

# Contents

Preface .....	xv
Acknowledgements.....	xxi
<b>1 About Me, Garry Landreth .....</b>	<b>1</b>
<b>2 The Meaning of Play.....</b>	<b>7</b>
Children Communicate Through Play.....	9
Symbolic Play.....	16
Graphic Design of the Process of Change in Play Therapy.....	19
Stages in the Play Therapy Process.....	20
Play of Adjusted and Maladjusted Children.....	23
<b>3 History and Development of Play Therapy .....</b>	<b>27</b>
Psychoanalytic Play Therapy.....	28
Release Play Therapy.....	31
Relationship Play Therapy.....	33
Nondirective/Child-Centered Play Therapy.....	34
Play Therapy in Elementary Schools .....	35
Association for Play Therapy.....	36
Center for Play Therapy .....	36
University Training.....	37
Filial Therapy.....	37

<b>4</b>	<b>A View of Children</b> .....	<b>45</b>
	Tenets for Relating to Children.....	46
	Children Are Resilient .....	47
	Some Children Are Like Popcorn, and Some Are Like Molasses.....	50
<b>5</b>	<b>Child-Centered Play Therapy</b> .....	<b>53</b>
	Personality Theory .....	54
	A Child-Centered View of Personality and Behavior .....	59
	Key Concepts of Child-Centered Play Therapy .....	61
	Therapeutic Conditions for Growth.....	66
	The Therapeutic Relationship .....	75
	Objectives in Child-Centered Play Therapy .....	91
	What Children Learn in Play Therapy.....	93
<b>6</b>	<b>Being Culturally Responsive</b> .....	<b>99</b>
	Child-Centered Play Therapy and Cultural Responsiveness .....	100
	A Being With Cultural Philosophy .....	104
	Child-Parent Relationship Therapy (CPRT) and Cultural Responsiveness .....	104
	Child-Centered Play Therapy Research with Culturally Diverse Populations.....	106
<b>7</b>	<b>The Play Therapist</b> .....	<b>109</b>
	My Most Dramatic Play Therapy Experience .....	111
	Personality Characteristics .....	115
	Therapist Self-Understanding .....	121
	Therapist Self-Acceptance .....	125
	Being a Play Therapist.....	128
	Ryan—A Dying Child in Play Therapy .....	130
<b>8</b>	<b>Supervision and Play Therapy Training</b> .....	<b>135</b>
	Supervised Practice Facilitates Self-Insight.....	135
	Play Therapist Self-Supervision.....	138

Play Therapy Skills Checklist . . . . .	140
Recommended Training Program . . . . .	142
<b>9 Parents as Partners in Play Therapy . . . . .</b>	<b>145</b>
Explaining Play Therapy to Parents . . . . .	153
Preparing Parents for Separation . . . . .	156
The Parent Interview and Transcript . . . . .	157
<b>10 The Playroom and Materials. . . . .</b>	<b>169</b>
Playroom Characteristics . . . . .	171
Rationale for Selecting Toys and Materials . . . . .	175
Categories of Toys . . . . .	179
Tote Bag Playroom . . . . .	185
Recommended Toys and Materials for the Playroom . . . . .	187
Special Considerations . . . . .	190
<b>11 Beginning the Relationship: The Child's Time. . . . .</b>	<b>195</b>
Objectives of the Relationship . . . . .	197
The Initial Encounter in the Waiting Room . . . . .	201
Developing the Relationship in the Playroom . . . . .	205
The Child's View of the Play Therapy Relationship . . . . .	217
Questioning Techniques of Children . . . . .	221
Preparing to End Each Session . . . . .	229
<b>12 Characteristics of Facilitative Responses. . . . .</b>	<b>235</b>
Caring Acceptance . . . . .	238
Distinctive Qualities of Therapeutic Responses . . . . .	239
Return Responsibility to Children . . . . .	250
Case of Dependent Darrell . . . . .	259
Purpose in Returning Responsibility . . . . .	263
Facilitative Responses . . . . .	266
Play Therapy Transcript: A Manipulative Child . . . . .	276

<b>13 Discovering Meaning When There Seems to Be No Meaning</b> .....	<b>285</b>
Silence in Play Therapy Has Meaning .....	285
Responding to Silence in Play Therapy .....	287
Transcript of a Play Therapy Session: A Silent Beginning .....	290
Seemingly Insignificant Happenings Are Not Insignificant .....	298
Discovering Emotional Blocks in Play Therapy .....	299
<b>14 Therapeutic Limit Setting</b> .....	<b>303</b>
Basic Guidelines in Limit Setting .....	303
Steps in the Therapeutic Limit-Setting Process .....	317
Transcript of Limit Setting in Play Therapy .....	321
When Limits Are Broken .....	321
Situational Limits .....	328
<b>15 Typical Problems in Play Therapy and What to Do If</b> .....	<b>335</b>
What to Do If the Child Is Silent .....	335
What to Do If the Child Wants to Bring Toys or Food to the Playroom .....	338
What to Do If the Child Wants to Hug or Sit in the Therapist's Lap .....	344
What to Do If the Child Tries to Steal a Toy .....	346
What to Do If the Child Refuses to Leave the Playroom .....	347
<b>16 Issues in Play Therapy</b> .....	<b>351</b>
Confidentiality .....	351
Participation in Child's Play .....	353
Accepting Gifts From Children in Play Therapy .....	357
Giving the Child a Reward at the End of Sessions or a Memento at Termination .....	360
Asking the Child to Clean Up .....	360
Bringing a Friend to the Playroom .....	364

<b>17</b>	<b>Determining Therapeutic Process and Termination</b> . . . . .	<b>369</b>
	Determining Therapeutic Movement	
	Within Sessions . . . . .	370
	Behaviors and Themes That Indicate Change . . . . .	371
	Reference Points for Determining Termination . . . . .	387
	Procedures for Ending the Relationship . . . . .	390
	Children's Reactions to the Last Session . . . . .	392
<b>18</b>	<b>Intensive and Short-Term Child-Centered Play Therapy</b> . . . . .	<b>395</b>
	Intensive Child-Centered Play Therapy . . . . .	395
	Research on Intensive Child-Centered Play Therapy . . . . .	398
	Short-Term Child-Centered Play Therapy . . . . .	403
	Research on Short-Term Child-Centered Play Therapy . . . . .	403
	Short-Term Child-Parent Relationship Therapy (CPRT) . . . . .	405
<b>19</b>	<b>Research Evidence for CCPT</b> . . . . .	<b>411</b>
	CCPT Meta-Analyses and Systematic Reviews . . . . .	422
	CCPT Individual Outcome Studies . . . . .	426
	Culturally Relevant CCPT Research . . . . .	429
	Strengths and Limitations of CCPT Research . . . . .	432
	Resources for CCPT Research . . . . .	434
	Index . . . . .	443