

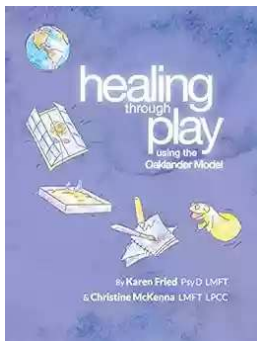
Healing Through Play Using The Oaklander Model

Healing is a complex process, with many different approaches and strategies being utilized in therapeutic settings. One such model that has gained recognition for its effective approach is the Oaklander Model. This article will explore how healing through play is accomplished using the Oaklander Model, providing valuable insights into its application and benefits.

The Oaklander Model: An Overview

The Oaklander Model, developed by renowned child psychologist Violet Oaklander, places play at the center of the therapeutic process. This model acknowledges the unique ability of children to express themselves through play and how it can serve as a powerful tool for healing and personal growth.

The model believes that by creating a safe and trusting environment, children are encouraged to explore their emotions, develop problem-solving skills, and communicate their experiences. The therapist takes on a nurturing and non-judgmental role, allowing the child to express themselves freely and fully.



Healing Through Play Using the Oaklander Model: A Guidebook for Therapists and Counselors Working with Children, Adolescents and Families

by Karen Fried([Print Replica] Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English
File size : 73250 KB
Screen Reader : Supported
Print length : 254 pages
X-Ray for textbooks : Enabled



Healing through Play: The Power of Imagination

One key aspect of healing through play using the Oaklander Model is the power of imagination. Children are encouraged to explore their imagination during therapeutic sessions, which helps them tap into their inner resources and find creative solutions to their challenges.

Through imaginative play, children can externalize their internal conflicts and emotions. This process allows them to gain new perspectives and insights into their experiences, ultimately facilitating healing and growth.

Using Gestalt Therapy Techniques

The Oaklander Model incorporates various techniques from Gestalt therapy, a humanistic approach to psychotherapy. These techniques help children develop awareness of their thoughts, emotions, and behaviors, leading to a deeper understanding of themselves and their experiences.

One prominent technique used is the Empty Chair technique, where the child is encouraged to express their feelings towards a specific person or situation by imagining that person in an empty chair. This technique facilitates emotional expression and helps children process unresolved issues.

The Role of the Therapist

In the Oaklander Model, the therapist plays a crucial role in facilitating healing through play. Instead of analyzing or interpreting the child's play, the therapist acts as a compassionate witness, providing support and validation.

The therapist actively engages with the child, participating in their play and reflecting their experiences. Through this interactive and empathetic approach, the therapist fosters a strong therapeutic alliance built on trust and mutual understanding.

Benefits of Healing through Play

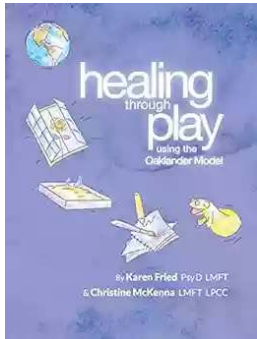
Healing through play using the Oaklander Model offers a range of benefits for children in therapy. By engaging in play, children can:

- Develop emotional intelligence
- Enhance problem-solving skills
- Improve communication abilities
- Explore and resolve trauma or difficult experiences
- Build self-confidence and resilience
- Foster a sense of empowerment and autonomy

The Oaklander Model provides a unique and effective approach to healing through play. By embracing the power of play and imagination, children in therapy can tap into their inner resources, gain new insights, and experience personal growth. Through the guidance of a compassionate therapist, healing becomes an empowering and transformative journey for children.

Overall, the Oaklander Model serves as a powerful reminder of the profound impact that play can have on a child's well-being, making it an invaluable tool in the field of child therapy.

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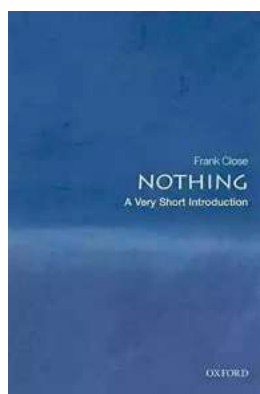
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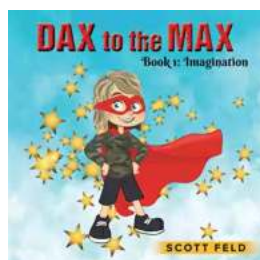
We created this guidebook to serve as a companion to the Oaklander Training Program Violet developed after publishing *Windows to Our Children*. Child and adolescent therapists came from all over the world to attend her life-changing two-week intensive workshops in Santa Barbara, California. This training continues in Santa Monica, California (led by Karen Fried) and in other United States and international venues by facilitators whom Violet trained, including Lynn Stadler and Peter Mortola. While this guidebook is meant to be used by therapists who have participated in Violet's training process, that experience is not a requirement. Here, we outline Violet's thinking as well as some of her classic experiential exercises for you to use when a child or adolescent comes to therapy. The model includes how to conduct a first session and how to take developmental factors into account. The guide then explains key elements of Violet's signature focus on a young client's ability to contact (inwardly and outwardly), and details how you can enable youngsters at any developmental stage to develop healthy contact functions and to strengthen their sense of self. In addition, this guidebook outlines Violet's approach to the emotions—including the universal but often-misunderstood ones of anger and aggressive energy that can be challenging to handle in a therapy session. To support you in doing so, the guidebook leads you, step by step, through many of her most effective projective

techniques, such as the Safe Place and Rosebush drawings and working with clay, sand tray, and puppets. Finally, it lays out the self-nurturing process, often arising at the end of therapy, and explicates Violet's insights on developmental issues impacting termination for you to apply in your own practice. Thus we present Violet's work and, with her blessing, have endeavored to make it even more accessible to therapists. Whether we cite her words verbatim or not, Violet's knowledge, wisdom, and deep love of young people inspires every line. We hope you enjoy using this guidebook as much as we have enjoyed composing it.



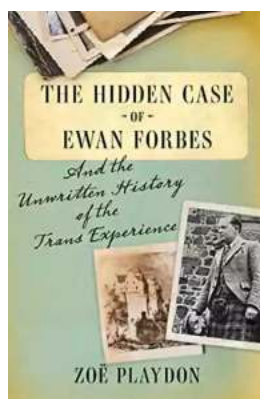
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