

Liana's Favorite Psychotherapy Things 2012

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Below is a list of some of my favorite child and family therapy things from 2012. I hope you find this list helpful in your clinical work!

Favorite Book for Child Psychotherapists:

Trauma-Focused CBT for Children and Adolescents

Edited by Judith Cohen, Anthony Mannarino & Esther Deblinger

An excellent publication for treating trauma in children and adolescents using the trauma-focused cognitive-behavioral therapy (TF-CBT) model. I especially like Athena Drewes and Angela Cavett's chapters on play applications. (Purchase from www.sourceresource.com and get 15% off when you cite code "Lowenstein")

Favorite Book for Marriage & Family Therapists:

We're No Fun Anymore: Helping Couples Cultivate Joyful Marriages

Through the Power of Play by Robert Schwarz & Elaine Braff

Therapists will find plenty of interventions in this book to help reawaken play in the lives of couples.

Favorite Book for Children:

My Medication Workbook by Gary Yorke.

I highly recommend this book for children aged 7-12 who take psychotropic drugs. The book explains key-concepts in a way that children will understand, and the workbook format makes the book interactive. Purchase the book at www.childtherapytoys.com and get 15% off when you cite Code "Lowenstein."

Favorite Book That Deserves Honorable Mention:

Fifty Shades Trilogy by E.L. James

This book was a guilty pleasure for me and millions of other women this year. I am sure it will be on practically every "Top" list, so I gotta put it on mine too!

Favorite Psychotherapy Product:

Dry Erase Portrait Mirror.

There are so many creative ways to use this set of 24 plastic dry erase self-portrait boards. My website outlines a few ways to use this product (see the Featured Technique section: www.lianalowenstein.com)

Buy the Dry Erase Portrait Boards at www.childtherapytoys.com (Cite Code "Lowenstein" to get 15% off all their amazing products!)

Favorite Miniature for Sand Play Therapy:

Baboon Mother and Baby.

Clients often gravitate to this figurine. See the comprehensive collection of Sand Play materials at www.childtherapytoys.com (Cite Code "Lowenstein" to get 15% off all their amazing products!)

Favorite Technique:

Rock Paper Scissors. Published in the book, Structured Play-Based Interventions for Engaging Children and Adolescents in Therapy. by Angela M. Cavett, Ph.D., RPT-S.

This intervention is a creative and playful way to engage and assess children. I use it often in my clinical practice and my clients love it! Purchase the book at www.childtherapytoys.com and get 15% off when you cite Code "Lowenstein."

Favorite Website:

Kim Peterson, MA, LPC-S, RPT: www.kimscounselingcorner.com

Kim's website is packed with great resources on play therapy, counseling, and parenting.

Favorite YouTube Channel:

Pam Dyson, MA, LPC, RPT.

<http://www.youtube.com/user/PamDysonPlayTherapy/videos?view=0>

Pam's videos demonstrate creative and practical therapy and parenting techniques. My favorites are Parenting Metaphor and Muffin Tin Feelings Toss.

Favorite Webinar:

The 10 Second Commercial, Silence, and Soft Moments... New Techniques in Play Therapy. Presented by Dr. Allan Gonsher.

Dr. Gonsher has taught several webinars on Play Therapy but this one is my favorite so far. I like his relaxed style and his integration of theory and technique. You can purchase his past webinars in his archive section or sign up for an upcoming webinar at

<http://TherapistExpress.com/workshops>

Favorite Tweet:

"The past cannot be changed. The future is yet in your power." Tweeted by Great Minds Quotes.

The tweets from @Greatestquotes are so inspirational!

Favorite Facebook Discussion Group:

International Colleagues in Play Therapy.

We have nicknamed this group our "Playborhood" and it is indeed a wonderful gathering of play therapists from around the world who share resources and words of wisdom. A big THANK-YOU to David Crenshaw, our extraordinary leader. My favorite post in 2012 was by Gary Yorke who sent this compilation of quotes, poems, and posters:

<http://www.youtube.com/watch?v=nvy3XDVnSJM&list=UUVdp7-8051MKfOcLwhyE5w&index=2&feature=plcp>

Favorite iPhone/iPad APP:

Breathe2Relax

Breathe2Relax is a portable stress management App that provides exercises to help users learn and implement deep breathing. It's a great tool for kids and adults!

Favorite Self-Care Ritual:

Bubble bath, Snuggie, hot chocolate.

I love to de-stress by soaking in the tub (with Deep Steep Lavender-Chamomile Organic Bubble Bath), then curling up in my Snuggie (I have the leopard print available at <http://www.mysnuggiestore.com>) with a mug of Ghirardelli Chocolate Premium Hot Cocoa. Soooo decadent and relaxing!

Favorite obsession:

Pinterest.

I recently created an account on Pinterest and have been busy pinning and following other pinners. It is an AMAZING way to get great ideas! Check out my boards here: <http://pinterest.com/lianalowenstein/>

Do you need help to set up your own Pinterest account? Aviva Cohen, my social media consultant, is offering a special deal...Get 15% off her freelance rate (this offer applies to the first 5 people who contact her: avivacohen@rogers.com)