

**A Review of Play Therapy for Families – A Collaborative
Approach to Healing
By Nancy Riedel Bowers**

Nancy Riedel Bowers has been an esteemed professor and therapist in the world of Canadian and International Play Therapy and has contributed invaluable teachings, research and support to those learning to use play in their therapeutic work. Her most recent publication: *Play Therapy with Families A Collaborative Approach to Healing* provides comprehensive information on the substance and healing powers of using play therapy techniques to heal families. It begins with a historical account of play theories and moves through a variety of therapeutic applications such as Family Therapy, Family Play Therapy, Narrative Play Therapy with Families, Filial Therapy, Theraplay, and ends with a strong chapter focused on Working with Adoptive Families using a Sandtray. This book offers a textbook-like quality for students and professionals interested in learning about the foundations of using evidence-based techniques in family therapy and offers some case study examples to support the learner. This book would be an excellent support to family therapy and play therapy curriculums as well as students and professionals alike.

Reviewed by: *Lorie Walton, M.Ed, Certified Child Psychotherapy Play Therapy Supervisor Trainer, Certified Theraplay Therapist Trainer Supervisor*

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