



Therapeutic Games And Guided Imagery: Tools for Mental Health And School Professionals Working With Children, Adolescents, And Their Families

Monit Cheung

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This book is a collection of games, activities, and guided imagery exercises for use with clients in therapy or other professional-client interactions. The book begins with a description of the theoretical framework for the book and for the use of therapeutic games and exercises. The exercises and games are tools that professional social workers and others can use to help clients relax, understand and express their feelings, and improve interpersonal relationships. The activities are well-organized, and a cross-referencing index makes finding the right tool easy.

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