

## The influence of integrative play therapy on children

**Flora Lamçja (Zeqaj)**  
*European University of Tirana*

### Abstract

The integration of theory, technique and common factors in psychotherapy has gained prominence since the 1990s. Previously, it was called eclecticism, but integration has become the preferred term to describe the blending of theory, technique and common factors (Norcross 2005). In the past, eclecticism meant to choose from various theories and techniques a therapeutic strategy that appears best for a particular client (Schaefer 2003 p.308). However, Norcross (1987) explains eclecticism as a further integration through which various theories are applied on interactive and coordinated explanations of the therapy.

Because of psychological disorders, especially for children and adolescents are multilayered, complex and multi determined a multifaceted treatment approach is needed (Schaefer 2003). Indeed, many clients do not come with a clearly defined diagnosis, but rather several overlapping problems due to the co morbidity of issues (such as in the cases of complex trauma resulting in overlapping attention problems, along with phobias and sexualized behaviors). The clinicians trained in one theoretical and treatment approach is finding the "one size" cannot fit in all the presenting problems that are being faced today.

Due to this multidimensional aspect the play child/play therapy calls for the unique demand that the therapist should wear a lot of different hats and should be skillful in changing from one therapeutic stance to another, in order to meet the needs of the child and of the various members in the child's life (Coonerty, 1993). In one moment, the play therapist is intensively involved in deeply evocative and conflicted play therapy the child client. At that moment, the therapist needs to deal with the child's internal struggles, setting limits and being an educator or mediator with the child, while in the next moment the therapist should engaged with the role of a parent, or school psychologist, or classroom teacher to assess the child's functioning.

**Keywords:** integrated play, children, influence, therapy.

Full Text: [PDF](#)



This work is licensed under [Creative Commons Attribution 3.0 License](#).

Academic Journal of Business, Administration, Law and Social Sciences ISSN 2410-3918 (print)

ISSN 2410-8693 (online)

Copyright © IIPCCCL-International Institute for Private, Commercial and Competition law