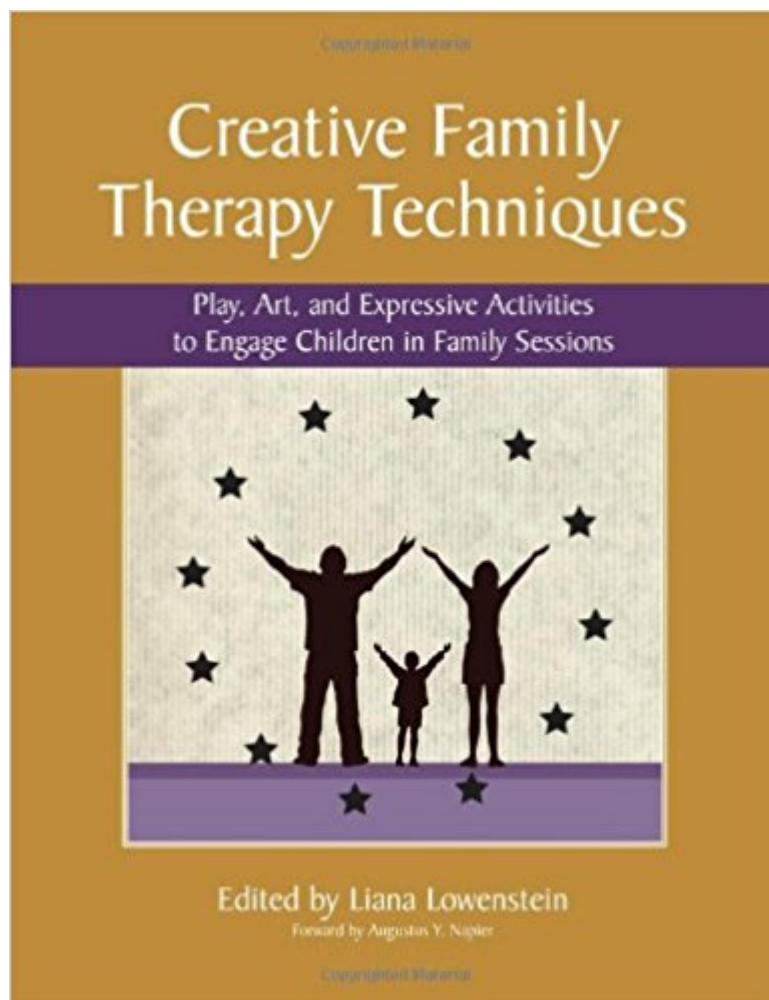


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# Creative Family Therapy Techniques: Play, Art, And Expressive Activities To Engage Children In Family Sessions



## Synopsis

Bringing together an array of highly creative contributors, this comprehensive resource presents a unique collection of assessment and treatment techniques. Contributors illustrate how play, art, drama, and other approaches can effectively engage families and help them resolve complex problems. Practitioners from divergent theoretical orientations, work settings, or client specializations will find a plethora of stimulating and useable clinical interventions in this book.

## Book Information

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## Customer Reviews

Engaging children in the therapy process is often one of the most challenging tasks of the family therapist. Liana Lowenstein has edited a wonderful compendium of helpful family therapy interventions, activities, and techniques for use with children. Drawn from the experiences of in-the-trenches therapists, and unlike most books on family therapy, this book will be immediately useful for all levels of practicing family therapists. ----Terry S. Trepper, PhD, Professor of Psychology, Purdue University Calumet, Editor, Journal of Family Psychotherapy This comprehensive collection contains a wealth of innovative ideas for involving children in family therapy sessions. The techniques are easy to understand and readily implemented in a variety of settings. The interventions are classified into sections so therapists can easily select and apply them. A valuable resource for mental health professionals who work with families. ----Charles E. Schaefer, PhD, RPT-S, Professor Emeritus of Psychology, Fairleigh Dickinson University, Teaneck, NJ, Co-Editor, Family Play Therapy Lowenstein's book is an exceptional tool for both the

experienced family therapist as well as the newly licensed practitioner. A clear and concise introduction to family therapy precedes dozens of creative family therapy techniques thoroughly described by some of the most seasoned family therapists. This resource should be an essential part of every practitioner's library. ----Gregory K. Moffatt, PhD Psychologist, Atlanta, GA, Author, *A Violent Heart*

Liana Lowenstein is a Clinical Social Worker, Certified Play Therapist-Supervisor, and Certified TF-CBT Therapist who is known internationally for her best-selling books including: *Creative Interventions for Troubled Children & Youth* (1999); *Creative Interventions for Children of Divorce* (2006a); *Creative Interventions for Bereaved Children* (2006b); *Cory Helps Kids Cope with Sexual Abuse* (2014); and *Creative CBT Interventions for Children with Anxiety* (2016). She has also edited three volumes of the book, *Assessment and Treatment Activities for Children, Adolescents, and Families: A Practitioners' Share Their Most Effective Techniques*. She presents trainings across North America and abroad and provides consultation to therapists worldwide. She has been working with children and families since 1988 and continues to maintain a private practice in Toronto. Liana is winner of the Monica Herbert award for outstanding contribution to play therapy in Canada. Her website offers free resources for mental health professionals including a free eBook of assessment and treatment activities: [lianalowenstein.com](http://lianalowenstein.com)

I use and love this book so much that the pages are starting to fall out! Every therapist who works with kids and their families, should own this book. It is filled with playful therapeutic activities to engage families in assessment, treatment, and termination activities. The recommended interventions are thoroughly explained and easy to implement.

I do a lot of family therapy given that I am a child therapist, and was starting to run out of activity based interventions to do with families--particularly the ones where the family members are not used to being warm or fun with each other so games and activities are really important. I was very pleasantly surprised to see how THICK this book is, it is jam packed with interventions for all phases of treatment. I have already used three of them so far and they have been great.

This book is a MUST-HAVE for all counselors! The activities and techniques work with individuals and groups within the family, but can easily be modified for other groups! Ms. Lowenstein has compiled an invaluable array of activities that can help families feel better fast! My copy has dog

ears from using it so much!

Liana's compilation of tried and true therapeutic activities for families is a "must have" for therapists who are faced with the challenge of engaging a wide range of ages and personalities that make up the family system. As a private practitioner, I thoroughly enjoy using this book as a reference when working with families in therapy. The techniques are effective and the materials that are needed to perform the activities are most likely already in the therapist's office. The book will more than pay for itself the first time it is used. Beth M. Hughes, LCSW, PIP Gadsden, Alabama

This book is extensive and practical guide to implementing effective creative interventions in family therapy. I like that each chapter provides some background and rationale to use of the intervention; thereby, teaching about family therapy on the go. I have recommended this text to many of my supervisees as it is a great structured way to become more comfortable and effective in family therapy sessions, especially if the families have young children.

This is one of the most useful books I own. I reference it at least once a week. I love all of the techniques I have utilized with clients; they seem to enjoy them, as well. The techniques are a perfect mix between fun and informative. I would recommend this book for every clinician working with children and families.

I LOVE having so many activities for families at my fingertips! If you practice family therapy at all, this book is a must have for engaging all ages of family members. You will not be disappointed! ã Assessment and Treatment Activities for Children, Adolescents, and Families: Practitioners Share Their Most Effective Techniques Creative Interventions for Troubled Children & Youth More Creative Interventions for Troubled Children and Youth Assessment and Treatment Activities for Children, Adolescents, and Families VOLUME TWO: Practitioners Share Their Most Effective Techniques

A must for family therapist.

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