BGT™

Board Game Therapy™

Extended Edition

Slay the Spire: The Board Game

TABLE Method™ Game Guide



Play. Connect. Grow.

INSIDE THIS GUIDE

How to use this guide

An extended TABLE Method™ companion for Slay the Spire: The Board Game. The game is not included; play by the rulebook in your box.

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START HERE

For a first session, read pages 4 to 6, pick the session plan for your role, and print the desk card and agreements card. Everything after that is there when you need it: more prompts, more debrief questions, adaptations, and fixes for common problems.

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AT A GLANCE

Slay the Spire: The Board Game at the table

A cooperative deckbuilding climb: everyone plays their turn at the same time, then the enemies act. A TABLE Method™ companion for a game you already own. This guide does not include the game.

Edition	Contention Games rulebook (2024 file), base game, Act I only
Players	1 to 4; solo adds the Loaded Die relic (p.4)
Session plan	Learning session: Act I, about 2 hours BGT window; may end unfinished
Materials	Base game; one Act I map and Boss; Ascension and Act IV left out

PLAY BY THE RULEBOOK IN YOUR BOX

This summary is a session aid, not a substitute for the published rules, and it leaves out details. Contention Games rulebook, publisher-hosted PDF pp.2 to 23. A later reprint file was compared and agrees on every cited line. Editions differ; if your rulebook says something different, follow your rulebook.

In the BGT book: Independent TABLE Method companion facilitation; no book chapter placement or tested outcome is asserted.

How the game works, in brief

Each player builds a deck for one character. The party climbs a map room by room, fights enemies with one shared Player Turn played at the same time, and chooses rewards that change each deck. The party wins together by beating the final Boss and loses together if any character reaches 0 HP. Talk about decks and enemies as game pieces only.

1. Setup: each player chooses a character and takes its board, starter deck and reward decks. Set Energy to 3, Block to 0 and HP to the highest printed number, then lay out a random Act I map and Boss (p.4). Ironclad and Silent are the easier characters to learn (p.2).
2. Move the boot up the map one room at a time along a path. Rooms include encounters, elites, events, treasure, merchants and campfires, where each player chooses Rest or Smith; the Boss waits at the top (p.9).
3. Combat: there is one shared Player Turn that all players take at the same time. Each player resets Energy to 3 and Block to 0 and draws 5 cards, and one die roll sets die effects for the whole round (p.12). Energy can never go above 6 (p.7).
4. Players may discuss strategy. The rulebook encourages questions such as how much damage someone has, rather than looking at a player's hand (p.12).
5. Enemy Turn: enemies act row by row and target the player in their row, and Bosses act last. If any character reaches 0 HP, the party loses at once (p.13).
6. Any reward may be skipped. Only potions can be given to other players, outside combat, and each player holds at most 3 (p.8). Beating the final Boss wins; each Act takes about 60 to 90 minutes, and the party may end or save after any Act (p.2).

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THE TABLE PLAN

Why this game, and how to set it up

Everyone plays the shared turn at the same time and can talk about which enemies to attack and who needs Block. That gives a clear way to talk about sharing plans, asking for help, and letting each person run their own deck, all inside the game.

T **Target.** Notice how the party shares plans in words, how each player keeps ownership of their own deck, and how the group handles a hard fight together.

Relational demand: Choose discussion depth with participants; no formal stage or ability rating is assigned.

A **Assess.** Check the player count, the time, and whether the game serves today's goal.

- Does everyone want a cooperative card game that can end in a shared loss?
- Can each player read card text and track Energy, Block and HP with chosen support?
- Do we have 1 to 4 players?

B **Build.**

- Show one combat round with sample cards: reset Energy and Block, draw 5, roll the die, play two cards, then run the enemy action. Reset the samples first.
- Agree Pass for optional reflection, Pause for a break and Fold to halt play immediately for the whole table, plus a visible signal. These are session agreements, not new game actions.
- Offer reflection after a combat ends, never during the shared Player Turn or the Enemy Turn. A real Fold halts the whole table immediately.

L **Lead.**

- Name a lost fight as a party result, not a personal failure.
- Leave every card, reward and path choice with its owner.
- Read card text aloud on request without advising.

E **Extract and Extend.** Debrief in order: Board, Self, Us, Life or Work, Extension. Ask what participants make of the game. Do not tell them.

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FACILITATOR SEQUENCE

Running the session

Opening script

> *"We play the Contention Games rules, Act I only. We talk about plans in words and never take a card for someone. Pass skips reflection, not a turn. Pause offers a break; Fold halts play and we close unfinished."*

Suggested timing

SEGMENT	TIME
Agreements and fit	5 min
Teach and reset	20 min
Play within chosen window	85 min
Optional reflection	12 min
Close and reset	3 min

Adjust to your group and to the official rules. Use the agreed session boundary; an early stop is unfinished, not a new official victory.

Planned pauses

WHEN	ASK
After a combat	Which card or choice helped the party most?
After a campfire	Was the Rest or Smith choice clear?
At close	Did we beat the Act I Boss, or is this unfinished?

Agreements and signals

Pass: say Pass to skip reflection without explaining; in-game decisions still follow the matched rulebook. Pause: say "pause" for a break. Fold: say "fold" or use the agreed nonverbal signal, and play halts for the whole table. No explanation is required.

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EXTRACT AND EXTEND

The five-rung debrief

Start at the board every time. Each person decides how far to go, and the group can end at any rung. Passing on any rung is allowed, and the later rungs are optional.

RUNG	QUESTION
Board	Which fight changed the climb most?
Self	Did you have enough time to plan your turn?
Us	Did we share plans fairly and kindly?
Life or Work	If you choose: how do you ask a group for help?
Extension	Which table agreement would you keep next time?

LISTEN FOR THE PARTICIPANT'S MEANING

If someone connects the game to life or work, ask what fits and what does not. If no connection fits, leave the moment in the game. The person who played decides what it means.

Closing check

"What would you like to keep, try, or leave at the table?"

Record a chosen step only if that belongs in your normal role and documentation.

FOLD OR CHANGE COURSE

Signals: say "pass" to skip optional reflection, not an invented game move, "pause" for a break, and "fold" to stop taking part, or use the agreed card or gesture. If anyone folds, halt play at once. Check in privately, not in front of the group, and offer choices: a break, watching, changing the activity, or ending. The game can end without a deep debrief, and no one owes an explanation.

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FACILITATOR JUDGMENT

Fit, access, and repair

The participant's account carries more weight than a guess about their behavior.

A LIKELY PINCH POINT

A party loss can feel like one player's fault. Faster players may plan for others unasked.

A WORKABLE ADJUSTMENT

Use the ready check and the reward readback. Ask before giving any advice. Agree on any adjustment before play, and name it as an adaptation. Do not require anyone to disclose a disability or explain their needs to the group.

AFTER TENSION

End blaming remarks, restate that the party wins or loses together, offer a break, and close unfinished if wanted. Describe the sequence, not a motive. Accept a pass. Continue only if the group is ready.

Different roles, same game

HOST OR TEACHER

Check that everyone wants a cooperative game that can end in a shared loss before teaching.

COACH

Invite one voluntary focus on sharing a plan in words. Results are not ratings of people.

LICENSED CLINICIAN

Confirm consent for a fantasy combat theme within your own practice; do not read card choices or a loss as a clinical sign.

An accessible alternative is better than insisting on a rule that prevents someone from taking part. Say when you are adapting a rule, and agree on it before play. The rule variations come next.

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Rule variations for different goals

Small rule changes let one box serve different goals. Each variation below names the change, the objective it targets, the group it suits, what to watch for, and a debrief prompt. This guide has 2 official variants and 2 BGT house rules.

OFFICIAL VARIANT · IN THE RULEBOOK

Choose Your Relic

RULE CHANGE	In multiplayer games, when the party gains a relic from an Elite or Treasure room, reveal as many relics as there are players and each player chooses one (p.23).
TARGETS	Let each player pick their own relic.
SUITS	Parties of 2 or more.
WATCH FOR	Each player chooses for themselves; views only if asked.
DEBRIEF PROMPT	“Did choosing your own relic feel fair?”

OFFICIAL VARIANT · IN THE RULEBOOK

The Last Stand

RULE CHANGE	In a Boss fight, other players may keep fighting after a character reaches 0 HP; if at least one survives, the Act counts as beaten, but the party cannot go on to the next Act (p.23).
TARGETS	Let a Boss fight continue after one character falls.
SUITS	Groups that want to finish a close Boss fight.
WATCH FOR	Agree before the Boss fight whether you use it.
DEBRIEF PROMPT	“Did finishing the fight together feel right?”

BGT HOUSE RULE · NOT AN OFFICIAL RULE

Reward readback

RULE CHANGE	When a player reveals card rewards, they may read the three choices aloud; others offer views only if asked, and the owner chooses or skips.
TARGETS	Keep reward choices easy to follow.
SUITS	Tables new to deckbuilding.
WATCH FOR	The owner always decides.
DEBRIEF PROMPT	“Did your reward choices feel like your own?”

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BGT HOUSE RULE · NOT AN OFFICIAL RULE

Ready check

RULE CHANGE	Before End of Turn, one player asks once whether everyone is done; anyone may say not yet without giving a reason.
TARGETS	Make the end of the shared turn clear.
SUITS	Groups that rush the shared turn.
WATCH FOR	A ready check is a question, not pressure.
DEBRIEF PROMPT	“Was everyone ready before the enemies acted?”

BGT ADAPTATIONS ARE NOT CONTENTION GAMES RULES

A BGT house rule is a facilitation adaptation written for this guide. It is not part of the official rules of Slay the Spire: The Board Game, and no publisher endorsement is asserted. Tell players when you are using one, and agree on it before play. Use one variation at a time so you can see what it changes.

Our game-specific agreement

We win or lose as a party. Talking strategy is allowed, and we ask what someone has rather than reading their hand. Each player chooses their own cards, rewards and campfire action. A lost fight is a game result, not a failure by a person. Advice is offered only when asked.

BGT session agreement: Pass skips optional reflection, not a legal turn. Pause offers a break; Fold halts the whole table immediately. Close unfinished if the Act I Boss is not beaten in the window. These are facilitation boundaries, not an official timed victory.

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SESSION PLANS BY ROLE

Session plan: host or teacher

WHO THIS PLAN IS FOR

For hosts, teachers and librarians choosing a game that fits their group. Offer a useful teach and an optional concrete conversation, not an assessment.

SEGMENT	TIME	WHAT TO DO
Welcome and fit	**5 min**	Check that everyone wants a cooperative game that can end in a shared loss before teaching. Agree Pass/Pause/Fold and the closing plan before teaching.
Teach and reset	**20 min**	Show one combat round with sample cards: reset Energy and Block, draw 5, roll the die, play two cards, then run the enemy action. Reset the samples first.
Play with choice	**85 min**	Offer reflection after a combat ends, never during the shared Player Turn or the Enemy Turn. A real Fold halts the whole table immediately. Let each player choose cards, rewards and paths; read text only on request.
Optional reflection	**12 min**	Which fight changed the climb most? Did we share plans fairly and kindly? Later rungs stay optional; accept a pass and no personal inference.
Close and reset	**3 min**	Name the actual ending or mark unfinished. Ask keep, try or leave. Record public process notes only, following your role and privacy duties.

Total: about 125 minutes. Shorten play before you shorten the agreements or the close.

Before you start

- ☐ Your copy of Slay the Spire: The Board Game is complete, and you have read the rulebook in your box.
- ☐ Seats let everyone see and reach the play area.
- ☐ The agreements card is printed or on display.
- ☐ You know which variation, if any, you will use, and you will name it before play.
- ☐ You know what your setting expects if someone needs support.

STAY INSIDE YOUR ROLE

Stay at the Board and Us rungs unless the group moves on by itself. If something personal comes up, listen, thank the person, and return to the game. If someone seems to need support, follow your setting's own procedure.

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SESSION PLANS BY ROLE

Session plan: coach

WHO THIS PLAN IS FOR

For coaches and team leads. Let participants choose a process to notice. Scores and decisions are not ratings of people or evidence of transfer outside play.

SEGMENT	TIME	WHAT TO DO
Choose a focus	**5 min**	Invite one voluntary focus on sharing a plan in words. Results are not ratings of people. Agree Pass/Pause/Fold and the closing plan before teaching.
Teach and reset	**20 min**	Show one combat round with sample cards: reset Energy and Block, draw 5, roll the die, play two cards, then run the enemy action. Reset the samples first.
Play with choice	**85 min**	Offer reflection after a combat ends, never during the shared Player Turn or the Enemy Turn. A real Fold halts the whole table immediately. Ask before giving a prompt; accept any legal play without asking why.
Optional reflection	**17 min**	Which fight changed the climb most? Did we share plans fairly and kindly? Later rungs stay optional; accept a pass and no personal inference.
Close and reset	**3 min**	Name the actual ending or mark unfinished. Ask keep, try or leave. Record public process notes only, following your role and privacy duties.

Total: about 130 minutes. Shorten play before you shorten the agreements or the close.

Before you start

- ☐ Your copy of Slay the Spire: The Board Game is complete, and you have read the rulebook in your box.
- ☐ Seats let everyone see and reach the play area.
- ☐ The agreements card is printed or on display.
- ☐ You know which variation, if any, you will use, and you will name it before play.
- ☐ You know what your setting expects if someone needs support.

STAY INSIDE YOUR ROLE

Keep the focus on the skill the group chose, not on judging individuals. Do not interpret game moves as evidence about a person. Life or Work links are optional and come from participants.

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SESSION PLANS BY ROLE

Session plan: licensed clinician

WHO THIS PLAN IS FOR

For licensed clinicians within their own training, consent, license and records practice. This session shape is not a treatment plan, diagnostic tool or clinical protocol.

SEGMENT	TIME	WHAT TO DO
Purpose and consent	**7 min**	Confirm consent for a fantasy combat theme within your own practice; do not read card choices or a loss as a clinical sign. Agree Pass/Pause/Fold and the closing plan before teaching.
Teach and reset	**20 min**	Show one combat round with sample cards: reset Energy and Block, draw 5, roll the die, play two cards, then run the enemy action. Reset the samples first.
Play with choice	**85 min**	Offer reflection after a combat ends, never during the shared Player Turn or the Enemy Turn. A real Fold halts the whole table immediately. Notice upset after a lost fight; offer Pause without needing an explanation.
Optional reflection	**15 min**	Which fight changed the climb most? Did we share plans fairly and kindly? Later rungs stay optional; accept a pass and no personal inference.
Close and reset	**3 min**	Name the actual ending or mark unfinished. Ask keep, try or leave. Record public process notes only, following your role and privacy duties.

Total: about 130 minutes. Shorten play before you shorten the agreements or the close.

Before you start

- ☐ Your copy of Slay the Spire: The Board Game is complete, and you have read the rulebook in your box.
- ☐ Seats let everyone see and reach the play area.
- ☐ The agreements card is printed or on display.
- ☐ You know which variation, if any, you will use, and you will name it before play.
- ☐ You know what your setting expects if someone needs support.

STAY INSIDE YOUR ROLE

This guide is not a treatment plan, assessment, or outcome measure. Use it only where it fits your license, training, and setting. Consent, clinical fit, confidentiality, and documentation remain your responsibility.

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SESSION PLANS BY ROLE

A three-session series

For groups that meet more than once. Each session uses the core plan in this guide; the series only changes the setup and the debrief focus. Skip or repeat a session whenever the group needs it.

SESSION	SETUP	DEBRIEF FOCUS
Learn a round	Act I with the easier characters.	Board: cards, enemies, rewards.
Protect choices	Repeat with the ready check.	Self/Us: ask before advising.
Choose scope	Try another character or Choose Your Relic.	Extension: keep a friendly planning agreement.

Between sessions

- Use the title-specific session log for setup, public process and actual ending. Never turn it into a ranking, diagnosis or promised progress measure.
- Open each session by asking what people remember from last time. Passing is fine.
- Change only one thing at a time: one variation or one new rule.
- Close the series by asking what the group would like to keep doing together.

A NOTE ON PROGRESS

A series gives a group more practice with the same game. It does not promise any change outside the game. If a participant names a change they have noticed, that is their observation to share or keep.

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FACILITATE WITH DEPTH

Facilitator prompt bank

Pick one or two prompts, not all of them. Offer reflection after a combat ends, never during the shared Player Turn or the Enemy Turn. A real Fold halts the whole table immediately. Every prompt can be passed.

BEFORE PLAY

"Which character does each player want?"

"Are we playing Act I only?"

"What reading support is wanted?"

"Which visible signal means Fold?"

BETWEEN TURNS

"How is everyone's HP?"

"Was every reward choice its owner's?"

"Is the pace still comfortable?"

"Is everyone comfortable continuing?"

AFTER A HARD MOMENT

"Is that a game event or a remark about a person?"

"Would a short break help?"

"Did anyone ask for advice?"

"Would we rather pause or close unfinished?"

CLOSING

"Did we beat the Act I Boss?"

"If we close now, do we record unfinished?"

"Which agreement helped most?"

"What would you keep, change or leave?"

HOW TO ASK

Ask the whole table, then wait. Accept short answers and silence. Reflect what you heard in the participant's words, not yours. If a prompt lands badly, say so, and move on.

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FACILITATE WITH DEPTH

Debrief question bank

Extra questions for each rung of the five-rung debrief. Use them to replace or follow the core question, one rung at a time. The later rungs stay optional, and the Life or Work questions are always offered as a choice.

BOARD

- Which card did you play most?
- Which fight surprised the party?
- Which path did we take?

SELF

- Were the cards readable?
- Did a hard fight bother you?
- Was the length right?

US

- Did we share plans fairly?
- Did advice stay invited?
- Did each player own their deck?

LIFE OR WORK

- If you choose: how do you ask for help?
- If you choose: how do you offer help without taking over?
- If you choose: how do you plan with others at the same time?

EXTENSION

- Would you try another character next?
- Would The Last Stand suit us later?
- Would you choose this game again?

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FACILITATE WITH DEPTH

Adapting for ages, group sizes, and access

Ages

Rating boundary	The Contention Games product page lists ages 12+; the selected rulebook prints no age.
Reading load	Read one starter card and the player board together first.
Theme readiness	Fantasy combat themes may fit differently.
Requested support	Agree literal readback without choosing cards.

Group sizes

1 player	Solo adds the Loaded Die relic (p.4).
2 players	One character each.
3 or 4 players	One character each, as written.
More than 4	Choose another activity.

Accessibility

Vision	Read card text and enemy actions aloud on request.
Hearing	Announce the die result and enemy actions clearly.
Motor	A helper moves cubes and cards as directed.
Language	Teach one combat round with sample cards first.
Attention	Offer breaks after a combat.

The Contention Games product page lists ages 12+; the selected rulebook prints no age. Readiness, theme and access notes are facilitation choices, not publisher requirements. Agree on any adaptation before play and name it as an adaptation. Nobody has to disclose a disability or explain a need to the group.

Choice and support agreement

We win or lose as a party. Talking strategy is allowed, and we ask what someone has rather than reading their hand. Each player chooses their own cards, rewards and campfire action. A lost fight is a game result, not a failure by a person. Advice is offered only when asked.

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FACILITATE WITH DEPTH

Troubleshooting

Common problems at the table, with something to try first. If a fix does not work, stop the session rather than forcing play. A short good game beats a long hard one.

IF THIS HAPPENS	TRY THIS
Energy above 6	You can have at most 6 Energy at once.
Die rolled twice in a round	One die result sets all die effects for the round.
Looking at another hand	Ask in words, as the rulebook suggests.
Potion passed during combat	Potions can be given only outside combat.
A fourth potion kept	Each player holds at most 3 potions.
Reward taken without choice	Every reward may be skipped.
Party continues after a character falls	The game ends in defeat unless you use The Last Stand.
Window ends early	Record unfinished; do not declare a result.

WHEN TO END PLAY

Signals: say “pass” to skip optional reflection, not an invented game move, “pause” for a break, and “fold” to stop taking part, or use the agreed card or gesture. If anyone folds, halt play at once. Check in privately, not in front of the group, and offer choices: a break, watching, changing the activity, or ending. The game can end without a deep debrief, and no one owes an explanation.

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ONE-PAGE DESK CARD

Slay the Spire: The Board Game: quick guide

Standalone printable desk card. Print this page for the facilitator's seat. The game is supplied separately.

BEFORE

Show one combat round with sample cards: reset Energy and Block, draw 5, roll the die, play two cards, then run the enemy action. Reset the samples first. Agree Pass for optional reflection, Pause for a break and Fold to halt play immediately for the whole table, plus a visible signal. These are session agreements, not new game actions.

SAY

> *"We play the Contention Games rules, Act I only. We talk about plans in words and never take a card for someone. Pass skips reflection, not a turn. Pause offers a break; Fold halts play and we close unfinished."*

DURING

After a combat: "Which card or choice helped the party most?"

After a campfire: "Was the Rest or Smith choice clear?"

At close: "Did we beat the Act I Boss, or is this unfinished?"

DEBRIEF IN ORDER

1. Board: Which fight changed the climb most?
2. Self: Did you have enough time to plan your turn?
3. Us: Did we share plans fairly and kindly?
4. Life or Work: If you choose: how do you ask a group for help?
5. Extension: Which table agreement would you keep next time?

> FOLD: to stop taking part, say "fold" or use the agreed signal. PASS: say Pass to skip reflection without explaining; in-game decisions still follow the matched rulebook. PAUSE: say "pause." NO INFERENCE: ask participants what, if anything, a game moment means to them.

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PRINTABLE · TABLE AGREEMENTS

Our table agreements for Slay the Spire: The Board Game

Print and place in the middle of the table, or read aloud before play.

PASS

Skip a question or a share. No reason needed.

PAUSE

Take a break. The table waits.

FOLD

Stop taking part. Play halts for the whole table, and no one asks why.

We agree that

☐ We win or lose as a party. Talking strategy is allowed, and we ask what someone has rather than reading their hand. Each player chooses their own cards, rewards and campfire action. A lost fight is a game result, not a failure by a person. Advice is offered only when asked.

☐ Game moves are game moves. We ask what something meant instead of guessing.

☐ Play halts if anyone folds, and we check in quietly, not in front of everyone.

☐ Sharing is a choice. We ask each other to respect what is shared, but other participants cannot promise confidentiality, so share only what you are comfortable with. The facilitator will explain how privacy works here, including any legal, clinical, or safeguarding duties that come first.

☐ Our nonverbal signal is: _____

Our adaptations today

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PRINTABLE · SESSION PLANNING SHEET

Session planning sheet: Slay the Spire: The Board Game

Date	Group	Players	Time available

MY ROLE TODAY

☐ Host or teacher ☐ Coach ☐ Licensed clinician, within my license

TARGET (T)

Which shared planning moment will we notice?

ASSESS (A)

Combat theme comfort, reading load and player count

BUILD (B)

Contention Games rules, Act I only, no Ascension

LEAD (L)

How will I avoid steering anyone's deck?

EXTRACT AND EXTEND (E)

Which public moment and optional prompt will we revisit?

IF TIME RUNS SHORT

Close unfinished if the Act I Boss is not beaten in the window

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PRINTABLE · TRACKER

Climbs and fights log

Record characters, player count, public moments and the actual ending. Do not rate deck skill.

SESSION	COUNT / CHARACTERS	PUBLIC MOMENT	ENDING	NEXT AGREEMENT
1				
2				
3				
4				
5				
6				
7				
8				

House printable for voluntary process notes, not an assessment or a replacement for required records. Do not retain private content or infer traits.

After-session notes (for the facilitator)

Note how the session ran, not judgments about people. If your role requires records, follow your own setting's rules instead of this sheet.

What went well, and where did the plan not fit?

Rules, setup, or access changes for next time

Next session I will try (variation, prompt, or timing)

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R

REPRODUCIBLE SHEET · SLAY THE SPIRE: THE BOARD GAME

Participant Reflection

Name or group (optional): _____ Date: _____ Game: Slay the Spire: The Board Game

Use only if a written reflection fits the setting. You decide whether to share or submit this sheet. Your facilitator will explain any collection or storage before use. A spoken or drawn reflection works too. The five response boxes are fillable on screen.

My choice: keep this private / share a part / pass.

BOARD

Which fight changed the climb most?

SELF

Did you have enough time to plan your turn?

US

Did we share plans fairly and kindly?

LIFE OR WORK

If you choose: how do you ask a group for help?

EXTENSION

Which table agreement would you keep next time?

You can pass on any prompt. Leave it blank, write “pass,” or draw instead. No reason needed. Play is a prompt for reflection, not proof about a person.

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Independent companion

The game's name, its designers (Gary Dworetsky, Anthony Giovannetti and Casey Yano), and its publisher are given only to identify the game. This guide is not affiliated with, endorsed by, or sponsored by Contention Games, Mega Crit, or any rights holder. Slay the Spire and related names may be trademarks of Mega Crit and are used here only to identify the game.

Sources

Publisher-authored Contention Games rulebook for Slay the Spire: The Board Game (PDF created 2024-03-23), hosted on the Contention Games site and found by search; the product page contentiongames.com lists 1 to 4 players and ages 12+. 24 pages. A later Asmodee reprint file (v 2.30) was compared and holds every cited line. The rulebook prints no age. https://contentiongames.com/_images/STS_KS_Rulebook.pdf (retained November 9, 2026; SHA-256 4507546fcb8e72eb7228cf9aabaff443f696b76df1b5f04c0c01ee1a8228ce50). This is a facilitation summary, not a replacement for the matched rulebook. Check the rulebook in your box for your printing. Variations marked "Official variant" appear in that source, and variations marked "From the rulebook" use a setting, recommendation, or practice the rulebook describes rather than a separate variant. Variations marked "BGT house rule" are original adaptations and are not official rules. Session plans, prompt banks, adaptation notes, troubleshooting, and printables are original facilitation material written for this guide.

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Scope and evidence boundary

This is a facilitation guide for structured play. It does not diagnose anyone, and the game is not therapy by itself. Board Game Therapy is not inherently psychotherapy. This product is an educational and facilitation resource for structured play and optional reflection. It is not a psychological assessment, screening tool, diagnosis, validated outcome measure, treatment plan, or treatment protocol, and no educational, social, behavioral, or clinical outcome is guaranteed. Teachers, coaches, hosts, and other facilitators work within their own role and their organization's policies. Licensed professionals who use it in clinical services remain responsible for clinical fit, informed consent, confidentiality, documentation, and the standards of their license.

Evidence. Research on board games covers many games, settings, and populations, with real methodological limits. Two general reviews: Gauthier, A., et al. (2019). Board Games for Health: A Systematic Literature Review and Meta-Analysis. Games for Health Journal, 8(2), 85-100. doi.org/10.1089/g4h.2018.0017. Noda, S., Shirotsuki, K., & Nakao, M. (2019). The effectiveness of intervention with board games: a systematic review. BioPsychoSocial Medicine, 13, 22. doi.org/10.1186/s13030-019-0164-1. Neither review evaluated the TABLE Method™ or this product. The TABLE Method™ and these variations are practice guidance, not a validated intervention. Nothing here promises that what happens in the game will carry over elsewhere.

> If someone is in distress, end the game and use the support your setting already names. In a crisis, contact local emergency services or a crisis line.

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