



## Play Therapy with Adults

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Learn how to incorporate adult play therapy into your practice with this easy-to-use guide

In the Western world there has been a widening belief that play is not a trivial or childish pursuit but rather a prime pillar of mental health, along with love and work. *Play Therapy with Adults* presents original chapters written by a collection of international experts who examine the diverse approaches and clinical strategies available for successfully incorporating play therapy into adult-client sessions.

This timely guide covers healing through the use of a variety of play therapy techniques and methods. Various client groups and treatment settings are given special attention, including working with adolescents, the elderly, couples, individuals with dementia, and clients in group therapy.

Material is organized into four sections for easy reference:

- \* Dramatic role play
- \* Therapeutic humor
- \* Sand play and doll play
- \* Play groups, hypnoplay, and client-centered play

*Play Therapy with Adults* is a valuable book for psychologists, therapists, social workers, and counselors interested in helping clients explore themselves through playful activities.

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