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Children's Stories in Play Therapy

Ann Cattanach

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This study explores the potential of using stories to communicate with children in therapy. The natural resilience of the children allows them to distance themselves from events and create another "reality" in the stories where children can communicate emotionally without directly involving their emotions. The author seeks to show how through encouraging the stories and participating in them we can nurture both the children and their recovery process, and enable them to learn to live with their experiences. Examples of stories by both childrn and professional authors are spread throughout the book to reinforce the argument that stories are a vital part of understanding the emotional and mental state of a child.

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