

CONTENTS

About the authors	vii
List of figures	viii
List of tables	ix
Preface	x
PART I	
Understanding the needs of children and families	1
1 An introduction to working therapeutically with children and families	3
2 Understanding adversity	17
3 Supporting the holistic needs of children and families	32
PART II	
Exploring therapeutic approaches to supporting children and families	47
4 The importance of play	49
5 The role of creativity in supporting those who have experienced adversity	62
6 The great outdoors	77
7 A mindful approach	90
8 Talking therapies	102
9 The power of stories	119
PART III	
Enhancing the role of the practitioner in supporting children and families	131
10 The attuned practitioner	133

11	Supporting our own wellbeing	147
12	Bringing it all together and next steps	161
	<i>Index</i>	167