

1. Record Nr.	UNINA9910736987203321
Autore	Hand Daniel
Titolo	Role-Playing Games in Psychotherapy : A Practitioner's Guide // by Daniel Hand
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Palgrave Macmillan, , 2023
ISBN	3-031-31740-8
Edizione	[1st ed. 2023.]
Descrizione fisica	1 online resource (262 pages)
Disciplina	616.891523
Soggetti	Client-centered psychotherapy Behavior therapy Psychotherapy Counseling Clinical psychology Person-Centered Psychotherapy Behavioral Therapy Therapeutic Relationship Counseling Psychology Clinical Psychology Joc de rol (Psicologia) Teràpia de la conducta Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Introduction: Role-Playing Games as Therapy -- Part I: Underlying Principles -- Theoretical Approach -- Core Mechanics -- Part II: Preparation -- Character -- Setting -- Obstacle -- Part III: Implementation -- Telling the Story -- Playing the Game -- Applying your Modality -- Extended Example of Play -- Concluding Therapy.
Sommario/riassunto	"Daniel Hand expertly weaves his experience and contagious enthusiasm into this thoroughly engaging, accessible and comprehensive introduction to using Role-Playing Games in therapy. This book is a must for therapists, Role-Playing Game geeks and all

those interested in how storytelling and gaming can be integrated in to therapy." --Ellie Finch, MA, MBACP(Accred), Videogame Therapist, Family Counsellor and Social Worker Daniel Hand is an author, game designer and therapeutic counsellor in private practice. His work has appeared in venues such as Therapy Today and the Popular Culture Psychology series, and he regularly speaks on the uses of gameplay and storytelling in psychotherapy. This book offers an accessible, comprehensive resource to practitioners who wish to incorporate RPGs into their client-work. Tabletop role-playing games, RPGs, have long been associated with various unique emotional, cognitive, and social benefits, but only recently has the term 'RPG Therapy' entered into the mental-health lexicon. Presenting simple game- and storytelling mechanics, and demonstrating how they may be utilized in accordance with specific professional modalities, this supportive guide explores every step of the implementation process, from underlying therapeutic principles to initial creative exercises to actual in-session play, and encourages readers to have confidence in their own imaginative abilities. Written for practitioners of all levels of client- and RPG experience, this groundbreaking and authoritative book provides case examples and practical tools, along with pragmatic and straightforward advice on how to implement this exciting new form of intervention.

---