



# Introduction to Play Therapy

*Ann Cattanach*

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## **Introduction to Play Therapy** Ann Cattanach

Play therapy is a popular and important intervention for many children with psychological problems and traumatic life experiences. Written by a renowned expert in the field, *Introduction to Play Therapy* provides a basic grounding in play therapy intervention, answering questions such as:

- Who can play therapy help?
- What are the best settings for play therapy?
- How should you train in play therapy?

A variety of models of working with play are explored, and an evaluation of the meaning of childhood is discussed in clear language, illustrated with clinical examples.

This book will help adults who communicate with children in any role, be they parents, teachers or therapists.

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