Contents

PART I. BACKGROUND AND RELEVANCE

CHAPTER I.	The Importance of Play	3
	What Is Play? 3	
	Play and Child Development 6	
	Changing Trends in Children's Play 7	
	Assumptions about the Therapeutic Use of Play 8	
CHAPTER 2.	A Brief Overview of Play Therapy	11
	Types of Play Therapy 13	
	Why Play Therapy? 18	
CHAPTER 3.	History, Theory, Principles, and Variations	20
	of Child-Centered Play Therapy	
	Building the Relationship 21	
	Acceptance of the Child 23	
	Establishing a Sense of Permissiveness 25	
	Empathic Recognition and Reflection of Feelings 26	
	Respecting the Child's Ability to Solve Problems 30	
	Letting the Child Lead the Way 32	
	xvii	

xviii Contents

	Treating Play Therapy as a Gradual Process That Cannot Be Hurried 37 The Importance of Limits 38			
	Variations of CCPT 41			
PART II. LOGISTICS AND TECHNIQUES				
CHAPTER 4.	Playroom Set-Up and Logistics Playroom Set-Up 47 Principles of Toy Selection 49 Toys for Older Children 52 Messy Materials 53 Controversy about Aggression Toys 54 Arrangement of Toys 55 Logistics 56 Explaining CCPT to Children 58	45		
CHAPTER 5.	The Four Skills of Child-Centered Play Therapy Structuring 59 Empathic Listening 65 Child-Centered Imaginary Play 75 Limit Setting 78 Are You Really Being Nondirective? 86	59		
CHAPTER 6.	Recognition and Interpretation of Play Themes Recognition of Play Themes 89 Critical Considerations in Understanding Play Themes 90 Thematic Stages in CCPT 90 Levels of Interpretation 92 Understanding Play Themes in Context 94 Common Play Themes 99 Suggestions about the Interpretation of Play Themes 99 Documentation of Themes and Progress 100	88		
CHAPTER 7.	Engaging Parents (and Teachers) in Child-Centered Play Therapy Introducing Parents to CCPT: The Importance of Empathy 106 Establishing Treatment Goals 108 Handling Parental Resistance 109 Regular Meetings with Parents 112 Handling Behavior Issues 114 Preventing Behavior Problems 118	105		

_	
Contents	xix

	Helping Children with 1 heir Feelings 119 Handling of School Issues 121 Other School-Related Issues 123 Confidentiality and Consent to Treatment 124 Summary 126	
CHAPTER 8.	Filial Therapy	127
	The Value of FT to Children 128 The Value of FT to Parents 129 Conducting FT 132 The Importance of Training in FT 133 Where to Get Training in FT 134 Other Sources of Information about FT 135	
PART	IV. PRACTICAL APPLICATIONS AND ISSUES	
CHAPTER 9.	Child-Centered Play Therapy with Different Presenting Problems	139
	Anxiety 140 Diworce 143	
	Attention-Deficit/Hyperactivity Disorder 146 Developmental Disability 147	
	Attachment Problems 148 Posttraumatic Stress Disorder 151	
	Perfectionism/Obsessive—Compulsive Disorder 154 Medical Illness 157	
	Severe Trauma and Attachment Problems in Adolescents 159 Acute Trauma 162	
	Oppositional Defiant Disorder 163 Summary 166	
CHAPTER 10.	Handling Select Child Behaviors	167
	and Special Circumstances Bossiness 167	
	Bad Words 169 Cheating 172	
	Very Withdrawn Behaviors 173	
	Aggression 175 Does Acceptance in CCPT Open Pandora's Box	
	in Daily Life? 180 Therapist Discomfort 181	
CHAPTER II.	Touch in Child-Centered Play Therapy	182
	The Role of Touch in CCPT 183 Risks of Touch in CCPT 186	

	Special Considerations for Traumatized Children 188 Informing Parents and Documenting Touch in CCPT 191	
CHAPTER 12.	Cultural and Systemic Considerations in the Practice of Child-Centered Play Therapy Cultural Relevance 193 Misunderstanding of CCPT by Other Professionals 195 Pressures for Quick Results 196 CCPT with Children in Foster or Protective Care 199 Using CCPT in Conjunction with Directive Play Therapy Approaches 202 Using CCPT in School, Hospital, or Home-Based Settings 204 Adaptability 206	192
PART	V. RESEARCH AND PROFESSIONAL ISSUES	
CHAPTER 13.	Research on Child-Centered Play Therapy and Filial Therapy Sources of Knowledge about Therapeutic Methods 209 Summary of Empirical Support for CCPT and FT 213	209
CHAPTER 14.	Developing Competence in Child-Centered Play Therapy Training 217 Supervision 219 Resources Available 221 Credentials 222	217
	Conclusion	223
	References	225
	Index	231