGs.

With the expansion of RPGs as a form of recreational gaming growing more and more in Brazil, different



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

Professional areas have begun to turn their attention to this format, seeking to incorporate elements.

The foundations of this universe are found in its practices. Psychology was one of those areas and, in recent years, many Professionals saw potential in the world of RPGs and began to incorporate it into the process.

psychotherapeutic, using it as a playful and efficient resource, acting as a strengthening tool for the

The interaction between psychologist, patient, and their needs. In this movement, names like Dr. [Name of Psychologist]...

Manoel Acioli stand out as pioneers in this process, promoting the convergence between RPG and

Psychology offers the therapeutic *setting* new possibilities for observing and guiding the process.

clinical.

The implementation of RPGs as a tool in the field of Psychology is already evident.

in certain clinical practices. However, it becomes necessary to reflect on its repercussions when

targeted at individuals diagnosed with specific disorders. Among the various types of

Among the disorders experienced, it is worth subtly highlighting Attention Deficit Hyperactivity Disorder.

(ADHD), considered one of the most common disorders in childhood and adolescence in

contemporary times. In this context, the question arises as to how RPGs can be integrated.

to the psychotherapeutic process of these individuals, favoring aspects of attention and emotional regulation.

and social interaction.

However, for this tool to be fully understood in its entirety...

In order to apply this principle, it is first necessary to understand who the individual is who will benefit from it.

In this process, at what stage of life is he, and what challenges will he face?

as a consequence of their disorder. That said, a broad understanding of adolescence is necessary to

a greater understanding of the subject matter.

Understanding Adolescence in the Context of Development

HUMAN

Adolescence is seen as a crucial stage in human development.

From a Western perspective, adolescence is understood as a transitional phase between

Childhood and adulthood are characterized by intense physical, emotional, and social transformations.

Changes directly impact how young people perceive themselves and construct their...

Identity and interaction with the environment in which they are embedded. Furthermore, it is also worth noting that

During adolescence, significant cognitive changes occur, leading to greater maturity in this area.

The individual's development is shaped by what they witness during childhood. Such maturation also occurs in...

social constructs. As elucidated by the studies of Papalia and Martorell (2022), in pre-

In industrial settings, children were quickly incorporated into the adult world upon reaching maturity.

physical education or the beginning of professional training. Only from the 20th century onwards, adolescence

It came to be recognized as a distinct phase of life. Today, although it is a global phenomenon...



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

The adolescent period presents varied characteristics depending on the culture, with an early onset.

puberty, later entry into adulthood, need for more time in education and

professional training, and delays in typical adult responsibilities, such as marriage.

During this phase, teenagers tend to spend a lot of time in their own world.

separated from the activities and concerns of the adult world (Larson and Wilson, 2004 *apud* Papalia;

Martorell, 2022).

According to Larson (1997 *apud* Papalia; Martorell, 2022), one of the most important aspects

One of the most evident changes in this phase is the shift in the dynamics of family relationships, reflected in the decrease...

the time that teenagers spend with their families. This separation should not be interpreted

not as a rejection, but rather as an inherent need for development. During this phase,

Teenagers often seek moments of isolation to cope with the demands of

social relationships, re-establishing emotional stability, and reflecting on one's identity. This

Behavior is fundamental to maturation and the construction of one's individuality.

allowing them to develop greater autonomy and better understand their feelings and

desires. In light of these changes typical of adolescence, it is important to consider certain processes.

psychological, physical, and social factors that influence this phase of development.

The process of socialization is an essential element of human experience, as it is...

closely related to the formation of identity and the construction of individual ideology, aspects

fundamental for personality development. As Lemos and Marback (2017) point out

(*according to* Lane, 2006), a large part of the characteristics that individuals carry throughout life is

shaped through social interactions, especially through contact with different groups, which

They enable the discovery and formation of their own perceptions about the world around them.

The authors (2017, *apud* Lane, 2006) add that a large part of the characteristics that the

The skills an individual carries throughout life are acquired in this process, especially through...

interactions with groups, which enable the discovery of their own perceptions about the world that

around it. During this period, adolescence stands out as a crucial phase for development.

social, characterized by intensified interactions with friends and peer groups, and by the exploration of

new experiences and the search for information that contribute to the construction of identity and

autonomy. Social bonds, in this context, assume a central role in the lives of young people. In

From the perspective of Lemos and Marback (2017, *apud* Neufeld, 2017), this approach occurs in a unique way,

manifesting itself, for example, in the use of slang common among teenagers and, more recently, by

Contact us on social media platforms like *TikTok, Instagram, and Twitter*.

Still within this social context, the adolescent's relationship with their parents and peers is also important.

This phase presents significant changes. The relationship with parents goes through an arduous process of...

reinterpretation. The adolescent begins to seek more autonomy and independence in their actions, which



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

ultimately creates an environment of estrangement, conflict, and questioning of the established rules in

Home care is provided by those responsible. Even with conflicts, the bond with parents remains an essential support, being seen as an emotional and moral reference. It is in this balance between offering security and, at the same time, allowing freedom, which strengthens the adolescent's ability to perceive oneself as an active subject, capable of dealing with one's own choices and responsibilities.

With peers, the relationship becomes much more tangible. Friends become a part of their lives. in a central place in the adolescent's life. From now on, they will be the ones who offer support, Sharing experiences and fostering a sense of belonging to a group are factors. major and indispensable for the construction of identity at this stage. Living with others... The same age range allows young teenagers to experience new social roles and develop empathic and cooperative skills and discovering their space to validate their opinions and Feelings. Even though this phase is also the time when there are risks of pressure. It is within this group, which has negative social characteristics, that the adolescent finds learning opportunities and maturation, building resources that will be fundamental to their adult life.

Based on this, in addition to a reflection on the maturation processes of An individual during adolescence is also necessary for a greater understanding of For atypical clients with ADHD, refer to diagnostic reference manuals such as the Classification. International Classification of Diseases (ICD-11) and the *Diagnostic and Statistical Manual of Mental Disorders* in its revised version (DSM-5-TR), in order to elucidate how this disorder can impair or interfere. in the social and behavioral issues of these individuals.

ADHD in Light of ICD-11 and DSM-5 TR

Attention Deficit Hyperactivity Disorder (ADHD) is an example of this. processes that can influence adolescent development, and is characterized by a A persistent pattern of inattention and/or hyperactivity-impulsivity that impairs the The functioning and development of the individual. According to the DSM-5 TR (American Psychiatric Association). (Association, 2023), inattention manifests itself in difficulty maintaining focus, disorganization, and due to a lack of persistence, without this necessarily being related to a lack of understanding or opposition to rules. Hyperactivity, on the other hand, can be observed in excessive movement in certain contexts. Inappropriate behaviors, such as excessive talking and constant restlessness, which, in adults, can manifest as... It can manifest as feelings of restlessness or impatience. Furthermore, impulsivity is characteristic of ADHD. It involves making hasty decisions without considering the consequences, and may result in risky behaviors. This impulsive trait can be seen in the difficulty in delaying gratification, interrupting conversations, or invading someone else's space, as well as in making choices without due reflection. These characteristics of the disorder have an impact



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

significantly impacts the academic, professional, and social lives of the individuals who interact with him.

ADHD typically begins in childhood, and symptoms must be present at birth.

before the age of 12, although retrospective recall by adults may be limited.

reliable. The manifestation of the disorder must occur in more than one environment, such as at home and at work.

school or work, and often leads to academic and professional setbacks even in

Absence of specific learning disorders. Among the associated difficulties, the following stand out.

deficits in working memory, planning, vigilance, and response inhibition, although such

Neurocognitive changes should not be considered diagnostic in isolation. The clinical picture may

It varies according to the context, being less evident when the individual receives positive reinforcement.

frequent, participates in highly stimulating activities or is under close supervision (American

Psychiatric Association, 2023).

In addition to the manifestations present in childhood and adolescence, the effects of ADHD often extend into adulthood, affecting different areas of daily life. It is common that

adults who have difficulty maintaining job stability, obtain results

Professionals performing below expectations and facing a higher propensity for unemployment, accompanied by

more intense interpersonal conflicts. On average, these people achieve educational levels

inferiors and face significant vocational obstacles, in addition to presenting, in some cases,

Reduced intellectual performance compared to peers. When severe, the disorder can...

to significantly impact social, family and occupational life (p. 174).

Bringing another theoretical support to the discussion, we have the International Classification of Diseases, according to ICD-11 (World Health Organization, 2022), which defines Attention Deficit Disorder

Attention and Hyperactivity Disorder (ADHD) with a combined manifestation, in which both symptoms of

Both inattention and hyperactivity-impulsivity disorders are clinically significant, without one

one of them prevails over the other. Inattention is characterized by difficulty maintaining focus on...

tasks that do not offer high stimulation or consistent rewards, in addition to problems with

Distraction and organization. Hyperactivity, in turn, involves an excessive level of activity.

Motor impairment and difficulties remaining still, which is more obvious in contexts that unlock the

Structured behavioral control. Impulsivity, on the other hand, manifests as an immediate response to

Stimuli, without reflection on risks or consequences. This combination of symptoms can have an impact.

significantly impacts various areas of an individual's life, including academic performance,

professional and social interactions.

The interpretative perspective of the DSM-5 and ICD-11 in this study is fundamental to supporting the...

Understanding Attention Deficit Hyperactivity Disorder (ADHD) within criteria

widely recognized diagnoses. These classifications provide essential guidelines for

to identify the symptoms and impacts of the disorder, allowing for a more precise analysis of the



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

difficulties faced by young people in socialization, emotional regulation, and attention.

Understanding the diagnostic criteria for ADHD, as outlined by the DSM-5 and ICD-11 is crucial for identifying not only clinical symptoms, but also social and economic challenges. emotional challenges that young people face. These challenges are often associated with regulation. Emotional intelligence and attention have a direct impact on these individuals' ability to socialize. Sociability plays a fundamental role in human development, as the ability to Communication and social interaction facilitate the building of healthy relationships throughout life. However, young people with ADHD face difficulties in this aspect, which can have an impact. negatively impacts their socialization.

According to Lima (2023), research indicates that these individuals exhibit levels significantly lower levels of social skills compared to their neurotypical peers, demonstrating difficulties in understanding others' perspectives and correctly interpreting clues. and social *feedback* . As a consequence, their interactions may be impaired, leading to responses Negative reactions from the social group, hindering the building of solid interpersonal connections. The relevance of this issue to the present study lies in the fact that RPGs, as a tool Psychotherapeutic approaches can play a role in developing these social skills, providing a A structured and interactive environment where young people can practice empathy, communication, and... Resolving conflicts in a safe and guided manner.

Disadvantages of ADHD in social and behavioral aspects.

When discussing the behavioral and social difficulties associated with ADHD, it is important consider how the symptoms go beyond simple inattention or motor restlessness, affecting in a more holistic way. The way individuals deal with time, external demands, and interactions is significant. social. In this sense, authors such as Benczik and Casella (2015) highlight that children with ADHD They exhibit impairment in the self-regulation system, understood as the integration between emotion (the what the person feels) and cognition (what the person knows, can and should do), resulting in the ability to controlling one's own behavior. Alterations in executive functions and failures in this process of Self-regulation has significant consequences that impact both the well-being of the individual. as much of their family, reflecting in social, school, and family losses, and in quality of life. as a whole.

Complementing this perspective, Barkley (2002, *apud* Oliveira; Dias, 2015) proposes that the three main symptoms of the disorder (inattention, hyperactivity, and impulsivity) could be understood from a central core: the delay in the development of inhibition behavioral. This deficit would imply not only difficulty in controlling impulsive reactions, but also also in the limitation of using a future perspective to guide behavior. Thus, many



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

Sometimes, individuals with ADHD tend to prioritize immediate rewards, which can lead to... problematic situations, such as failure to meet commitments, missed deadlines, and missed meetings. unmarked. This behavior often results in negative social labels, such as “Negligent” or “immature,” which, when internalized, affect self-image and can generate feelings of frustration and guilt

During adolescence, the influence of the social group on the individual becomes particularly significant. relevant, and the need for acceptance can generate greater distress in the face of the risk of isolation or rejection. Medeiros (2014, *apud* Araújo, 2015) highlights that difficulties in intersubjective relationships. These symptoms can intensify when there are comorbidities associated with ADHD, such as depression or disorder. anxiety increases the likelihood of poor academic performance and leads to greater exposure to accidents. and recurring conflicts with family and friends. Thus, it becomes clear that the effects of this Comorbidity goes beyond individual behavior, impacting the social and emotional well-being of the individual. adolescent in multiple contexts of their life.

Ribeiro (2008, *apud* Forteski *et al.*, 2012) illustrates how rejection among colleagues can harming the self-esteem of a child with ADHD. The school, as a central space for socialization, It offers essential opportunities for developing a sense of belonging to a group. Social, but impulsive and hyperactive behaviors, coupled with difficulty following rules, can compromising the acquisition of social skills. As a result, the combination of limitations intrinsic characteristics of these individuals, along with the effects of hostility, rejection, and discrimination, frequently... culminates in social isolation, reinforcing pre-existing behavioral and emotional harm and amplifying the negative impact on adolescent development.

Understanding these difficulties highlights the need for interventions that do not... They should not only focus on managing symptoms, but also promote strategies for developing social skills, emotional regulation, and self-esteem. It is in this context that Playful and structured practices, such as *Role-Playing Games* (RPGs), emerge as potential resources. psychotherapeutic, offering safe spaces for social experimentation, problem-solving and development of emotional and behavioral skills, which will be explored throughout the course. The article explains how RPGs came to be used in this process, highlighting their emergence as... A tool in the field of psychotherapy.

The emergence of RPGs as a tool in the process. Psychotherapy and its role in contemporary times.

The use of narrative techniques, stories, and interpretation processes in context.

The psychotherapeutic approach predates the modern concept of RPG (Reeducação Postural Global - Global Postural Reeducation) applied to clinical practice by a considerable margin. Therefore, before even to understand how RPGs, as a game, can be incorporated into the therapeutic universe,



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

It is necessary to revisit which tools paved this path: how did narrative and...

Interpretation techniques were already present in Psychology; which authors addressed these resources and how did this...

This trajectory culminated in the scenario we know today. Along the way, the narratives were...

used not only as a recreational resource, but also as a clinical tool capable of promoting

Symbolic elaboration, the construction of meanings, and the expansion of the patient's subjective expression.

Therefore, understanding this legacy is fundamental to situating RPGs not as a rupture, but as...

Continuity and updating of these historical practices within psychotherapy.

The influence of Jacob Levy Moreno on the emergence of role-playing. IN PSYCHOLOGY

Jacob Levy Moreno was a psychiatrist and psychotherapist who revolutionized the understanding of human relations in the field of clinical psychology, creator of Psychodrama, Sociodrama and of various other theories. His contributions highlight spontaneity and creativity as Central elements of human development and the therapeutic process. Psychodrama, a technique by It has been developed and consists of the use of dramatizations and enactments, allowing the individual to revisit meaningful situations and experiencing new social roles. In this context, *roleplay emerges*. A fundamental tool in their approach, enabling the individual to assume different identities. within a fictional situation, and from there, access emotional content and work through conflicts. In a practical and experiential way.

The use of these resources paved the way for understanding "play" as a therapeutic practice. opening avenues for future proposals that expand the potential of play in psychology. Therefore In this way, the *Role-Playing Game* (RPG) can be understood as a modern unfolding of this. logic, since it also fosters the construction of collective narratives, the assumption of roles, and... symbolic experience of conflicts, facilitating processes of self-knowledge, expression and reinterpretation. Thus, when considering Moreno's trajectory, it becomes clear that his ideas serve as... a basis for integrating narrative and playful practices in clinical contexts, establishing a A direct link exists between psychodrama, *role-playing*, and the contemporary use of RPGs. From this... Therefore, it becomes relevant to delve deeper into the study of psychodrama and *roleplay* separately. developed by Moreno, in order to later understand how such concepts connect to

Therapeutic use of RPG (Reeducação Postural Global - Global Postural Reeducation).

Psychodrama: A Psychotherapeutic Method and Technique

Psychodrama is a psychotherapeutic approach in which clients are encouraged to... To explore and complete actions through dramatization, *role-playing*, and dramatic self-presentation. As Kellermann, a disciple of Moreno (1998, pp. 24-25), points out, both verbal communication



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

Nonverbal cues are mobilized, allowing participants to act out, in the here and now, scenes that evoke memories of past events, experiences lived incompletely, inner conflicts, dreams, fantasies, preparations for future risky situations or expressions Spontaneous representations of mental states. These representations can closely resemble real-life situations. or externalize internal mental processes. When necessary, other roles can be assumed. by group members or inanimate objects. Among the techniques employed in psychodrama are The reversal of roles, the double, the mirror, concretization, maximization, and soliloquy. The method. It generally follows structured phases of warm-up, dramatization, closing, and sharing, enabling participants to have meaningful experiences and promote *Insights* into themselves and their relationships.

In addition to its theoretical and technical foundations, psychodrama has an important historical landmark: The first official psychodramatic session took place on April 1, 1921, at the Komödienhaus in Vienna. where Moreno appeared alone. Upon opening the curtain, there was only a velvet chair. Red, with a high, golden backrest, like a royal throne, and upon it a crown. The audience was composed mostly of curious inhabitants of post-World War I Vienna, a A city marked by revolt, governmental instability, and a lack of leadership. The proposal of Moreno's goal was to test the leadership abilities of the audience, who assumed the role of jury. According to reports In the author's own words, "no one was deemed worthy to be king, and the world remained leaderless." (Gonçalves; Wolf; Almeida, 2023). This episode highlights the experimental and innovative nature of psychodrama, showing how dramatization and role-playing could be used as instruments of social and psychological analysis.

The instruments used in the application of psychodramatic techniques were described by Gonçalves and collaborators (1988) and revisited by Fernandes, Cenci and Gaspodini (2021). The scenario This corresponds to the space created according to therapeutic needs, structured from Conventions established between the director and the protagonist. The protagonist is the subject chosen by the group. to experience the dramatic action. The director, in turn, plays the role of therapist responsible for to coordinate the session, acting simultaneously as the scene's facilitator, the protagonist's therapist, and the... The group, in addition to being a social observer. The audience, on the other hand, is made up of the other participants in the sessions, which function as a sounding board where people share their emotions and perceptions. in the final stage of the activity, known as sharing.

Therefore, when considering the instruments, functions, and overall dynamics of the sessions In psychodramatic studies, it becomes clear that the concept of role assumes centrality in the method. Each The participant, whether protagonist, director, or audience member, plays specific roles that structure the... Therapeutic experience and enable the externalization of feelings, thoughts, and conflicts. internal. This notion of role, understood as an observable unit of conduct, forms the basis for



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

to understand how individual actions are organized within the group and how roles can be mobilized to promote learning, reflection and personal transformation.

RolePlay: The Dynamics of Roles in Psychodrama

Within Psychodrama, Moreno developed the so-called "Role Theory," which seeks to... to understand the individual based on the different roles they play in social interactions and in their psychic life. For the author, roles are not simply social masks, but constitute dynamic expressions of identity, revealing both the subject's resources and difficulties in their relationship with the world. In this sense, the notion of role, in addition to carrying a therapeutic dimension, It also preserves a historical link with the theatrical tradition itself, from which Moreno drew... inspiration for structuring your psychodramatic proposal.

The English term " *role* " originates from an older word that entered French and English. The word "rotula" in medieval times derives from the Latin "*rotula*." In ancient Greece and Rome, the various parts of the... Theatrical performances were written on 'rolls' and read aloud by prompters to the actors who sought to memorize them. their respective roles; this fixation on the word "*role*" seems to have been lost in the less cultured periods. from the early and middle centuries of the Middle Ages. Only in the 16th and 17th centuries, with the emergence What made modern theatre unique was that the parts of the theatrical characters were read from 'scrolls' or fascicles of role. In this way, each scenic part came to be designated as a role or *part*. (Gonçalves; Wolff; Almeida, 1988, p. 65).

In developing his theory, Moreno highlighted that the roles assumed by individuals do not While they are not confined to the theater, they are intimately linked to the concrete conditions of their social life. Thus, individuals play roles based on their social class, profession, family roles, and network. of relationships and institutions to which they belong. For the author, all these roles have They have something in common: they are observable. With this in mind, he argued that the concept of role would be more... more appropriate than the personality test because, unlike the latter, it allows for an analysis based on concrete and measurable behaviors, defining the role as the smallest observable unit of behavior (Gonçalves; Wolff; Almeida, 1988, pp. 66-67).

Moreno's theory provides a fundamental framework for understanding *role-playing*. as a psychotherapeutic and pedagogical practice. According to this perspective, the roles that an individual Assuming these things are not merely external representations or social masks, but rather expressions. dynamics of their identity, revealing both resources and limitations in their interaction with the world. Furthermore, *role-playing* based on role theory encourages reflection on one's own identity. and an understanding of the multiple social dimensions that shape behavior. This dynamic It allows the individual to assume and experience roles in a structured and conscious way, understanding the flexibility of their roles in real life, observing how their attitudes, decisions, and interactions



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

They can vary depending on the context or the role it plays in a given group.

By integrating theory and practice, it is not limited to a recreational activity, but acts as a tool for personal, social, and emotional transformation, demonstrating how role-playing can be used to promote learning, reflection, and psychological development.

Thanks to the role played by Moreno as a precursor of the ludic universe and of Dramatization in psychotherapy: today it becomes possible to understand how its tools and techniques work. They served as pillars for the development of new practices that combine interpretation and play. and the clinic. The focus of psychodrama is precisely to focus on spontaneity, on role-playing and Having a symbolic experience allows for new studies to be explored focusing on this same dynamic, connecting playfulness with other ways of assuming roles, such as RPGs. It is This is where other pioneering authors come into play, expanding the reflection and showing that... The RPG format, as a role-playing game, can be applied as a psychotherapeutic resource.

FROM GAME TO CLINIC: THE FORMALIZATION OF RPG IN THE THERAPEUTIC PROCESS

In this vein, in addition to understanding the great contribution made by Moreno in establishing the conceptual contribution of the use of imagination and role-playing in the therapeutic process with the In psychodrama, it is also relevant to look at a broader perspective on its journey.

RPG as a clinical methodology is a recent phenomenon, having been systematized and formalized by Many researchers and clinicians over the years have sought to consolidate this practice. All They had the same common purpose: to bring the playful aspect of board games to the ends psychotherapeutic, offering a safe and unique setting through imagination (Abramson, 2025).

Many of the researchers and psychologists who took on this successor and pioneering role and have driven the development and research on RPG in therapy from international scenarios, having This construct arrived in Brazil later.

Among them, the following stand out: J. Hughes, who brought in many of his studies a form A recreational and playful application of RPGs to serve as a developing healing system. Focusing on the construction of personal symbols through the creation of RPG characters. Hughes He believed in a typology for these symbols, emphasizing the expression "symbols." "Compensatory" characters, which are nothing more than characters geared towards the narrative process, shaped to explore issues, skills, or characteristics that the patient believes they do not possess. This is This has shown to be a result in many of their studies, leading patients to a structural reorganization. at a psychological level (Hughes, 1988). From this perspective presented by Hughes, we can perceive vividly presents the possibility of a new tool for addressing distressing issues. and of the patient's suffering, in a controlled and illusory environment, in which he, along with the psychologist, They would be the ones who dictate how this process would be guided.



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

Another great author and pioneer of the RPG tool in therapeutic practice was WD.

Blackmon's work was significant and crucial to the formalization of this tool.

One of his articles explains how the classic RPG game, *Dungeons and Dragons*, can be used.

(D&D) can assist in the psychotherapeutic process of a 19-year-old adolescent. In this material,

It tells the story of a 19-year-old boy named Fred, who began the psychotherapeutic process by

Family conflicts and isolation in a boarding school, upon starting out, it's possible to see that even the

The moment when the professional starts using RPG (Reeducação Postural Global - Global Postural Reeducation) as a bridge, the therapeutic process was distant.

because many times the patient remained distant or uncomfortable with the situation. However, the

From the moment one becomes part of a social group outside the game-oriented *setting*,

He then begins to take his game reports to customer service, becoming a major point of access to him through the team.

professional. In this way, the idea of a playful, fantastical, controlled narrative related to

The issue of patient suffering can, in addition to becoming a loophole, serve as an outlet for externalizing their frustration.

a means for him to understand her (Blackmon, 1994). Based on this and many other

Through his studies, Blackmon begins to implement the RPG (Reeducação Postural Global) process in therapy, marking the starting point.

for a reflection focused on literature about how the playful aspect of RPGs can be a safe and...

a welcoming environment within the setting for working on complex themes.

Following this process of formalizing RPG (Reeducação Postural Global - Global Postural Reeducation) within the psychotherapeutic process, the

Clinical psychologist Megan A. Connell also has great relevance in the systematization and application.

The practical and ethical aspects of this tool, which is internationally known as *Tabletop Role-Playing*, are key to its success.

Game (TTRPG). Author of one of the major books in the field, known as *Tabletop Role-Playing*.

In Therapy: A Guide for the Clinician Game Master, Connell explains how this RPG relationship unfolds.

with Psychology, showing both the role of the Psychologist as a teacher, but also how the session

This should happen. Along with that, it presents the entire theoretical framework that is necessary for...

conducting these sessions (Connell, 2023). Now, it becomes evident how deeply immersed the RPG tool already is.

It presents itself in the psychological universe, already having practically a manual on how to conduct and manage the

sessions, increasingly demonstrating that new techniques from unexpected places can indeed be effective.

to bring more connections into the *setting*. From this point on, one can already perceive how solid this is.

The tool can present itself.

Finally, following this line of applying TTRPG to the psychotherapeutic universe, Jared

N. Kilmer and Elizabeth D. Kilmer are also important clinical psychologists and researchers to be aware of.

Those mentioned are contributors to many studies focused on this area. Their specialties

Many times they turned to therapy groups, with the goal of developing skills.

social interactions through RPGs, especially D&D, with specific regulations to focus on...

A partnership between group members, aimed at generating insights and reflections in the players (patients).

There was one study in particular where both took this RPG experience to the virtual environment, in



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

as a consequence of the social isolation caused by COVID-19 (Kilmer *et al.*, 2024). The contribution

The work of these two authors only shows how RPGs have a diverse approach in psychotherapy, and can be...

Applied in diverse areas such as individual *settings*, group settings, virtual environments, among many others.

others, thus making clear how relevant and pertinent its implications can be.

A Vision of RPGs as a Game for Contemporary Psychotherapy

Based on Moreno's understanding of the role and practice of *role-playing* as

As an instrument of self-knowledge and transformation, it is possible to establish a dialogue between the

Psychodrama and *Role-Playing Games* (RPGs), especially in their contemporary application in

In a therapeutic setting, this game can be understood as a space for psychotherapy.

symbolic experimentation, in which participants externalize internal aspects of their

Subjectivity, exploring emotions, working through conflicts, and constructing new ways of positioning oneself.

in relation to others and to themselves. Thus, it is configured not only as a game, but as a

A potentially therapeutic tool, capable of integrating playfulness, creativity, and development.

guys.

In this sense, Saldanha and Batista (2009, *apud* Bazarello; Badaró, 2021) explain that RPG

It fits within a broader cultural context, in which games are recognized as

Social phenomena present in the most diverse societies. Unlike the modalities

While competitive games stand out, RPGs are characterized by their cooperative and interpretive nature, as they invite...

The players take on roles and develop collective narratives based on joint decisions.

Thus, this type of game revives the social and cultural dimension of the act of playing, promoting interaction,

Collaboration and meaning-making among participants.

In addition to its cooperative and social nature, this type of game also stands out for its...

educational and formative potential. Lieberman (2006, *apud* Bazarello; Badaró, 2021) emphasizes that the

The interactive experiences he promotes encourage the development of new learning and

skills are developed by placing the player in problem situations that require reflection and decision-making.

Creative decision-making and problem-solving. When transported to a symbolic environment, the participants

They experience situations that stimulate the acquisition of knowledge and skills applicable to

real-life contexts. In this way, the playful process contributes to meaningful learning, in

to the extent that it allows the individual to consolidate knowledge and strategies based on their own experiences.

within the narrative.

Bazarello and Badaró (2021) point out that interactive games offer the participant a

A safe space to explore possibilities, review decisions, and learn from your own mistakes.

relying on group support in a controlled environment. Furthermore, they feature a system of...

A progression that balances difficulty levels and provides constant *feedback* on the player's actions.



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

The player, which contributes to the perception of progress and engagement. This structure reinforces appropriate behaviors and imposes consequences for the choices made, promoting a Active and self-reflective learning. Intrinsically, such games awaken a strong component. motivational, bringing the individual closer to content that is meaningful to their life and strengthening their ability to cope with personal challenges.

Thus, it is noted that the dynamics of role-playing games go beyond the simple act of Playing constitutes a symbolic space for experimentation and discovery. This characteristic This allows such practices to engage in dialogue with therapeutic approaches that value expression. subjective and the development of new forms of relationship with oneself and with others, which allows to understand how RPG (Reeducação Postural Global - Global Postural Reeducação) came to be incorporated into the psychotherapeutic field, especially in designing sessions focused on personal and emotional growth.

MANOEL ACIOLI AND THE CREATION OF RPG THERAPY: A BRAZILIAN PERSPECTIVE ON The Structure of RPG as a Therapeutic Tool

In Brazil, the implementation of this tool also occurred, but later.

The use of RPG (Reeducação Postural Global - Global Postural Reeducação) in therapeutic care has become increasingly popular and is being applied more and more. consolidated within the universe of Brazilian professional psychologists. Therefore, it was then necessary that Brazilian authors would begin to formalize this practice through the production of articles and literature. that deal with this area. Bearing this need in mind, and with the aim of bringing more guidance regarding the topic, bringing *Role-Playing Games* into a Brazilian context. that is when the Psychologist and Doctor Manoel Acioli creates the tool "RPG Therapy", a line A therapeutic approach that relies on international studies regarding RPG (Reeducação Postural Global) in the therapeutic process, but which also provides preparation and guidance for Brazilian psychologists to conduct This tool helps to better understand this topic.

With the aim of instructing and bringing greater clarity to the construction of this playful *setting* and Interpretive, Acioli develops a training course in RPG Therapy to assist professionals. from the area to better understand the fundamentals of this tool, from introductory concepts and basic concepts about what a *Role-Playing Game* is and how it presents itself as a form of leisure, but also how it is applied in the clinic, showing how this tool presents itself in In a therapeutic setting, what are the preparation and structuring criteria for this narrative session? how to properly and adequately manage care. In short, Acioli consolidates this in his course.

The most appropriate way to apply RPG (Reeducação Postural Global - Global Postural Reeducação), and how the professional can prepare and adapt their approach. The narrative will depend on the case at hand.

After observing the great leap forward in RPG Therapy in Brazil, it becomes necessary, in this discussion, Let's expand on the explanation of how a professional psychologist can benefit from *role-playing*.



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

Games can be a useful tool for your sessions; how can they build and structure that?

service and how he can conduct this *setting* in the best possible way, having the studies and

The teachings of Manoel Acioli in his RPG Therapy training course serve as a guiding principle.

The Construction of RPG Sessions in the Therapeutic Process

Based on the contributions of Manoel Acioli, the application of *Role-Playing Games* as

This therapeutic tool is taking on a more structured form and being adapted to the Brazilian clinical reality.

His proposal, known as RPG Therapy, establishes a model for conducting sessions that combines

The playful and narrative potential of games is applied to the demands of the psychotherapeutic process. From this perspective,

Each session is planned in a way that promotes the personal development of the participants.

exploring emotional, cognitive, and social aspects through symbolic experience and interpretation.

of papers.

Defining clear therapeutic objectives is one of the first steps in conducting the

sessions, as it offers the therapist and participants a shared direction that guides both

The narrative relates to the interactions and challenges presented throughout the game. As Acioli explains.

(2025b) in their work on RPG Therapy, this initial stage gives clinical purpose to

a playful experience, allowing the game to be more than just entertainment, becoming a

An instrument of symbolic expression and emotional processing. By presenting the basic rules and

By contextualizing the use of RPG (Reeducação Postural Global - Global Postural Reeducação) in the therapeutic process, the professional facilitates group engagement.

and encourages the perception that each element of the story can be understood as a metaphor for

Internal issues that deserve attention. At this point, it is also observed that clarity in

Communication strengthens the participants' sense of security and empowerment, which contributes to...

a richer and more meaningful experience.

Next, the therapist works with the participants to transform concerns,

desires and difficulties in concrete and achievable therapeutic goals. According to Acioli (2025b), this

The formulation must be clear and aligned with the expected outcomes of the therapy, ensuring that the plot and

The dynamics of the game should remain consistent with the clinical objectives. In this process, the therapist

acts as an attentive and empathetic mediator, guiding the conversation with open-ended questions and encouraging...

reflection on what each participant wants to work on. This joint construction not only

It guides the session, but also strengthens the therapeutic bond and the sense of agency among the young people.

within the narrative, favoring the internalization of the lessons learned in the game. It is observed,

Therefore, the active and conscious participation of the players is essential for the RPG to function as...

a catalyst for behavioral and emotional change.

Choosing an RPG system is a strategic step, as different systems

They present rules, mechanics, and approaches that influence the participants' experience.



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

The therapist should consider factors such as the game's theme, the complexity of the rules, and the type of... The desired narrative and the players' familiarity with the system ensure that it provides... space for emotional expression, meaningful decision-making, and development of characters. Furthermore, it's possible to adapt the rules and mechanics to suit the objectives. previously defined therapeutic approaches, promoting engagement, exploration of emotions, and acquisition of socio-emotional skills. The setting of the scenario, including non-player characters, challenges and interpersonal relationships should reflect experiences relevant to the participants, creating a safe and structured space that allows one to experience different roles and explore emotional issues. and psychological aspects within the narrative (Acioli, 2025b).

In preparing for the session, Acioli (2025b) recommends that the therapist organize beforehand all the necessary materials, such as character sheets, dice, maps, miniatures, and resources. visual or descriptive elements ensure fluidity and engagement throughout the game. The sheets of Characters record essential information, while data determines the outcomes of actions. and events. Maps and miniatures help visualize the environment and represent the Characters, providing immersion. Additional resources, such as images, diagrams, or materials. descriptive, detailing scenarios, *NPCs (non-playable characters)* or Relevant events help participants better understand the context of the narrative and engage with it. in a more in-depth way with therapeutic objectives.

By providing clear information and instructions to the participants, the therapist prepares the group. for a more meaningful and goal-oriented therapeutic experience, creating conditions for a full engagement. For Acioli (2025b), explaining the chosen RPG system, the rules of the game, Setting the scene and providing supporting materials, such as texts or videos, allows everyone to... participants understand the dynamics of the game and feel safe to explore their emotions and decisions. Clarity at this initial stage helps the session to develop in a way that... organized and focused on the therapeutic experience.

During the sessions, adjustments to the RPG system and rules can be made for better results. to meet the needs of the participants. This includes simplifications in the mechanics, adaptation of challenges to reflect real-life situations, introduction of symbolic or narrative elements relevant information and providing ongoing support and *feedback*, allowing for reflection on choices and actions. and interactions. The duration and frequency of sessions are also considered together. taking into account availability, therapeutic goals and pace of skill development, ensuring that the experience is continuous, structured, and effective, as per Acioli's guidelines. (2025b) on conducting RPG Therapy.

It is noticeable that the process of structuring and conducting RPG Therapy sessions, as As Manoel Acioli proposes, it goes far beyond the simple application of a game; it is a practice.



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

intentional and carefully planned, which transforms the playful experience into a space of Emotional growth and development. Every decision made by the therapist, from defining the From the objectives to the adaptations made during the game, it contributes to a more effective therapeutic journey. coherent and meaningful.

Managing RPG sessions in a therapeutic setting.

Managing RPG sessions in this therapeutic context requires a specific approach from the therapist. sensitive, welcoming and strategically oriented, because it is at this moment that the game transforms into a symbolic space for emotional processing and personal development. As the author points out, The clarity of the rules and mechanics of the game is extremely important for its proper progression. of the session, because, according to the author, this must be ensured by the therapist so that everyone Understand how the RPG system works and the expectations involved in the experience. This Initial guidance provides structure and meaning to the practice, helping participants understand that the Play is a symbolic tool for emotional processing and not just a recreational activity. In parallel, facilitating communication is presented as a constant function of the therapist. which encourages open and respectful dialogue between players, fostering cooperation and empathy. and active listening, essential elements for the development of interpersonal dynamics within and outside the game. (Acioli, 2025a)

Properly conducting sessions requires sensitivity, active listening, and flexibility to handle... with the group, promoting an environment of safety, trust, and authentic expression. Among the One of the main points highlighted by Acioli (2025a) is the importance of establishing a safe environment. and welcoming, in which participants feel comfortable expressing and sharing their experiences. This initial care is essential for strengthening group bonds and trust. mutual understanding and a sense of belonging within the therapeutic space.

During the session, it is extremely necessary for the professional to have a keen eye and An observer of various aspects of management, enabling him to identify and evaluate them. therapeutic progress, identify patterns of behavior and emotional reactions, analyze potentially challenging and conflicting issues, and provide an opportunity for participants to... so that they can grasp and understand their issues. For proper observation, the therapist must... focusing on some key points, among them we have: observing the participants, observing the interactions, reactions, and behaviors, focused on understanding the moments of *insight* of these participants; observation of therapeutic objectives, always keeping in mind what He prepared himself to search with that session and whether that path is being followed; and the observation of the game. In itself, analyzing the patterns that emerge during *roleplaying* makes it easier to identify them. what is the most effective way to continue the process (Acioli, 2025a). Thus, it is clear that the



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

The "master's" perspective in this session goes far beyond simply conducting the game. Their role is to pay attention to... to take into account all reactions and narratives within the setting, with the aim of providing the best possible management. for those who participate.

In this context, therapeutic intervention should become a natural step in the management of A session in which the therapist takes advantage of situations that arise during the game to apply strategies. appropriate to the emotional and social development of the participants. Through questions In reflective situations, the professional encourages players to examine their thoughts, feelings, and... actions, promoting greater self-understanding and *insight*. Furthermore, the symbolic interpretation of actions. and events within the RPG allow you to establish connections with real-life situations, enabling you to Exploring emotional and psychological issues in a safe way. Ongoing emotional support, Combined with encouraging reflection and developing socio-emotional skills, it creates Opportunities for participants to practice empathy, conflict resolution, and communication. Assertive. When necessary, the therapist also provides counseling and guidance, helping the... players dealing with challenges present in the game or that are reflected in their daily lives (Acioli, 2025a).

RPG (Reeducação Postural Global) Applied to Young People with ADHD in Light of Gestalt Therapy?

When reflecting on the use of *Role-Playing Games* in therapeutic contexts aimed at young people with ADHD, it is possible to establish a theoretical link between the fundamentals of Gestalt-Therapy and the dynamics that emerge during play. The Gestalt approach proposes a careful observation. to experiences lived in the here and now, to the expansion of consciousness and the integration of perceptions, emotions and actions. According to Vaz *et al.* (2024), this practice prioritizes authentic contact and presence. from the patient's own experience, while the therapist acts as a mediator who facilitates the process. of recognizing and understanding the experiences reported. In this sense, the Gestalt approach It provides a solid foundation for understanding how symbolic and interactive experiences, such as promoted by role-playing games, they can contribute to emotional development and relational aspects of the participants, opening space for more creative and integrative interventions within the clinical context.

In the context of Gestalt therapy, awareness *plays* a central role. In the psychotherapeutic process, it is understood as the ability to be present in the moment. Currently, in touch with one's own feelings, thoughts, bodily sensations, and the environment. around us. This attention to the here-and-now fosters pattern recognition and integration of Lived experiences are essential aspects for personal growth. However, as Lima points out... (2023, *apud* Vaz *et al.*, 2024), maintaining this state of presence can be especially challenging for children and adolescents with ADHD, who often find themselves torn between multiple stimuli



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

and distractions. In these cases, therapeutic work seeks to promote strategies that broaden the awareness of what one feels and does in the moment, promoting a more centered experience and integrated.

In therapeutic practice, the professional encourages the child or adolescent to maintain focus on... The present moment, preventing one from getting lost in worries related to the past or the future. Stress management occurs through a process of awareness, which also promotes... recognizing signs of anxiety and tension commonly associated with ADHD, enabling the patient to adopt strategies to minimize these symptoms and strengthen their emotional well-being. In this sense, authors point out that the application of Gestalt therapy principles yields results promising in managing symptoms and promoting more positive emotional development balanced (Joyce; Sills, 2022 *apud* Vaz *et al.*, 2024). The therapist can use RPG as a resource that directly engages with Gestalt principles, as the game encourages contact, spontaneity and the exploration of emotions in symbolic situations. The experience of roles within the narrative encourages the participant to see themselves from different perspectives, to reflect on their reactions and recognizing their needs, which broadens the scope of *awareness* and strengthens the emotional self-regulation. Thus, RPG becomes a therapeutic tool capable of... To operationalize, in a playful and experiential way, the fundamentals of Gestalt Therapy, promoting the integration between thinking, feeling, and acting.

In addition to this experiential aspect, authors such as Whalon *et al.* (2019, *apud* Santana, 2024) highlight that the use of "Narrative Grammar" (NG) can enhance the therapeutic effects of RPGs, by offering a structure that organizes thought and encourages the expression of stories, providing a framework for storytelling. The integration between narrative and symbolic experience allows the participant to articulate emotions and meanings, expanding cognitive and communicative skills. In this way, the combination of Gestalt therapy and RPG (Reeducação Postural Global - Global Postural Reeducation) contributes to a more dynamic therapeutic process and... integrative, encompassing emotional, cognitive, and social development.

Integrating *role-playing games* into the support of young people with ADHD offers a unique space for experimentation and hands-on learning of socio-emotional skills, allowing participants to test limits, explore different behavioral strategies and recognize the consequences of their choices in a safe and structured environment. Thus, the game goes beyond entertainment; it not only enhances the learning of cognitive skills and... social, but it also creates a context in which the adolescent feels welcomed, motivated and becoming the protagonist of their own growth process, strengthening their understanding of themselves and of others. relationships with others.

**FINAL CONSIDERATIONS**

This study sought, through the historical trajectory of PRG in the field of psychology, to understand how psychotherapeutic practices have evolved to incorporate methodologies who value dramatization and symbolic expression as means of self-knowledge and transformation. As a result of using a Literature Review methodology, it was possible to conduct an in-depth analysis and reflection on the existing literature on this topic, corroborating the importance of expanding the use of the concept of narrative playfulness in the processes of current psychotherapeutic methods.

The study of the materials discussed clearly demonstrates how the use of play and... Interpretive narratives never ceased to belong to the psychological line of their performance, which has only undergone alterations and updates to its historical models already present in the field of psychology, such as Moreno's Psychodrama, which represented an initial milestone in this journey towards introducing the concept of roles and the use of dramatization as an exploration tool. This process is psychic and relational.

Based on these foundations, the *Role-Playing Game* has established itself as an innovative proposition, which combines playful and narrative elements with the possibility of emotional, cognitive and social development, offering a safe and controlled environment so that the patient can work on their questions in a welcoming manner. By fostering cooperation, empathy, and decision-making within a structured narrative, RPGs allow participants to experience different... perspectives and explore their own emotions and behaviors, thus contributing to the strengthening of fundamental skills for the therapeutic process, especially in the context of Attention Deficit Hyperactivity Disorder (ADHD). The conclusion is therefore clear: what was achieved through this study, where RPGs are indeed established as a tool that is innovative and effective for the psychotherapeutic process for this group of people, and the more this process is systematized and viewed as a theoretical framework, so more curious psychologists will be able to... use it as a way to expand your intervention repertoire.

Although the study presented solid results regarding the development and application of RPG in the psychotherapeutic process, the need for future studies that explore and focus on the practical applications and empirical validations of this resource are also extremely important and necessary. It is crucial that this new tool, through case studies and clinical trials, encourage the creation of intervention protocols based on RPG (Reeducação Postural Global), with the goal of gaining a comprehensive understanding of how beneficial this therapeutic resource is. Because, as its effectiveness has been proven, the opportunities for further studies encompass its applicability, such as for older age groups or for other areas. Comorbidities may arise.

Given this, this work presents RPGs as a contemporary alternative and



Year V, v.2 2025 | Submission: 03/11/2025 | Accepted: 05/11/2025 | Publication: 07/11/2025

humanizing, combining the pleasure of play with the process of self-discovery and transformation, showing how playfulness and storytelling are powerful elements in the therapeutic process, consolidating RPGs as a starting point for the expanded study of imagination and Role-playing in the psychotherapeutic process.

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