



Game Play: Therapeutic Use of Childhood Games

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The long-awaited revision of the only book on game play available for mental health professionals

Not only is play a pleasurable, naturally occurring behavior found in humans, it is also a driving force in our development. As opposed to the unstructured play often utilized in psychotherapy, game playing invokes more goal-directed behavior, carries the benefits of interpersonal interaction, and can perform a significant role in the adaptation to one's environment.

This landmark, updated edition of Game Play explores the advantages of using games in clinical- and school-based therapeutic interventions with children and adolescents. This unique book shows how playing games can promote socialization, encourage the development of identity and self-esteem, and help individuals master anxiety-while setting the stage for deeper therapeutic intervention in subsequent sessions.

Game Play

Therapeutic Use of Childhood Games

Second Edition

Features:

- * New chapters on games in family therapy and games for specific disorders
- * Techniques and strategies for using game play to enhance communication, guidance, and relationships with clients
- * The different types of therapeutic games, elaborating on their various clinical applications



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