



Monster Busting: Assisting Children with Emotional Problems

Marrilee van Niekerk

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Adopted from the work of Michael White, the concept of 'monster busting' is approached here from a user-friendly point of view. Without the need of a great deal of resources, skills or therapeutic knowledge, this technique aims to be simple and uncomplicated. Rather than using a 'cause and effect' approach, suggesting people, behaviour or relationships are the root cause of a problem, the advice here urges the externalisation of a problem in order for the child, helper and family to combat it.

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