

Counseling And Psychotherapy: An Integrated, Individual Psychology Approach

Psychological Strategies

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This column focuses on counseling, clinical issues, and psychotherapy, including innovative strategies for aiding clients. Potential contributors are encouraged to submit manuscripts to Paul R. Rasmussen, Department of Psychology, Furman University, 3300 Poinsett Hwy, Greenville, SC 29613 USA.

Using Children's Drawings to Facilitate the Acting "As If" Technique

Richard E. Watts and Yvonne Garza

Play is crucial to the development of cognitive, language, motor, and social skills in children. In addition, children communicate through play. According to Landreth (2002):

Children's play can be more fully appreciated when recognized as their natural medium of communication. Children express themselves more fully and more directly through self-initiated, spontaneous play than they do verbally because they are more comfortable with play. For children to "play out" their experiences and feelings is the most natural dynamic and self-healing process in which they can engage. (p. 14)

Schaefer (1993) indicated that play "has the power not only to facilitate normal child development but also to alleviate abnormal behavior" (p. 3). Consequently, play is a useful and appropriate method for counseling with young children. Most children under age 10 do not have the abstract reasoning and verbal abilities to express their thoughts, feelings, reactions, and attitudes clearly. Consequently, many counselors who work with children use toys and other play media to help young children communicate their experiences, reactions to experiences, desires and goals, and perceptions about themselves, others, and the world (Carlson, Watts, & Maniaci, 2006; Kottman, 2003; Landreth).

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