Foundations of Play Therapy

Book Review

Comprehensive coverage of the major theoretical models of play therapy. Foundations of Play Therapy is a complete guide to the many diverse approaches to play therapy methods used in clinical practice with children, adolescents, and adults. Edited by Charles Schaefer, a leader in the field, and featuring an expert panel of contributors, this comprehensive reference provides detailed descriptions of all of the major theoretical models of play therapy and offers the reader practical examples of how to apply each model in practice. Top experts in the field present up-to-date and insightful coverage of the fourteen major theories of play therapy: Psychoanalytic, Cognitive Behavioral, Jungian, Family, Adlerian, Group, Child-centered, Ecosystemic, Filial, Phenomenological, Gestalt, Object Relations, Attachment-oriented, Prescriptive. Foundations of Play Therapy is a valuable resource for psychologists, counselors, social workers, school counselors, and an essential text for training students and professionals interested in the field of play therapy.

My Personal Review:
This book is a good one to pick up for anyone who is either in training to become or is a therapist looking to continue their education in the area. My area of focus is not in children, however, as many of us know you inevitably do some types of family work over the course of your career. This book gave wonderful background, examples, and case examples of techniques. It is a quick and easy read. For those persons who have children at home it is even a nice hint in how to handle some issues that may arise.

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