Play Therapy Treatment Planning and Interventions. Edition No. 2. Practical Resources for the Mental Health Professional

Description: Play Therapy: Treatment Planning and Interventions: The Ecosystemic Model and Workbook, 2e, provides key information on one of the most rapidly developing and growing areas of therapy. Ecosystemic play therapy is a dynamic integrated therapeutic model for addressing the mental health needs of children and their families. The book is designed to help play therapists develop specific treatment goals and focused treatment plans as now required by many regulating agencies and third-party payers. Treatment planning is based on a comprehensive case conceptualization that is developmentally organized, strength-based, and grounded in an ecosystemic context of multiple interacting systems.

The text presents guidelines for interviewing clients and families as well as pretreatment assessments and data gathering for ecosystemic case conceptualization. The therapist's theoretical model, expertise, and context are considered. The book includes descriptions of actual play therapy activities organized by social-emotional developmental levels of the children. Any preparation the therapist may need to complete before the session is identified, as is the outcome the therapist may expect. Each activity description ends with a suggestion about how the therapist might follow up on the content and experience in future sessions. The activity descriptions are practical and geared to the child. Case examples and completed sections of the workbook are provided. It provides the therapist with an easy-to-use format for recording critical case information, specific treatment goals, and the overall treatment plan. Workbook templates can be downloaded and adapted for the therapist's professional practice.

- Presents a comprehensive theory of play therapy
- Clearly relates the theoretical model to interventions
- Provides examples of the application of both the theory and the intervention model to specific cases
- Describes actual play therapy activities
- Workbook format provides a means of obtaining comprehensive intake and assessment data
- Case examples provided throughout

Contents:

Preface
Acknowledgements
About the Authors
Chapter 1. Theoretical Foundations
Chapter 2. Recognizing, Addressing, and Celebrating Diversity
Chapter 3. Logistics
Chapter 4. Data Collection: Intake and Mental Status
Chapter 5. Assessment
Chapter 6. Case Conceptualization
Chapter 7. Treatment Planning
Chapter 8. Interventions
Chapter 9. Session Activities
Chapter 10. Jennifer J.
References
Index

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