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D. Hand

# Role-Playing Games in Psychotherapy

A Practitioner's Guide

- Offers the first practical guide for therapists on utilising role-playing games in 1:1 client sessions
- Walks the reader through each step of the process, from the principles of the approach through to implementation
- Demonstrates what RGP therapy might look like as part of different professional modalities

"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, [...]

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