



# Therapeutic Activities for Children and Teens Coping with Health Issues

*Robyn Hart, Judy Rollins*

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**Therapeutic Activities for Children and Teens Coping with Health Issues** Robyn Hart, Judy Rollins  
**Winner of the American Journal of Nursing Book of the Year 2011 (Category: Maternal And Child Health)**

Building on children's natural inclinations to pretend and reenact, play therapy is widely used in the treatment of psychological problems in childhood. This book is the only one of its kind with more than 200 therapeutic activities specifically designed for working with children and teenagers within the healthcare system. It provides evidence-based, age-appropriate activities for interventions that promote coping. The activities target topics such as separation anxiety, self-esteem issues, body image, death, isolation, and pain. Mental health practitioners will appreciate its "cookbook" format, with quickly read and implemented activities.

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