



# Creative Interventions for Troubled Children & Youth

*Liana Lowenstein, MSW*

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## **Creative Interventions for Troubled Children & Youth** Liana Lowenstein, MSW

This best-selling collection is filled with creative assessment and treatment techniques for use in individual, group, and family settings. The book begins with a variety of engaging assessment activities providing clinicians with diagnostic tools to assist in treatment planning. The remaining four chapters provide activities to help children and teens identify feeling states, cope with emotional difficulties, strengthen interpersonal skills, and enhance self-esteem. The last section of the book describes the graduation ceremony that can be incorporated as part of the child's termination process. Each activity is described within a framework that recommends age suitability, preferred treatment modality, and appropriate stage of treatment. Materials needed to complete the activity are outlined. Several activities include worksheets that may be reproduced for use with clients. The book includes detailed instructions for all activities and a discussion section that further clarifies application and process. Activities are geared to 4-16 year-olds. Mental health professionals and teachers will find this book invaluable.



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