



# The Handbook of Play Therapy and Therapeutic Play

*Linnet McMahon*

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## **The Handbook of Play Therapy and Therapeutic Play** Linnet McMahon

This completely revised and updated second edition provides a comprehensive introduction to using play to communicate with troubled or traumatized children and their families, and to heal emotional damage. The book gives examples of good practice in different settings and situations.

Drawing on psychodynamic, systemic and attachment theory, the book provides an integrated theory base for using play in therapeutic work with children. It emphasizes non-directive approaches to therapeutic play and play therapy, based on supporting the child's developing self within the safe boundaries provided by the setting and the worker's emotional holding and containment. Areas explored include:

- children with disabilities and illnesses
- daily living with abused and traumatized children
- helping troubled families
- difficulties in early years
- children experiencing separation, loss and bereavement
- children moving to new families.

*The Handbook of Play Therapy and Therapeutic Play* is an invaluable resource for all of those using play therapy with children and will appeal not only to play therapists but also to professionals working in the broader field of therapeutic play. It will be useful whether the readers are at the beginning of their training or are well-established and experienced practitioners and managers.

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