



# Integrative Play Therapy

*Athena A. Drewes, Sue C. Bratton, Charles E. Schaefer*

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An integrative approach to play therapy blending various therapeutic treatment models and techniques

Reflecting the transition in the field of play therapy from a "one size fits all" approach to a more eclectic framework that integrates more than one perspective, Integrative Play Therapy explores methods for blending the best theories and treatment techniques to resolve the most common psychological disorders of childhood.

Edited by internationally renowned leaders in the field, this book is the first of its kind to look at the use of a multi-theoretical framework as a foundation for practice.

With discussion of integrative play treatment of children presenting a wide variety of problems and disorders—including aggression issues, the effects of trauma, ADHD, anxiety, obsessive-compulsive disorders, social skills deficits, medical issues such as HIV/AIDS, and more—the book provides guidance on:

- Play and group therapy approaches
- Child-directed play therapy with behavior management training for parents
- Therapist-led and child-led play therapies
- Cognitive-behavioral therapy with therapeutic storytelling and play therapy
- Family therapy and play therapy
- Bibliotherapy within play therapy

An essential resource for all mental health professionals looking to incorporate play therapy into treatment, Integrative Play Therapy reveals unique flexibility in integrating theory and techniques, allowing practitioners to offer their clients the best treatment for specific presenting problems.

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