



What's in a Game:: Play Therapy for Adults

Kathleen Grant LMFT

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This book is intended primarily for the psychotherapeutic community. It contains a series of three games that can serve as clinical interventions for couples, families and groups. These serious games can be used as a set to structure the clinical experience from intake to termination, or as stand-alone, ad hoc tools that the clinician uses as needed during the therapeutic hour. The book itself place these serious games squarely in the established psychotherapeutic tradition of play therapy, while explaining how these games, and the ways in which they are used, bring something new to clinical practice. Each serious game is fully explained, with detailed instructions on how to prepare, how to run, and how to use the information that the games elicit for greater therapeutic success. Although this book is useful to psychotherapists of all approaches, it is especially useful for treating chemical dependency, applied to Brief Therapy, or any therapy where time and money are limiting issues. This is due, in large part, to the fact that these techniques uncover important information earlier and more easily than most traditional methods do. Finally, these serious games are fun to play, and help balance the often difficult moments of clinical work.

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