

Creative Ways to Help Children Manage BIG Feelings A Therapists Guide to Working with Preschool and Primary Children



BOOK DETAILS

- Author : Dr Fiona Zandt
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BOOK SYNOPSIS

To be able to effectively offer therapy to children, complex therapeutic concepts need to be presented in an appropriate and engaging manner. This practical guide provides clinicians with a way in which to do so, with numerous games and imaginative activities to help children aged 4-12 to express and understand their feelings. Part I provides a comprehensive guide to working therapeutically with children and families, while Part II outlines 47 creative therapeutic activities. Each activity is presented with clear instructions using inexpensive and readily available resources and the objective and rationale of each activity is given, making it easily applicable. Activities range from using an easy to make volcano to help children better understand anger, to using a ball of string to illustrate how one person's feelings affect the whole family. This book is an invaluable resource for newly qualified clinicians, and also a treasure trove of creative ideas for experienced therapists.

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