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Therapeutic Games and Guided Imagery is packed with tools for social workers, counselors, school professionals, students, and other helping professionals in the medical and mental health fields. Through the use of interactive exercises, therapists and professionals can help their clients build confidence and develop new perspectives on their interpersonal relationships.

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The exercises and games are tools that professional social workers and others can use to help. This book is a collection of games, activities, and guided imagery exercises for use with clients in therapy or other professional-client interactions. The book begins with a description of the theoretical framework for the book and for the use of therapeutic games and exercises.

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