

workshops instead of the cottage industries many considered them. The toys they produced documented mythical ideals of peasant culture rather than historical truth. Finally, in this section of the book, Valentina Boretti argues that toys from republican and communist China from 1910 to 1960 primarily differed in materiality and discourse, which favored cooperative and technological toys, and condemned superstitious dolls. Generally interpreting political indoctrination through toys, these chapters highlight families and toy makers' resistance to dominant rhetoric.

Childhood by Design expands upon a common body of research that includes work by Gary Cross, Miriam Forman-Brunell, and Brian Sutton-Smith and, like their books often did, it should prove fascinating to students as well as to scholars. And, also as their work did, *Childhood by Design* poses some new directions in material culture studies.

—Frederika Eilers, *McGill University, Montreal, Quebec, Canada*

Play-Based Interventions for Childhood Anxieties, Fears, and Phobias

Athena A. Drewes and Charles E. Schaefer, eds.

NY: Guilford Press, 2018. Appendices, references, index. 276 pp. \$29.75 paper. ISBN: 9781462534708

The landscape of play therapy publications has grown considerably over the past ten years. Books dedicated to specific play

therapy approaches, diagnoses, and contexts are readily available for students, therapists, and educators. Stalwarts of play therapy Athena Drewes and Charles Schaefer have teamed up again to edit a wonderfully informative collection of essays focused on a wide array of childhood anxieties from nightmares to post-traumatic anxieties. Drewes and Schaefer assembled a strong and diverse group of authors, including researchers from the United States, Canada, Australia, Spain, and Japan. But most importantly, as the editors suggest, this text addresses the absence of evidenced-based, play-related applications in the current literature dealing with childhood anxiety. For example, many of the authors include a clear and separate section of outcome studies related to their essays. This seems to be an essential feature that can aid clinicians in making informed treatment decisions and help them move beyond an eclectic approach to treating anxiety.

The book is broken into three parts: Common fears, specific disorders, and posttraumatic anxieties. The essays are relatively concise, accessible, and grounded in research. Many of the chapters also include a case vignette that connects theory to practice. Readers will find that the authors have done a nice job of including detailed explanations of possible interventions. Unlike the essays in most other edited play therapy books, each essay here includes information about working with parents and care givers, which provides a much more holistic look at care. For example, Sandra L. Clark and E. Jane Garland offer specific parental activities and reflective questions from the Taming Worry Dragons program.

Those familiar with Drewes and Schaefer's work will notice a focus on the therapeutic values of play in a few of the essays. As a play therapy educator, I stress to students the importance of understanding how play helps kids grow socially and emotionally. Fundamentally, we need to know how play facilitates change in our young clients, especially when we communicate to parents how our work differs from traditional talk therapy. It would have been helpful had all the authors focused on the therapeutic elements of play inherent in their specific approaches, as Heidi Gerard Kaduson does in "Release Play Interventions for Children Who Experienced Stressful Life Events." There she demonstrates how catharsis, abreaction, and fantasy compensation are achieved in Release Play Therapy.

To borrow a phrase from Drewes's earlier work, this book focuses on "play in therapy" as opposed to using play as the prime vehicle for expression. The approaches offered here focus largely on therapist-directed interventions. This is an important distinction because it helps child-centered play therapists stretch their skills and it assists more directive, skill-based play therapists in learning new techniques. Drewes and Schaefer have assembled a valuable resource, with expert authors and clear, practical, and well-researched strategies for dealing with childhood anxieties. Although the book is not a treatment manual, it will serve as a strong resource for client conceptualization, treatment planning, family consultation, and goal setting.

—Stephen P. Demanchick, *Nazareth College, Rochester, NY*

Prehistoric Games of North American Indians: Subarctic to Mesoamerica

Barbara Voorhies, ed.

Salt Lake City, UT: The University of Utah Press, 2017. Introduction, foreword, contributors, references, index, pictures, figures, maps, and tables. 366 pp. \$65.00 cloth. ISBN: 9781607815594.

The editor and contributors of *Prehistoric Games of North American Indians* have taken on the herculean task of weaving different subdisciplines, methodologies, and theories within anthropology to the often-neglected subject of games. The book examines games from a prehistoric archeological perspective, presenting adult games from various Native American societies in different geographic areas of North America that includes a broader context about games (and gambling) than we usually see in books on the subject.

The contributors of *Prehistoric Games of North American Indians* recognize games as a core aspect of social and ceremonial life for Native peoples. Essays on "Playing the Apalachee Ballgame in the Fields of the Thunder God," "The Sacred Role of Dice Games in Eastern North America," and "Ancient Maya Patolli," reveal games to be part of ceremonial rituals and spiritual belief. Essays on "Reinventing the Wheel Game: Prestige Gambling on the Plains/Plateau Frontier," "Social Aspects of an Apachean Stave-Dice Gaming Feature at Three Sisters," "Serious Play in the Preclassic: The Chalcatzingo Figurines as Guides in a Game of Social Learning" show how, especially when gambling is involved, games can create, illustrate, and maintain social status and reinforce political power.