

**VIRGINIA M. AXLINE**

Author of  
*DIBS IN SEARCH OF SELF*

# PLAY THERAPY

The groundbreaking book that  
has become a vital tool in the growth  
and development of children.



## Play Therapy

*Virginia M. Axline*

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# Play Therapy

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## Play Therapy Virginia M. Axline

"The most brilliant and intuitive, as well as the clearest written, work in this field. It is unpretentious yet clearly the most authoritative work that has been published."

NORMAN CAMERON, Ph.D.

Professor of Psychiatry

Yale University School of Medicine

Here is an intensely practical book that gives specific illustrations of how therapy can be implemented in play contacts, and tells how the toys of the playroom can be vivid performers and aids in growth. As she did with *DIBS IN SEARCH OF SELF*, Dr. Axline has taken true case histories from the rich mine of verbatim case material of children referred for play therapy, choosing children ranging in age, problem, and personality. It's all here in an important and rewarding book for parents, teachers, and anyone who comes in contact with children.

## Play Therapy Details

Date : Published December 12th 1981 by Ballantine Books (first published 1947)

ISBN : 9780345303356

Author : Virginia M. Axline

Format : Paperback 374 pages

Genre : Psychology, Nonfiction, Childrens, Counselling

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## From Reader Review Play Therapy for online ebook

### **Chandra says**

This is the classic PLay Therapy book - EVERY play therapist should have this on his/her reading list and as a resource. Some things are outdated now, but it is a great baseline!

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### **Thu says**

This book is a very informative, intriguing, and inspiring argument for Axline's method of non-directive play therapy. Axline provides the accounts of several different examples of real play therapy sessions, combined with discussion and critique of the therapists' methods.

I would definitely recommend this book to anybody interested in childcare. Although this book is directed towards therapists and other childcare workers, people who interact with children on a much more personal and emotional basis (such as parents and guardians) might also benefit by learning about the effectiveness of reflection and acceptance of children's feelings.

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### **Tahnie says**

I think this is vital to a Child Life Specialist's library.

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### **Heyleen says**

La autora aborda de una manera muy accesible la terapia de juego, de manera que el lector puede comprender con mucha facilidad los distintos roles y las necesidades del niño. La exemplificación con casos, genera aún más comprensión, al ver aplicada la parte teórica.

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### **Wonju says**

Educational but not for someone who isn't drawn to psychoanalytic and non-directive framework.

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### **Bolor says**

an informative and inspiring book that helps to have a glimpse into the inner landscapes of different children and see how they can be transformed for the better.

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## **AndreaD'A says**

A little dated,(understandable since it was written in 1974) but shares some amazing information.

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## **Lisa says**

Play Therapy is a growing field. This book by Virginia Axline is an important book setting up the basics of the field, with case histories and examples. It is important to note this book is from 1969 and uses language and thoughts from the time period, which would now be offensive.

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## **Academic Eric says**

I've only dipped in here to find principles and practices that are applicable for speech coaching, improv comedy & play facilitation, creative mediation, and for interacting with my own child and his many friends.

Some of what I've gotten so far:

The Eight Basic Principles:

1. Develop a warm, friendly relationship... in which good rapport is established as soon as possible.
2. The therapist accepts the child exactly as he is.

... (more when I'm at the computer rather than the iPhone.)

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## **Andrew Barnett says**

This book has helped me a lot in my practice, as a general overview of play therapy, and to reconnect with the founding principles of the work. I skip around in it, some of the sections seem superfluous, but it does have a lot of transcripts from sessions along with Axline's analysis of what happened in the treatment, which can be useful in understanding how she perceived the work she was doing, and how she would go about judging 'good therapy' (child-centered) with 'bad therapy'. Well worth reading for clinicians who work with children.

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## **Olga Ermishkina says**

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## **Uma Sreekanth says**

This book, although an old reference to Play Therapy, still manages to provide a strong foundation to the principles and theories that it is based on. With excerpts from sessions and several case studies to address the subtle issues that a therapist is likely to confront, this book is a must-read for a psychotherapist :)

**Stevendragonknight2222** says

Oversimplifies a really complex process. It pulls from older case files. I hope a more modern book will help incorporate the more recent research. Still the classic skills are all still spelled out and relevant in the book.

Jill says

Related to Dibs in Search of Self, this book provides more instances of therapeutic interactions. The sum of those examples is a better understanding and familiarity of what can happen in a session with a child, ways to respond, what might happen with different responses, and how some of those relationships could develop.

Years later, this book reminds of better techniques and possible techniques, and I use the ideas in my evaluations to obtain more information about the child's functioning, as well.

**Naciye says**

A very informative book. Essential reading for anyone working with children. The case studies are detailed and give an insight into each child's world. I found this book to be very useful as it shows how play therapy can be implemented. I found it especially useful, as in a few of the case studies, the therapist does not respond therapeutically and the author talks about this. All in all, this book shows the importance of

accepting a child unconditionally, and how by allowing them to play out/express their thoughts and feelings, leads to positive change.

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