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Playful Approaches to Serious Problems. Jennifer Freeman, David Epston, Dean Lobovits . New York, NY: W. W. Norton; 1997. 321. CA \$45.00. Sydney NS. Author information Copyright and License information . Copyright © 2005 Canadian Academy of Child and Adolescent Psychiatry. This book proved to be an interesting read. The stories of the children tackling their various problems offer a refreshing view into the mind of the children involved as well as the thoughts of the family.

### *Playful Approaches to Serious Problems*

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*9780393702293: Playful Approaches to Serious Problems ...*

BORIS JOHNSON has announced a new national lockdown this evening as the UK's coronavirus caseload officially passed the one million mark. Boris Johnson introduced new nationwide curbs that wi...

Tells how to help children use play activities to gain perspective on their difficulties

Use of letter-writing in family therapy.

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Showcasing approaches as creative and playful as young clients themselves, the book presents therapy as a dialogue of discovery. Through transcripts and compelling case examples, contributors illuminate how drama, art, play, and humor can be used effectively to engage with children of different ages, and to honor their idiosyncratic language, knowledge, and perspective.

Recognizing the power of children's imaginations in narrative therapy. Therapists may marvel at children's imaginative triumphs, but how often do they recognize such talents as vital to the therapy hour? Should therapists reserve a space for make-believe only when nothing is at stake, or might it be precisely those moments when something truly matters that imagination is most urgently needed? This book offers an alternative to therapeutic perspectives that treat children as vulnerable and helpless. It invites readers to consider how the imaginative gifts and knowledge of children, when supported by the therapist and family, can bring about dramatic change. The book begins with an account of the foundations of narrative theory. It explains how such elements as language, characterization, and suspense contribute to the coherence of a story and bring young people into focus. Each subsequent chapter provides specific suggestions for the practice of narrative therapy. Examples of the difficulties children face are offered, along with narrative interventions and tips for overcoming common barriers that can arise along the way. Readers will learn a variety of ready-to-implement strategies, including how to personify problems, compose letters to affirm children's identities, summon fairies to lend a helping hand, and many more. Sample dialogues between the authors, children, and their parents bring the application of each practice to life, illuminating how even the most stubborn problem can be outwitted, sometimes by mischievous means. With robust professional insight, *Narrative Therapy in Wonderland* will aid any practitioner in calling on children's imaginative know-how. How often can a young person be spotted diving headlong into a world of fantasy? This book explores the extraordinary fact that these young people may, upon arrival in Wonderland, be far better equipped to take on even dire challenges than when they remain "up above."

Help students shed negative labels and develop healthy behaviors! This updated edition will assist students in narrating stories that "redescribe" who they are and who they can be.

Parents have heard that play is a child's work—but play is not for kids only. As psychologist Lawrence J. Cohen, Ph.D., demonstrates in this delightful new book, play can be the basis for an innovative and rewarding approach to parenting. From eliciting a giggle during baby's first game of peek-a-boo to cracking jokes with a teenager while hanging out at the mall, *Playful Parenting* is a complete guide to using play to raise strong, confident children. Have you ever stepped back to watch what really goes on when your children play? As Dr. Cohen points out, play is children's complex and fluid way of exploring the world, communicating hard-to-express feelings, getting close to those they care about, working through stressful situations, and simply blowing off steam. That's why "playful parenting" is so important and so successful in building strong, close bonds between parents and children. Through play we join our kids in their world. We help them express and understand deep emotions, foster connection, aid the process of emotional healing--and have a great time ourselves while we're at it. Anyone can be a playful parent--all it takes is a sense of adventure and a willingness to let down your guard and try something new. After identifying why it can be hard for adults to play, Dr. Cohen discusses how to get down on the floor and join children on their own terms. He covers games, activities, and playful interactions that parents can enjoy with children of all ages, whether it's gazing deep into a baby's eyes, playing

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chase with a toddler, fantasy play with a grade schooler, or reducing a totally cool teenager to helpless laughter. Playful Parenting also includes illuminating chapters on how to use play to build a child's confidence and self-esteem, how to play through sibling rivalry, and how play can become a part of loving discipline. Written with love and humor, brimming with good advice and revealing anecdotes, and grounded in the latest research, Playful Parenting will make you laugh even as it makes you wise in the ways of being a happy, effective, enthusiastic parent.

Solution-Focused Therapy with Children and Adolescents offers mental health professionals an integration of creative and playful approaches and solution-focused therapy. The author presents developmentally appropriate and expressive alternatives to oral communication including sandtray, writing, puppetry, drawing and coloring, photography, and music. The text presents an overview of strength-based and creative approaches with a focused examination of the philosophy and process of solution-focused therapy, then divides chapters into specific stages of therapy—beginnings, searching for treasure, setting goals, and ending the session—with creative techniques offered in each section. The final chapter addresses working with children and adolescents in solution-focused groups, including how to set up groups and progress through different group stages, presenting specific techniques and activities focused on each stage of the group process.

“The most helpful book on childhood anxiety I have ever read.”—Michael Thompson, Ph.D. Whether it's the monster in the closet or the fear that arises from new social situations, school, or sports, anxiety can be especially challenging and maddening for children. And since anxiety has a mind of its own, logic and reassurance often fail, leaving parents increasingly frustrated about how to help. Now Lawrence J. Cohen, Ph.D., the author of Playful Parenting, provides a special set of tools to handle childhood anxiety. Offering simple, effective strategies that build connection through fun, play, and empathy, Dr. Cohen helps parents • start from a place of warmth, compassion, and understanding • teach children the basics of the body's “security system”: alert, alarm, assessment, and all clear. • promote tolerance of uncertainty and discomfort by finding the balance between outright avoidance and “white-knuckling” through a fear • find lighthearted ways to release tension in the moment, labeling stressful emotions on a child-friendly scale • tackle their own anxieties so they can stay calm when a child is distressed • bring children out of their anxious thoughts and into their bodies by using relaxation, breathing, writing, drawing, and playful roughhousing With this insightful resource of easy-to-implement solutions and strategies, you and your child can experience the opposite of worry, anxiety, and fear and embrace connection, trust, and joy. Praise for The Opposite of Worry “The Opposite of Worry is an informative resource for parents and other family members. The book is easy to read, comprehensive and notable for its many practical suggestions.”—New England Psychologist “Good advice for parents making daily calls to the pediatrician . . . Anxiety is a full-body sport, and Cohen's main advice is not to treat it with words but with actions. . . . Physicality is about living in the present, and for anxious people, the present is a powerful place of healing. Intended for parents of children ages 3 to 15, this book offers anecdotes and fun anti-anxiety games.”—Publishers Weekly “Here's the help parents of anxious children have been looking for! Dr. Cohen's genius is in the warm and generous spirit of the strategies he outlines for parents. He grounds his playful approach in a sound explanation of how anxiety affects children, and how they heal. Parents will come away with plenty of ideas to help them develop their children's confidence. While reading, I found myself thinking, ‘I'd like to try that for myself!’”—Patty Wipfler, founder and program director, Hand in Hand Parenting “If you want to understand your child's anxiety—and your own parental worries—you must read Larry Cohen's brilliant book, The Opposite of Worry. Dr.

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Cohen is one of the most imaginative and thoughtful psychologists you will ever encounter. He explains how and why children become anxious and then shows how we can use empathy and play to help them escape from the terrifying dark corners of childhood.”—Michael Thompson, Ph.D. “The Opposite of Worry offers a treasure trove of ideas to help children feel confident and secure. Lawrence Cohen has written a book that will help every parent of an anxious child.”—Aletha Solter, Ph.D., founder, Aware Parenting, and author of Attachment Play

For psychotherapy students, teachers, and practitioners, this book describes the clinical application of the growing body of ideas and practices that has come to be known as narrative therapy. Clear and compelling demonstrations of narrative therapy practice, rich in case examples and creative strategies, are at the heart of this book.

‘I enjoyed this book, and think that it should find a grateful and attentive readership in the practical field as well as being a central text in academic settings. It will also be well received by those, like myself, for whom the interest is more in deconstructing than psychotherapy’ - Dialogues This book takes the discursive and postmodern turn in psychotherapy a significant step forward and will be of interest to all those working in mental health who are concerned with challenges to oppression and processes of emancipation. It achieves this by: reflecting on the role of psychotherapy in contemporary culture; developing critiques of language in psychotherapy that unravel its claims to personal truth; and the reworking of a place in the transformative therapeutic practice. Deconstruction is brought to bear on the key conceptual and pragmatic issues that therapists and clinical psychologists face, and the project of therapy is opened up to critical attention and reconstruction. The book provides clear reviews of different viewpoints and will help readers to understand the complex terrain of debates.

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