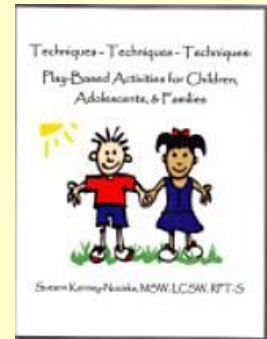


## A book that all child clinicians will love!

### **Techniques-Techniques-Techniques: Play-Based Activities for Children, Adolescents & Families** (Paperback) by Sueann Kenney-Noziska, MSW, LCSW, RPT-S

Review by David A. Crenshaw, Ph.D., ABPP  
<http://www.rhinebeckcfc.com/>



Sueann Kenney-Noziska is the Past President of the California APT and is now in La Mesa, New Mexico where she has established the Play Therapy Corner, Inc. The Play Therapy Corner is a private practice and teaching center in play therapy. Sueann has been known to me since I heard her present at the Denver APT Conference some four years ago. She impressed me as an extraordinary and dynamic presenter with special expertise in healing sexually traumatized children.

Sueann is extremely creative and imaginative in the development of practical clinical techniques for use in play therapy but she is sensitive to the fact, that all the creative techniques in the world are of little use if a solid therapeutic alliance is not established and she states this clearly in the introduction to her book. She then describes in a user-friendly format original and appealing strategies to accomplish the following important therapy goals: Assessment & Engagement, Emotional Expression; Coping Skills, ADHD Interventions, Self-Esteem, Interpersonal Boundaries, Sexual Abuse, and Termination.

Two of my favorite of Sueann's creative techniques are "**Revealing your Feelings**" that entails the therapist using an "invisible" marker. The children then take turns coloring a shape with a color changeable marker that reveal the feeling word written inside the shape. Another one that kids tend to love is "**Bubble Wrap**" that falls under coping skills. I've been collecting bubble wrap ever since Sueann introduced me to this idea. In addition to this clever strategy for using coping skills to relieve emotional distress, I've been using bubble wrap to stomp on and pop as a safe way to re-channel anger. Kids like it better than tearing pages out of old phone books and it is less messy. It is so much fun that I can't help but join them in popping bubbles. It often makes my colleagues in my building wonder where the gunfire is coming from.

Sueann is amazingly clever in her use of readily available materials to create meaningful therapeutic activities that are exceedingly appealing to children. I heartily recommend this most clinically useful and practical handbook to all child and play therapists. Many of these activities are useful for individual, group, and family play therapy.