



The Therapeutic Powers of Play: 20 Core Agents of Change

By Charles E. Schaefer, Athena A. Drewes

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"Focusing on the specific ingredients that activate clinical change, this book is enhanced by current research, more ample scope, and an array of contributions in contemporary and relevant topic areas. It is full of inspiration, direction, and grounding. This is a stunning contribution to the field of child therapy."

—**Eliana Gil, PhD**, Gil Institute for Trauma Recovery and Education

A practical look at how play therapy can promote mental health wellness in children and adolescents

Revised and expanded, *The Therapeutic Powers of Play, Second Edition* explores the powerful effects that play therapy has on different areas within a child or adolescent's life: communication, emotion regulation, relationship enhancement, and personal strengths. Editors Charles Schaefer and Athena Drewes—renowned experts in the field of play therapy—discuss the different interventions and components of treatment that can move clients to change.

Leading play therapists contributed to this volume, supplying a wide repertoire of practical techniques and applications in each chapter for use in clinical practice, including:

- Direct teaching
- Indirect teaching
- Self-expression
- Relationship enhancement
- Attachment formation
- Catharsis
- Stress inoculation
- Creative problem solving
- Self-esteem

Filled with clinical case vignettes from various theoretical viewpoints, the second edition is an invaluable resource for play and child therapists of all levels of

experience and theoretical orientations.

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Editorial Review

Review

"The first Edition of *The Therapeutic Powers of Play* was always one of my favorite books. I couldn't imagine it could get better, but it has indeed! Focusing on the specific ingredients that activate clinical change, this book is enhanced by current research, more ample scope, and an array of contributions in contemporary and relevant topic areas. I couldn't put this book down, it is full of inspiration, direction, and grounding. This is a stunning contribution to the field of child therapy."

—**Eliana Gil, Ph.D.**, Gil Institute for Trauma Recovery and Education

"This first chapter of this book uses the concept of 'therapeutic factors' to create a very logical framework/rationale for pulling together the theories and techniques one might integrate into a prescriptive approach to play therapy. This is incredibly useful as it allows therapists to tailor their work to the needs of their child clients in a logical and systematic way. The remaining chapters describe some of those therapeutic factors and play strategies from which the prescriptive play therapist might draw in creating individualized treatment approaches."

—**Kevin O'Connor, Ph.D.**, Distinguished Professor, California School of Professional Psychology at Alliant International University

"The hallmark of a good play therapist is a clear understanding of why play interventions are pertinent, how they work to foster therapeutic change, and how to select and facilitate play therapy processes in ways that are theoretically grounded and empathically attuned to their clients' needs. *The Therapeutic Powers of Play* provides breadth and depth in exploring the essential features of play operating within the therapy process. Each chapter describes a fundamental therapeutic power of play, empirical support for it, its role in bringing about change, and case material to illustrate. This volume provides a key avenue for play therapists to understand the inner workings of their craft, and thereby, to enhance their use of play therapy with a wide range of client challenges."

—**Risë VanFleet, Ph.D.**, RPT-S, CDBC; Author of *Child-Centered Play Therapy*; *Filial Therapy: Play Therapy with Kids & Canines*, and others; President, Family Enhancement & Play Therapy Center; Past Chair of the Board, the Association for Play Therapy

About the Author

CHARLES E. SCHAEFER, PhD, RPT-S, is Professor Emeritus of Psychology at Fairleigh Dickinson University in New Jersey. Dr. Schaefer has written or edited over fifty-five professional books, many on the topic of play therapy. He cofounded the Association for Play Therapy in 1982, which currently has over 6,000 members, and now serves as Director Emeritus for the organization.

ATHENA A. DREWES, PsyD, MA, RPT-S, is the Director of Clinical Training and the APA-Accredited Internship at Astor Services for Children & Families, a multiservice nonprofit agency in New York. She is past director of the Association for Play Therapy and serves on the editorial board of the *International Journal of Play Therapy*.

Users Review

From reader reviews:

Gabriel Cleveland:

As people who live in the particular modest era should be change about what going on or facts even knowledge to make these keep up with the era which is always change and advance. Some of you maybe will probably update themselves by studying books. It is a good choice for you but the problems coming to an individual is you don't know what kind you should start with. This *The Therapeutic Powers of Play: 20 Core Agents of Change* is our recommendation so you keep up with the world. Why, since this book serves what you want and need in this era.

Harriet Dupree:

The book *The Therapeutic Powers of Play: 20 Core Agents of Change* has a lot details on it. So when you check out this book you can get a lot of advantage. The book was published by the very famous author. This articles author makes some research before write this book. This specific book very easy to read you can obtain the point easily after reading this article book.

Ralph Overman:

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