



# Creative Family Therapy Techniques: Play, Art, and Expressive Activities to Engage Children in Family Sessions

By Liana Lowenstein

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Bringing together an array of highly creative contributors, this comprehensive resource presents a unique collection of assessment and treatment techniques. Contributors illustrate how play, art, drama, and other approaches can effectively engage families and help them resolve complex problems. Practitioners from divergent theoretical orientations, work settings, or client specializations will find a plethora of stimulating and useable clinical interventions in this book.

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### **Editorial Review**

#### **Review**

Engaging children in the therapy process is often one of the most challenging tasks of the family therapist. Liana Lowenstein has edited a wonderful compendium of helpful family therapy interventions, activities, and techniques for use with children. Drawn from the experiences of in-the-trenches therapists, and unlike most books on family therapy, this book will be immediately useful for all levels of practicing family therapists. --Terry S. Trepper, PhD, Professor of Psychology, Purdue University Calumet, Editor, Journal of Family Psychotherapy

This comprehensive collection contains a wealth of innovative ideas for involving children in family therapy sessions. The techniques are easy to understand and readily implemented in a variety of settings. The interventions are classified into sections so therapists can easily select and apply them. A valuable resource for mental health professionals who work with families. ----Charles E. Schaefer, PhD, RPT-S, Professor Emeritus of Psychology, Fairleigh Dickinson University, Teaneck, NJ, Co-Editor, Family Play Therapy

Lowenstein's book is an exceptional tool for both the experienced family therapist as well as the newly licensed practitioner. A clear and concise introduction to family therapy precedes dozens of creative family therapy techniques thoroughly described by some of the most seasoned family therapists. This resource should be an essential part of every practitioner's library. ----Gregory K. Moffatt, PhD Psychologist, Atlanta, GA, Author, A Violent Heart

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