



# Speaking about the Unspeakable: Non-Verbal Methods and Experiences in Therapy with Children

*Dennis McCarthy*

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## **Speaking about the Unspeakable: Non-Verbal Methods and Experiences in Therapy with Children**

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Children do not always have the capacity or need to express themselves through words. They often succeed in saying more about their feelings and experiences by communicating non-verbally through play and other expressive, creative activities. The basic premise of *Speaking about the Unspeakable* is that life's most pivotal experiences, both good and bad, can be truly expressed via the language of the imagination. Through creativity and play, children are free to articulate their emotions indirectly. The contributors, all experienced child therapists, describe a wide variety of non-verbal therapeutic techniques, including clay, sand, movement and nature therapy, illustrating their descriptions with moving case studies from their professional experience. Accessible and engaging, this book will inspire child psychologists and therapists, art therapists and anyone with an interest in therapeutic work with children.

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