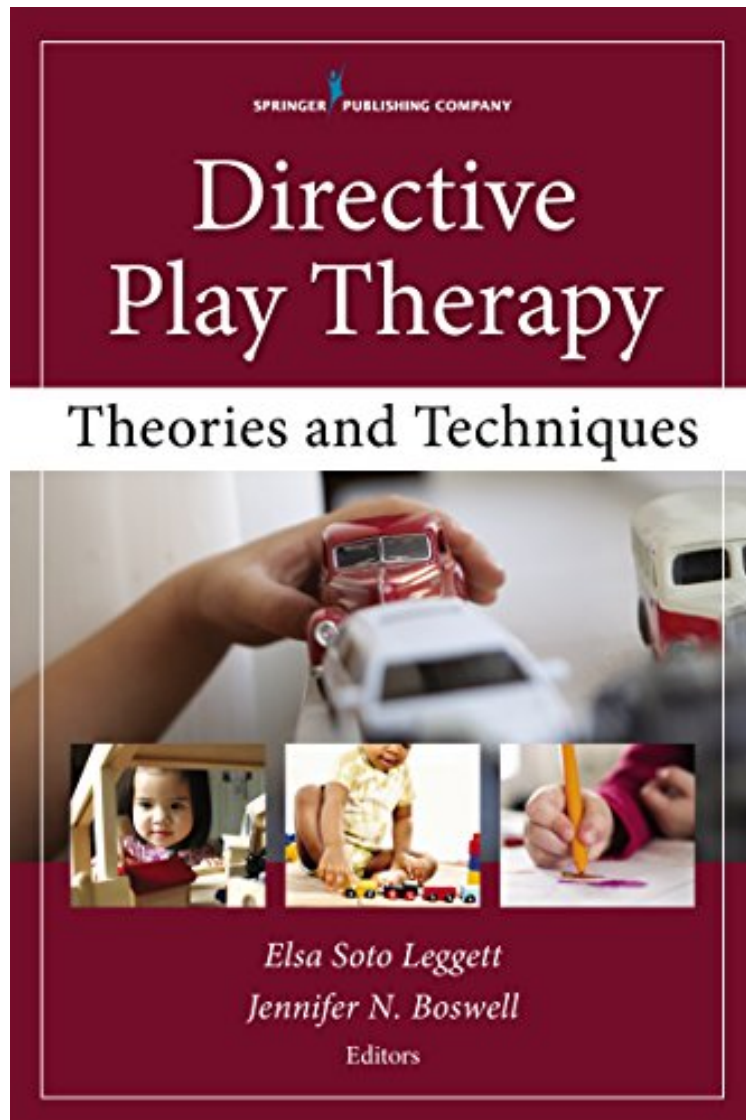


(Download ebook) Directive Play Therapy: Theories and Techniques

Directive Play Therapy: Theories and Techniques

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From Springer Publishing Company : Directive Play Therapy: Theories and Techniques before purchasing it in order to gauge whether or not it would be worth my time, and all praised Directive Play Therapy: Theories and Techniques:

Structured, therapist-led approaches to play therapy are becoming increasingly popular due to their time-limited nature and efficacy for such specific disorders as trauma and attachment issues. This is the first book to provide comprehensive coverage of numerous directive play therapy techniques and interventions that are empirically

validated and can be adapted for use in clinical, school, group, and family settings. Designed for both students and practitioners, the text addresses the theoretical bases for these approaches and provides in-depth, practical guidance for their use. The book describes how directive play therapies differ from nondirective therapies and illustrates best practices in using directive techniques. It examines such diverse approaches as cognitive behavioral, solution focused, sensorimotor, and the use of creative arts in play therapy. Each approach is covered in terms of its theoretical foundation, research basis, specific techniques for practice, and a case example. The text describes how to adapt directive play therapy techniques for use in various contexts, such as with families, in groups, and in schools. Helpful templates for treatment planning and case documentation are also included, making the book a valuable resource for both training courses and practicing professionals in play therapy, clinical mental health counseling, child counseling, school counseling, child and family social work, marriage and family therapy, and clinical child psychology. Key Features: Delivers step-by-step guidance for using directive play therapy techniques--the first book to do so Addresses theoretical basis, research support, and practical techniques for a diverse range of therapies Covers varied settings and contexts including school, clinical, group, and family settings Includes case studies Provides templates for treatment planning and case documentation

About the Author Elsa Soto Leggett, PhD, LPC-S, RPT-S, is Associate Professor at the CACREP-accredited program in counseling, University of Houston-Victoria, where she serves as the Chair of Education Leadership and Counseling Department and Program Coordinator of for the Counselor Education program. The current immediate past President of the Association of Child and Adolescent Counseling, Dr. Leggett has also served as the President of the Texas Association for Counselor Education and Supervision. She has contributed original research and book reviews to such peer-reviewed journals as *Psychology in the Schools*, *The Family Journal*, *Journal of Creativity in Mental Health*, and *ACA Vistas*, and has contributed chapters to a wide range of books, including *Art and Creative Development for Young Children*, 8th ed.; *Integrating the Expressive Arts into Counseling Practice: Theory Based Interventions*; *ACA Encyclopedia of Counseling*; and *Critical Incidents in Counseling Children*. She also and serves on the editorial review board of *Journal of Child and Adolescent Counseling*. Dr. Leggett has presented numerous workshops and talks to national and regional audiences on such topics as school counseling, directive play therapy, solution-focused counseling, and counseling children and youth. Jennifer N. Boswell, PhD, LPC-S, NCC, RPT, is an assistant professor at the CACREP-accredited program in Counselor Education, University of Houston-Victoria (UHV). A licensed professional counselor supervisor in Texas, she is also a registered play therapist. Dr. Boswell teaches a wide range of courses at UHV, including *Counseling Techniques*, *Counseling Couples and Families*, *Introduction to Play Therapy*, *Child and Adolescent Counseling*, and *Program Evaluation*. Her research focuses on play therapy, religious issues in counseling, counseling supervision, and engaging clients and families in counseling. She is the assistant editor of *Mentoring and Tutoring* and serves on the editorial review board of the *Journal of Child and Adolescent Counseling*. Dr. Boswell has published numerous peer-reviewed articles in *International Journal of Play Therapy*, *Journal of Counseling and Development*, *Professional Issues in Counseling*, *The Family Journal*, *Counseling and Values*, *Mental Health, Religion and Culture*, *The Journal of Creativity in Mental Health*, and *Journal of Individual Psychology*. She has made numerous presentations at national, regional, and state associations related to counseling, play therapy, education, and Adlerian psychology.