



board with sex

Ride-along Guide
for Relational
Cohesion in
"Legacy of
Dragonholt"



ALLOWING FOR INCLUSIONARY EXPRESSION

SETTING THE STAGE FOR RELATIONAL COHESION WHILE
ENGAGING IN THE "LEGACY OF DRAGONHOLT" GAME

WHY GAMING?

Board games have long been enjoyed as a form of entertainment, but they can also be used as a powerful tool for personal growth and self-exploration, particularly in the context of psychotherapy. The use of board games within the therapeutic setting allows individuals to tap into their playful and creative sides, leading to increased emotional expression and exploration. Additionally, board games can provide a structured and safe environment for individuals to engage in interpersonal interactions, promoting the development of communication and problem-solving skills. Moreover, in the context of relationships, the importance of playfulness and novelty cannot be overstated. As relationships evolve and develop, it can be easy to fall into a routine and lose sight of the fun and playful aspects that initially brought individuals together. Board games provide an opportunity for couples to engage in novel and engaging activities together, promoting shared experiences and a sense of connection. In this way, board games can be effectively used both in and out of therapy sessions to promote growth and development within relationships. Whether used as a tool for introspection and personal growth or as a way to promote playful and novel experiences within a relationship, board games offer a unique and valuable way to enhance the therapeutic process and strengthen relationships.

LEGACY OF DRAGONHOLT | AN OVERVIEW

It is essential to externalize thoughts, feelings, and emotions with our partners because it creates an open, honest, and vulnerable environment for communication. By externalizing our experiences, we allow our partners to understand our perspective, leading to a deeper sense of empathy and connection.

Diversity, equity, and inclusion are essential in all aspects of life, including board games and media. Representation matters, and it is vital to see ourselves reflected in the media we consume. Additionally, it is essential to acknowledge and include diverse perspectives, experiences, and identities in media to create a more inclusive and equitable society. Creating a character in a game like 'Legacy of Dragonholt' is important because it allows players to explore different facets of their identity and experience. Through playing a character, individuals can explore parts of themselves that they may not have access to in their daily lives. This can be a powerful tool for self-exploration and growth. Completing the experience by debriefing together on what took place during the game is crucial. It allows players to reflect on their experiences, express their thoughts and feelings, and process any conflicts or challenges that arose during the game. By externalizing their experiences, players can deepen their understanding of one another and cultivate intimacy.

The pillars of intimacy include emotional intimacy, physical intimacy, intellectual intimacy, and spiritual intimacy. By externalizing and processing our experiences, we can strengthen each of these pillars and deepen our overall sense of intimacy with our partners.

SETTING UP THE ENVIRONMENT FOR PLAY

To set up a supportive environment for partners playing a game of Legacy of Dragonholt, it is important to establish open communication and create a safe space for each partner to express themselves without fear of judgement or criticism. This can be done by setting clear expectations for the game, discussing boundaries, and establishing ground rules before beginning play.

Additionally, it is important to create an atmosphere of empathy and understanding. Encourage each partner to actively listen to the other's thoughts and feelings, and to respond with compassion and support. Remind them that the goal of the game is not to "win" but to work together towards a common goal and to deepen their connection with one another. During the game, encourage partners to take breaks if needed and to check in with each other regularly. If one partner is feeling overwhelmed or triggered, it is important to respect their boundaries and take a step back from the game. After the game, create a space for partners to debrief and discuss their experience. Encourage them to express their thoughts and feelings about the game and how it impacted their relationship. This debriefing can help to solidify the lessons learned and create a deeper understanding and intimacy between partners.



ALLOWING FOR INCLUSIONARY EXPRESSION

COMING TOGETHER AFTER THE GAMING EXPERIENCE

THE IMPORTANCE OF COMING TOGETHER

Playing board games together can be an effective way to practice communication and conflict management skills. Board games often require players to work collaboratively towards a shared goal, and this requires effective communication and conflict management in order to be successful.

One of the benefits of playing board games together is that it provides a low-stakes environment in which to practice these skills. Players can experiment with different communication strategies and conflict management techniques, and can receive feedback from others in a supportive, non-judgmental environment. This can help to build confidence and competence in these areas, which can then be applied to real-life situations.

However, it is important to complete the experience by debriefing together on what took place during the game. This allows all players to externalize their experience and share their thoughts and feelings about what happened. This can lead to greater understanding and empathy between players, as well as increased intimacy.

The pillars of intimacy include emotional intimacy, physical intimacy, intellectual intimacy, and experiential intimacy. Playing board games together can help to build all of these pillars by creating opportunities for shared experiences, deep conversations, and moments of connection.

QUESTIONS FOR POST-PLAY DEBRIEF

It is imperative to come together after the completion of game play with your partner and give the relationship a chance to externalize and for individuals to promote self-disclosure and vulnerability. When asking debrief questions after playing Legacy of Dragonholt, it is important to approach the conversation in a way that is respectful and non-judgmental. Here are some guiding thoughts to help ensure that the conversation is productive and positive:

1. Be curious, not critical. Approach the conversation with a sense of openness and a desire to learn more.
2. Be aware of your tone and body language.
3. Use "I" statements instead of "you" statements. This helps to avoid placing blame.
4. Be mindful of your partner's feelings. Pay attention to their body language and verbal cues, and be willing to take a break or change the subject if things start to feel tense.
5. Take responsibility for your own feelings. If something your partner says or does during the conversation triggers a strong emotional response, take a step back and reflect on why you are feeling that way. Try to communicate your feelings in a non-blaming way.

Questions to pose to the self or each other after game play:

1. In what ways did we effectively collaborate during the game? Were there any instances where we struggled to work together?
2. How did we handle conflict during the game? What could we do differently in the future to better manage conflict?
3. How did we practice DE&I in our decision-making during the game? Were there any moments where we could have done better?
4. What did we learn about our problem-solving skills during the game? Did we approach problems differently than we do in real life?
5. How did the game challenge us to think outside the box? Did we learn anything new about ourselves or each other during the game?
6. Did we enjoy the game? Why or why not? Would we play it again?
7. How can we apply what we learned during the game to our real-life relationship?
8. Did the game allow us to connect on a deeper level? In what ways did it promote intimacy formation?
9. How did we feel during the game? Were there any moments where we felt particularly connected or disconnected from each other?
10. How can we continue to use board games or other activities to strengthen our relationship and promote intimacy?



ABOUT THE 'BOARD WITH SEX' PROJECT

LEARNING MORE ABOUT THE WORK OF PSYCHOTHERAPY IN RELATIONSHIPS

BOARD WITH SEX

The 'Board with Sex' project is a novel initiative aimed at exploring the therapeutic potential of board games for promoting sexual health and wellness. Led by psychotherapist and gaming enthusiast Joshua Littleton, the project seeks to bridge the gap between gaming and sexual health by creating a series of custom-designed board games that are specifically tailored to promote self-exploration, intimacy, and communication around issues of sexuality.

Through a combination of research, collaboration with other experts in the field, and extensive playtesting with a diverse range of individuals and couples, the 'Board with Sex' project aims to develop a series of innovative, engaging, and effective board games that can be used both in and out of therapy sessions to promote sexual health and wellness. Key themes that the project explores include sexual communication, boundaries, consent, desire, and pleasure, with an emphasis on promoting healthy and positive attitudes towards sexuality.

Ultimately, the 'Board with Sex' project represents an exciting new frontier in the field of sexual health and wellness, offering a unique and innovative approach to promoting greater self-awareness, relational cohesion, and sexual fulfillment for individuals and couples alike.

ABOUT THE PSYCHOTHERAPIST

Joshua Littleton is a licensed psychotherapist, researcher, and avid gamer based in Tampa, Florida. With over a decade of experience in the mental health field, Joshua is passionate about exploring the intersection between gaming and therapy to promote greater self-exploration and improved relational cohesion and intimacy within relationships.

Joshua's interest in the therapeutic potential of gaming began early in his career, when he noticed the profound impact that playfulness and novelty could have on his clients' emotional states and ability to engage in therapy. He began experimenting with integrating games and other playful activities into his sessions, and soon discovered that they could be powerful tools for promoting growth, insight, and connection.

Today, Joshua is recognized as a leading expert in the field of gaming and therapy, and has published numerous articles and research papers on the topic. He is also a sought-after speaker and presenter, and has presented at conferences and events around the world on the therapeutic potential of gaming and the importance of play in promoting emotional wellness.

In addition to his work in the mental health field, Joshua is also an avid gamer and collector of board games, card games, and video games. He believes that games have the power to bring people together, foster meaningful connections, and provide a safe and supportive space for self-exploration and growth.

Through his innovative work in bridging therapy and gaming together, Joshua is helping to transform the field of mental health and promote greater emotional wellness and relational cohesion for individuals, couples, and families alike.

DISCLAIMER

It's important to note that Legacy of Dragonholt, developed by Fantasy Flight Games, is primarily intended as a source of entertainment and recreation. While the game can certainly offer valuable insights and opportunities for personal growth, it should not be used as a substitute for professional therapy or counseling. Any therapeutic use of Legacy of Dragonholt should be conducted under the guidance of a qualified mental health professional.

Furthermore, it's essential to acknowledge the hard work and creativity of the game's developers, Fantasy Flight Games. We appreciate their dedication to crafting engaging and immersive gaming experiences that bring people together and provide opportunities for self-expression and exploration. By respecting their intellectual property and following the guidelines set forth in the game's rules and instructions, we can continue to enjoy Legacy of Dragonholt and other Fantasy Flight Games products for years to come.