



Theraplay: Helping Parents and Children Build Better Relationships Through Attachment-Based Play

By Phyllis B. Booth, Ann M. Jernberg

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Theraplay?a pioneering application of attachment theory to clinical work—helps parents learn and practice how to provide the playful engagement, empathic responsiveness, and clear guidance that lead to secure attachment and lifelong mental health in their children. This third edition of the groundbreaking book *Theraplay* shows how to use play to engage children in interactions that lead to competence, self-regulation, self-esteem, and trust. Theraplay's relationship-based approach is uniquely designed to help families facing today's busy and often chaotic lifestyle challenges form joyful, loving relationships.

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- Sales Rank: #389671 in Books
- Brand: imusti
- Published on: 2009-12-09
- Released on: 2009-11-17
- Original language: English
- Number of items: 1
- Dimensions: 8.70" h x 1.40" w x 5.80" l, 1.70 pounds
- Binding: Paperback
- 640 pages

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Editorial Review

Review

"Theraplay should be mandatory for every child placed in foster care or an adoptive home." (Kevin O'Connor, author, *The Play Therapy Primer*)

"This well-organized, detailed book . . . will delight both neophyte and experienced professional. . . . Theraplay has the capacity to transform [an] insecure parent-child relationship . . . to one of mutual pleasure and trust." (Miriam Elson, author, *Self Psychology in Clinical Social Work*)

"This is a much-needed resource, and I highly recommend it." (Charles E. Schaefer, professor of psychology, Fairleigh Dickinson University)

"Booth has made explicit the reality of attachment-based play' that is Theraplay. She has gone further than the first edition in integrating parents into the treatment. . . . By giving parents the skills to take the interventions home, she enables Theraplay to be a much more effective brief therapy method." (Daniel A. Hughes, author, *Facilitating Developmental Attachment*)

"Helping to create, restructure, or restore a child-parent relationship is an awesome task and a sacred trust. The Theraplay method provides a structure for working with both children and their caregivers to develop robust, wholesome relationships." (Beverly James, author, *Treating Traumatized Children and Handbook for Treatment of Attachment-Trauma Problems*)

From the Inside Flap

Using Play to Develop Trust and Joy in Parent-Child Relationships Theraplay, modeled on the natural, playful patterns of healthy interaction between parent and child, helps troubled families develop the responsiveness and structure vital to a child's development. Theraplay shows parents how to use play to communicate love and authority and to engage their children in interactions that develop competence, self-esteem and trust. Booth's revised edition brilliantly integrates Jernberg's innovative approach with recent research on attachment and the effect of stress and trauma on child development. In a clear, forceful style and illustrated by vivid therapeutic vignettes, Theraplay demonstrates how this creative and joyful treatment can help even the most challenging children and their families.

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From the Back Cover

Theraplay, Third Edition

Theraplay, a pioneering application of attachment theory to clinical work, helps parents learn and practice how to provide the playful engagement, empathic responsiveness, and clear guidance that lead to secure attachment and lifelong mental health in their children. This third edition of the groundbreaking book Theraplay shows how to use play to engage children in interactions that lead to competence, self-regulation, self-esteem, and trust. Theraplay's relationship-based approach is uniquely designed to help families facing today's busy and often chaotic lifestyle challenges form joyful, loving relationships.

"The third edition of Theraplay successfully tackles the difficult question of how to address attachment-based trauma—healing wounds, teaching healthy relationship-building, and having fun—without re-traumatizing the already traumatized child. This is a first-class, step-by-step guide, which includes theory and rationale for the many Theraplay activities provided."

—Lark Eshleman, Ph.D., author of *Becoming a Family: Promoting Healthy Attachments with Your Adopted Child* and founder and CEO, Institute for Children and Families

"Phyllis Booth and colleagues have again brought to life this rich model of treatment for children and their parents. Theraplay is truly a gift provided to those of us who offer developmental assistance to children and their families."

—Dan Hughes, Ph.D., psychologist and author of *Attachment-Focused Family Therapy* and *Attachment-Focused Parenting*

Users Review

From reader reviews:

Linda Manuel:

This Theraplay: Helping Parents and Children Build Better Relationships Through Attachment-Based Play is great e-book for you because the content that is certainly full of information for you who have always deal with world and also have to make decision every minute. That book reveal it info accurately using great arrange word or we can claim no rambling sentences within it. So if you are read that hurriedly you can have whole info in it. Doesn't mean it only will give you straight forward sentences but difficult core information with wonderful delivering sentences. Having Theraplay: Helping Parents and Children Build Better Relationships Through Attachment-Based Play in your hand like having the world in your arm, data in it is not ridiculous just one. We can say that no publication that offer you world with ten or fifteen second right but this reserve already do that. So , it is good reading book. Hey Mr. and Mrs. occupied do you still doubt that?

Waldo Gates:

The book untitled Theraplay: Helping Parents and Children Build Better Relationships Through Attachment-Based Play contain a lot of information on this. The writer explains her idea with easy means. The language is very clear and understandable all the people, so do not necessarily worry, you can easy to read this. The book was published by famous author. The author will take you in the new period of literary works. It is possible to read this book because you can continue reading your smart phone, or device, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site and order it. Have a nice read.

Teresa Powers:

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Roger Alford:

This Theraplay: Helping Parents and Children Build Better Relationships Through Attachment-Based Play is new way for you who has attention to look for some information as it relief your hunger associated with. Getting deeper you onto it getting knowledge more you know otherwise you who still having small amount of digest in reading this Theraplay: Helping Parents and Children Build Better Relationships Through Attachment-Based Play can be the light food for you personally because the information inside this specific book is easy to get by means of anyone. These books acquire itself in the form which can be reachable by anyone, yeah I mean in the e-book application form. People who think that in book form make them feel sleepy even dizzy this publication is the answer. So there is no in reading a book especially this one. You can find what you are looking for. It should be here for a person. So , don't miss that! Just read this e-book type for your better life as well as knowledge.

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