

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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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 recommAnd 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 challengesform 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:

Andre Botsford:

In this 21st centuries, people become competitive in each way. By being competitive at this point, people have do something to make all of them survives, being in the middle of often the crowded place and notice through surrounding. One thing that sometimes many people have underestimated that for a while is reading. Yeah, by reading a publication your ability to survive increase then having chance to stand up than other is high. For you who want to start reading the book, we give you that Theraplay: Helping Parents and Children Build Better Relationships Through Attachment-Based Play book as starter and daily reading guide. Why, because this book is greater than just a book.

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Clifford Caldwell:

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Kaci Carter:

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