



# The Handbook of Gestalt Play Therapy: Practical Guidelines for Child Therapists

*Rinda Blom*

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## **The Handbook of Gestalt Play Therapy: Practical Guidelines for Child Therapists** Rinda Blom

'This book sets out a clear theoretical framework for Gestalt Play Therapy, giving examples of questions the therapists might ask the child at certain stages, and offering the whole gamut of play therapy and travelling through the therapeutic journey.' - Dramatherapy This book is an introduction to gestalt play therapy a technique which combines the principles of gestalt theory with play techniques, so that children are able to use play to address their needs and problems. Research has shown that this approach can be applied successfully in children with different types of emotional problems in order to improve their self-support and self-esteem. The Handbook of Gestalt Play Therapy provides the reader with an explanation of gestalt theory, a practical explanation of the gestalt play therapy model and also a wide range of play techniques that can be applied during each phase of the therapy process. It also features case studies throughout which illustrate how the techniques work in practice.

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