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# Filial Therapy: Strengthening Parent-Child Relationships Through Play, 3rd Edition

*Rise VanFleet*

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*Rise VanFleet*

**Filial Therapy: Strengthening Parent-Child Relationships Through Play, 3rd Edition** Rise VanFleet
Since the first edition of this book was published in 1984, public and professional interest in Filial Therapy has grown substantially throughout the world. Research on the approach continues to grow. The third edition elaborates on the principles, values, and theories on which Filial Therapy is based and updates the research as well as the applications of the method to a wide range of presenting problems. References have been updated, derivative formats have been included, and the method's multicultural value continues to be highlighted.
Filial Therapy has been shown through 50 years of research and clinical experience to be an effective intervention for children and families experiencing a variety of social, emotional, and behavioral difficulties. This unique therapy involves parents as the primary change agents to resolve child-related problems, to encourage children's healthy psychosocial development, and to strengthen entire families. Filial therapists train and supervise parents as the parents conduct child-centered play sessions with their children, an approach that not only helps eliminate presenting problems but also strengthens parent-child and family relationships. This guide covers the principles, theoretical foundations, research, concepts, and specific methods used in Filial Therapy. Common problems are discussed, and one family's experience is followed throughout the course of therapy.

Includes:

1.Ways to integrate Filial Therapy with other theories (i.e., psychodynamic, humanistic, behavioral, interpersonal, cognitive, developmental/attachment, & family systems)
2. Basic skills and tools needed by therapists offering Filial Therapy, integrating parents into play sessions, selection of playroom toys, supervision of parents, and much much more.
3. Provides alternate formats for filial therapy (i.e., individual families, integration with other interventions, prevention programs, very brief formats, use with foster and adoptive families)
4. Applications to specialized populations of children (i.e., children of divorce, school problems, depressed, chronic illnesses, anxious & perfectionistic, elimination problems, addicted parents, attention deficit problems, abused/neglected, attachment disruptions & disorders, exposure to domestic violence, oppositional defiant disorders), military families, families with first responders, families experiencing traumatic events, multicultural applications, case studies, and much more.

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