



Creative Interventions for Children of Divorce

By Liana Lowenstein, MSW



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Many children are referred for counseling to help them adjust to divorce. They typically feel vulnerable and overwhelmed by conflicting emotions. They may feel anxious about the therapeutic process and be reluctant to talk directly about the divorce. Activities that are creative and play based can engage children and help them to safely express their thoughts and feelings. This book provides practitioners with creative interventions to engage, assess, and treat children of divorce. A range of innovative activities are presented, including therapeutic games, art, puppets, and stories. The first section of this book, which contains guidelines for practitioners, lays the foundation for effective counseling with children of divorce. Section Two presents a theoretical overview on children of divorce and incorporates some of the latest literature on the topic. The third section provides material for use with parents including a social history questionnaire, and a reproducible handout. Sections five through seven provide creative activities to help children express feelings, deal with loyalty binds, disengage from parental conflict, address anger and self-blame, and learn coping strategies. In addition to activities for use in individual and family sessions, there is also a ten-week group curriculum. The Appendix includes a treatment plan as well as a sample letter for the practitioner to give to the child upon termination from therapy. This book is an innovative resource for practitioners seeking engaging tools to help children cope with separation and divorce.



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Editorial Review

Review

What a delightful collection of exercises. I will certainly recommend it to therapists in this line of work. ---
Richard A. Warshak, Ph.D.

Here is a wonderful collection of practical, creative activities to add to your repertoire of exercises when working with children of divorce. It provides pick-and-choose solutions for a variety of children's situations.
--Vicki Lansky, Author of It's Not Your Fault, KoKo Bear

Ms. Lowenstein has developed an informative resource that includes both creative and practical techniques for use with children experiencing divorce. This book is now a part of my professional library and I will use it often! - --Teri V. Krull, LCSW, LLC, RPT-S

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About the Author

Liana Lowenstein is a Clinical Social Worker, Certified Play Therapist-Supervisor, and Certified TF-CBT Therapist who is known internationally for her best-selling books including: Creative Interventions for Troubled Children & Youth (1999); Creative Interventions for Children of Divorce (2006a); Creative Interventions for Bereaved Children (2006b); Creative Family Therapy Techniques (2010); Cory Helps Kids Cope with Sexual Abuse (2014); and Creative CBT Interventions for Children with Anxiety (2016). She presents trainings across North America and abroad and provides consultation to therapists worldwide. She has been working with children and families since 1988 and continues to maintain a private practice in Toronto. Liana is winner of the Monica Herbert award for outstanding contribution to play therapy in Canada. Her website offers free resources for mental health professionals including a free eBook of assessment and treatment activities: lianalowenstein.com

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