

# Gaining Advantage 001: Dungeons & Dragons & Therapy (Game to Grow)

July 16, 2021



Role-Playing Games are good for mental health, right? Of course! But what happens when it's used for therapy? For our inaugural episode, we welcome [Adam Davis](#) from [Game to Grow](#)!

We also take a look at Reactive Attachment Disorder and how one might include a character with this condition in a TTRPG.

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