



Critical Hit Therapy

If you are curious about our Critical Hit Therapy, Dungeons and Dragons Therapy Group, then this handout is for you.

Group counselling is a form of therapeutic intervention where a small group of individuals, usually led by a trained mental health professional, come together to address various personal, emotional, or psychological issues in a supportive and structured environment. Members share their experiences, challenges, and emotions while also offering support and feedback to one another. It's like a safe space where people can talk openly, knowing that others in the group are also facing their own difficulties.

Imagine you and a group of people find yourselves in a mysterious and challenging world. This world is full of adventures, monsters, and quests to conquer.

This is Dungeons and Dragons.

In this world, you all take on the roles of different characters, like knights, wizards, rogues, and more. Each character has unique strengths and weaknesses, and they are all part of a team, working together to overcome obstacles and achieve their goals.





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Why is this group called Critical Hit?

In Dungeons and Dragons, when you try to hit something or someone, you roll a special 20-sided dice. If you roll a 20 on that dice, it's like getting a perfect score. You hit the target with exceptional accuracy and power.

This is called a Critical Hit.

When a critical hit occurs, the attack's damage is often doubled, making it much stronger attack, often putting the battle or overall game in favor of the player. It's a moment of excitement and triumph, as the player's character demonstrates extraordinary skill or luck.

Just as a critical hit in D&D is a moment of exceptional success, in counselling, there are breakthrough moments where you may gain profound insight or reach a significant realization about yourself or your situation. These breakthroughs can lead to transformative growth and healing.

When you lands a critical hit in D&D, you feel empowered and capable. In counselling, critical moments can also provide you with a sense of empowerment, as you gain confidence in your ability to cope with challenges and make positive changes in your life.



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Here's some of the things you can expect from Critical Hit Therapy:

1

Creating characters

In Critical Hit, each person introduces themselves and shares a bit about their life, struggles, and goals. This helps build a connection within the group, just like when players create their characters and understand each other's backstories.

2

Collaboration and peer support

Just as D&D characters rely on each other's unique abilities to succeed, group counseling emphasizes the value of collaboration and support among members. Participants share their perspectives, insights, and coping strategies to help each other grow and heal.

3

Learning and growth

In Critical Hit, you earn experience points and level up, becoming stronger and more skilled. This can then transfer to our every day life as participants learn from each other's experiences and the guidance of the counsellor, promoting personal growth and development.



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**4**

Safe and non-judgmental space

In Critical Hit, the counsellor is the group 'master'. In D&D the (dungeon/game) master is the lead facilitator of the group and game, whereas, the counsellor does the same in Critical Hit, while maintaining a safe enough space for everyone to express themselves without fear of judgment.

**5**

Narrative and reflection

In Critical Hit, there is an element of storytelling and reflection. Group members share their actions and decisions, and the counsellor encourages participants to reflect on their own narratives, helping them gain insights and understand their emotions better.

**6**

Facing inner monsters

In D&D, critical hits are often used to strike at powerful enemies. In counselling, critical moments can help clients confront and address their inner struggles, fears, and emotional challenges with increased effectiveness.



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Randomness

Critical hits in D&D are based on luck and chance. In counselling, critical moments can also come unexpectedly and appear just as random as the role of a die, with clients making significant progress due to a timely intervention, a new perspective, or an unforeseen realization.

8

Alternative and creative

D&D is known for its creativity and imagination, and similarly, Critical Hit incorporates creative techniques and activities to explore emotions and thoughts in a unique way.

It's essential to note that critical moments in counselling may not happen in every session or for every client. Therapy is a gradual and personalized process, and progress comes in various forms.

BUT, when a critical moment does occur, it can be a powerful moment for positive change and growth, much like the impact of a critical hit in D&D.

