DESCRIPTION

Play therapy expert Terry Kottman and her colleague Kristin Meany-Walen provide a comprehensive update to this spirited and fun text on integrating Adlerian techniques into play therapy. Clinicians, school counselors, and students will find this to be the definitive guide for using Adlerian strategies with children to foster positive growth and effective communication with their parents and teachers.

After an introduction to the basics of the approach and the concepts of Individual Psychology, the stages of Adlerian play therapy are outlined through step-by-step instructions, detailed treatment plans, an ongoing case study, and numerous vignettes. In addition to presenting up-to-date information on trends in play therapy, this latest edition emphasizes the current climate of evidence-based treatment and includes a new chapter on conducting research in play therapy. Appendices contain useful worksheets, checklists, and resources that can be easily integrated into practice. Additional resources related to this book can be found in the ACA Online Bookstore at www.counseling.org/publications/bookstore and on Terry Kottman’s website encouragementzone.com.

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ABOUT THE AUTHOR

Terry Kottman, PhD, NCC, RPT-S, LMHC, founded The Encouragement Zone, where she provides play therapy training and supervision, life coaching, counseling, and "layshops" for women. Dr. Kottman developed Adlerian play therapy, an approach that combines the ideas and techniques of Individual Psychology and play therapy. She regularly presents workshops and writes about play therapy, activity-based counseling, school counseling, and life coaching. She is the author of Partners in Play, Play Therapy: Basics and Beyond, and several other books.

Kristin Meany-Walen, PhD, LMHC, RPT-S, is an assistant professor of counseling at the University of Northern Iowa. Kristin actively researches and publishes articles that explore the effectiveness and implications of Adlerian play therapy. In addition to researching and teaching, she works with children and adolescents in school-based settings and private practice.

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