



Play Therapy Interventions to Enhance Resilience (Creative Arts and Play Therapy)

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The importance of therapeutic play in helping children recover from adversity has long been recognized. This unique volume brings together experts on resilience, trauma, and play therapy to describe effective treatment approaches in this key area. The book begins by providing guiding principles for intervention and describing the specific properties of play that promote resilience. Subsequent chapters delve into clinical applications, including such strategies as storytelling and metaphors, sand play, art therapy, play therapy adaptations for school settings, group interventions, and the use of therapeutic writing. Rich case studies and vignettes demonstrate creative ways to bolster at-risk children's strengths and enhance their natural capacity to thrive.

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Editorial Review

Review

"What an amazing book! This book reflects the belief that all children can rebound from significant setbacks, and the best way to reach them is through their hands and their hearts, making play therapy the ideal treatment modality. Rather than seeking to ameliorate symptoms, the practitioners in this book aspire to find, nurture, and expand children's 'islands of competence.' Even play therapists who have been practicing for years will learn a great deal from the resilience perspective. Chapter 1 alone is worth the price of the entire book."--Maurice J. Elias, PhD, Department of Psychology, Rutgers, The State University of New Jersey

"A timely and impressive book that guides practitioners and students to use play as a mechanism to promote resilience in children. Helping young people develop a resilient mindset will equip them with the skills necessary to overcome bullying, grief, loss, trauma, and other adversities. The chapters are all written from a strengths-based perspective. I recommend this book for courses in school psychology, child clinical psychology, school counseling, and school social work. It is an indispensable tool for graduate students learning to conduct play therapy with children and a 'must-have' addition to the bookshelf of any child clinician."--Susan M. Swearer, PhD, Willa Cather Professor of Educational Psychology, University of Nebraska-Lincoln

"The volume provides readers an opportunity to see how expert play therapists foster hope and resilience in the lives of children who have experienced trauma and other adversities. It will appeal not only to seasoned clinicians with an interest in play therapy, but also to graduate students and interns. I am grateful to the expert editors and contributors for this valuable resource."--Mark Katz, PhD, Learning Development Services, San Diego, California

"Provides unique and valuable methods to harness the protective factors so vital for resilience. The book builds an excellent bridge between theory and practice."--Jack A. Naglieri, PhD, Research Professor, University of Virginia; Senior Research Scientist, Devereux Center for Resilient Children

"Clinicians will discover this book inspires and supports their belief in the capacity of all people to find their way to recognition of their competencies--even in settings where the messages from others would declare otherwise."

(Play Therapy Magazine 2015-12-01)

"This breakthrough book explores the newest play therapy techniques and interventions offered by experts in the field....The book is rich with new ideas and play therapy methods to facilitate healing and wellness, while bolstering the child's intrinsic resources, for optimal recovery and growth....If you are looking for a truly exceptional, clinically-sound, reference guide that offers unique resilience-focused applications for play therapy interventions with children, I strongly recommend this for your professional collection. Unlike other offerings in this area, this book sets itself apart by design. Far too much of the professional literature is devoted to simply discussing trauma cases. Instead, this book focuses on the more positive aspects of the therapeutic equation such as the resilience, strength, and 'islands of competence' in children, as well as their

unbelievable optimism and spirit....This one-of-a-kind reference puts theoretical concepts into practice and will no doubt be an asset for anyone involved in play therapy and mental health interventions with children.

(Doody's Review Service 2015-08-28)

About the Author

David A. Crenshaw, PhD, ABPP, RPT-S, is Clinical Director of the Children's Home of Poughkeepsie, New York. A Fellow of the American Psychological Association and of its Division of Child and Adolescent Psychology, he is past president of the Hudson Valley Psychological Association, which honored him with its Lifetime Achievement Award, and of the New York Association for Play Therapy. Dr. Crenshaw served on the editorial board of the *International Journal of Play Therapy*; taught graduate play therapy courses at Johns Hopkins University; and has published widely on child therapy, child abuse and trauma, and resilience in children. His books include *Creative Arts and Play Therapy for Attachment Problems* (coedited with Cathy A. Malchiodi) and *Play Therapy: A Comprehensive Guide to Theory and Practice* (coedited with Anne L. Stewart).

Robert Brooks, PhD, ABPP, is Assistant Clinical Professor of Psychology in the Department of Psychiatry at Harvard Medical School and former Director of the Department of Psychology at McLean Hospital. He has lectured nationally and internationally and written extensively about such topics as resilience, psychotherapy, and positive school and work environments. Dr. Brooks has coauthored or coedited numerous books with Sam Goldstein, including *Handbook of Resilience in Children, Second Edition*; *Raising Resilient Children*; and *The Power of Resilience*. He has received numerous awards in recognition of his work on behalf of children and their families, especially in the area of resilience.

Sam Goldstein, PhD, is Assistant Clinical Instructor in the Department of Psychiatry at the University of Utah School of Medicine and on staff at the University Neuropsychiatric Institute. He is also Clinical Director of the Neurology, Learning, and Behavior Center in Salt Lake City. Dr. Goldstein is Editor-in-Chief of the *Journal of Attention Disorders* and serves on the editorial boards of six journals. He is author or editor of more than 50 books and 100 scholarly publications, as well as several psychological tests. He has lectured to thousands of professionals and the lay public in the United States, South America, Asia, Australia, and Europe.

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