



# Game-Based Cognitive-Behavioral Therapy for Child Sexual Abuse: An Innovative Treatment Approach

*Craig I. Springer PhD, Justin R. Misurell PhD*

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**DELIVERS AN EFFECTIVE, ENGAGING NEW TECHNIQUE FOR TREATING CHILDHOOD SEXUAL ABUSE**

Treating a confirmed or suspected case of childhood sexual abuse is undoubtedly one of the most challenging situations a clinician can face. This unique book, written by recognized experts on the evaluation and treatment of childhood sexual abuse, is the first to disseminate a comprehensive and integrative approach to treating child sexual abuse that combines the power of structured play therapy with cognitive-behavioral treatment. Created by the authors, game-based cognitive-behavioral therapy (GB-CBT) is a complete therapeutic package containing engaging techniques and effective strategies to treat the problems experienced by children and families impacted by sexual abuse.

The book provides the rationale, underlying theory, and step-by-step instructions for providing GB-CBT to families affected by child sexual abuse. Detailed descriptions of evidence-based techniques and required materials are included, along with reproducible game boards and other items needed to implement activities. These structured therapeutic games and role-plays are enjoyable and provide multiple opportunities for children to learn and rehearse such skills as emotional expression, anger management, relaxation strategies, social skills, social problem solving, and cognitive coping. A detailed session framework complete with behavioral expectations and reward systems, along with illustrative case examples, further demonstrates how to implement GB-CBT. Also included are recommendations for effective and comprehensive assessment procedures. The book describes activities for individual, conjoint child--caregiver, and group therapy that can be used in a multitude of therapeutic environments and can be incorporated into clinical practice across a variety of orientations. Additionally, it includes information about cultural considerations critical for effective delivery with diverse populations. The book also contains strategies for training and educating students and clinicians about GB-CBT.

## **KEY FEATURES**

- Delivers an effective new method for treating child sexual abuse that combines structured play therapy with cognitive-behavioral therapy
- Written by the originators of GB-CBT, recognized experts in this field
- Designed for use in a variety of settings and with different therapeutic modalities
- Presents concrete strategies, step-by-step instruction, and required materials for treating problems related to child sexual abuse

- Includes illustrative case examples and a complete description of structured sessions with behavioral expectations and reward systems

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