

Healing Days

A Guide for Kids Who Have Experienced Trauma



by Susan Farber Straus, PhD

illustrated by Maria Bogade

Healing Trauma Guide Hardcover

Stephen G. Wartel



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Tools for Transforming Trauma Robert Schwarz, 2013-05-13 Tools for Transforming Trauma provides clinicians with an integrative framework that covers a wide range of therapeutic modalities and a black bag full of therapeutic tools for healing trauma patients

Trauma as Medicine Sarah Salter-Kelly, 2021-05-14 On a cold winter's morning in December of 1995 Sarah Salter Kelly's mother was brutally raped and murdered in a dark parkade by a stranger. After being found guilty of first degree murder the perpetrator suicided in prison. In Trauma as Medicine Sarah shares her inspirational story as a template to guide the reader in their own journey of transformation. She encourages you to consider the life lessons you came here to learn are found in the center of your greatest challenges and if you lean in miracles unfold. For Sarah these miracles became a path of Forgiveness and Compassion. Ten years after her mother's homicide she was compelled to understand the bad guy. Who was he? Who were his people and what had transpired to lead him into the parkade that day? Her desire for shared humanity led her to the First Nations land of his ancestors where she received a profound education in the history of colonization in Canada. This is a real life example of metabolizing trauma on a personal and collective level for deep soul healing. This book includes the following practices and teachings to guide your way: Journal exercises, meditations, ceremonies, Connecting with your Helping Spirits, Ancestors, Source, Guidelines for creating sacred space focused on relationship with Mother Earth, Altered states such as Shamanic Journey, Ayahuasca, Facing fear using triggers as resources, Metabolizing trauma, embodying your medicine, Forgiveness, Collective healing, being of service.

Emotionally Focused Couple Therapy with Trauma Survivors Susan M. Johnson, 2011-11-03 This book provides a theoretical framework and a practical model of intervention for distressed couples whose relationships are affected by the echoes of trauma. Combining attachment theory, trauma research, and emotionally focused therapeutic techniques, Susan M. Johnson guides the clinician in modifying the interactional patterns that maintain traumatic stress and fostering positive healing relationships among survivors and their partners. In depth case material brings to life the process of assessment and treatment with couples coping with the impact of different kinds of trauma including childhood abuse, serious illness, and combat experiences. The concluding chapter features valuable advice on therapist self-care.

Healing Days Susan Farber Straus, 2013-05-20 Healing Days is a book designed to be used in therapy for kids ages 6-11 and functions as an excellent resource for those who have experienced physical or sexual abuse. Readers will follow four children as they learn ways to cope with their own trauma. Sensitive and empowering, the book models therapeutic coping responses and provides children with tools they may use to deal with their own trauma. A Dear Reader introduction is included for the child reader. Also available is an online Note to Parents and Caregivers.

Trump Trauma: When Political Bully Psychopaths Mentally Overwhelm Healing PTSD and Connecting to Your True Self While Making Salt Charles K. Bunch, Ph.D., 2018-04-01 What happens with your President and Cabinet are eroding your life possibilities and you know something stinks: narcissist lies and psychopathy are ruling. What happens when

you are bombarded with this daily including the confused state that comes from being conned and deceived on a perpetual basis What do you do when others around you are falling in line with the Pirate Dictator leaving you marginalized The mental result for all in this situation is to be traumatized It s severe form from Trump s Daily Trauma and the assault on the US Government to fill his coffers creates Political PTSD a disorder of mind and brain functions Dr Bunch lines out how to know and intervene in this short booklet Be prompted to affirm life and connect with your soul s directions not the draining Mesmer of the vampire

Journey Through Trauma Gretchen Schmelzer, PhD,2018-02-06 As a therapist Gretchen Schmelzer has watched far too many people quit during treatment for trauma recovery They find it too difficult or frightening or they decide that it s just too late for them Schmelzer wrote Journey Through Trauma specifically for survivors to help them understand the terrain of the healing process and stay on the path She begins by laying out three important assumptions that support a survivor s healing that it is possible that it requires courage and that it cannot be done alone Traumas that happen more than once child abuse sexual abuse domestic violence gang violence war are all relational traumas They are traumas that happen inside a relationship and therefore must be healed inside a relationship whether that relationship is with a therapist or within a group She then guides readers through the five phases that every survivor must negotiate Preparation Unintegration Identification Integration and Consolidation She creates a mental map of the healing process that helps survivors recognize where they are in their journey to health see where the hard parts occur and persevere in the process of getting well Since the cycle of healing repeated trauma is not linear the survivor comes to understand that circling back around to a previous stage actually means progress as well as facing new challenges Ultimately the healing journey is one of trust as survivors come to trust their capacity to rely on help from others and to trust themselves and the work they have done

Facilitated Self-Help Guide Stephen G. Wartel,2023-03-04 The Facilitated Self Help Guide describes a helping model for use by professionals during the challenging times A professionally facilitated model it utilizes technologies like secure videoconferencing to deliver a range of stress reduction and behavioral health strategies based on cognitive behavioral principles Minimalist in orientation this stepped care model promotes self reliance and builds on resilience Help is assessed by a professional facilitator who collaboratively adapts and designs strategies relying when possible on trying self administered self help first The guide applies the model across a range of presenting issues encountered during these challenging times Illustrated examples flowcharts and protocols are included The guide has a detailed table of contents to aid navigation a glossary and resource list for additional information and extensive referencing to document sources The Facilitated Self Help Guide describes a helping model for use by professionals during the pandemic and beyond A professionally facilitated model it respects social distancing by utilizing technologies like secure videoconferencing to deliver a range of stress reduction and behavioral health strategies based on cognitive behavioral principles and informed by neuroscience breakthroughs like memory reconsolidation Minimalist in orientation this stepped care model promotes self

reliance and builds on resilience Help is assessed by a professional facilitator who collaboratively adapts and designs strategies relying when possible on trying self administered self help first The guide applies the model across a range of presenting issues encountered during the pandemic as well as beyond Illustrated examples flowcharts and protocols are included The guide has a detailed table of contents to aid navigation a glossary and resource list for additional information and extensive referencing to document sources

What It Takes to Heal Prentis Hemphill, 2025-06-10 NATIONAL BESTSELLER From one of the most prominent voices in the trauma conversation comes a groundbreaking new way to heal on a personal and a collective level showing us that we don't have to carry our emotional burdens alone I love this book Bessel van der Kolk author of *The Body Keeps the Score* In a time when so many of us are being trained in cynicism this book stands in necessary defiance Cole Arthur Riley author of *Black Liturgies* and *This Here Flesh* This Random House Book Club edition includes a discussion guide at the back of the book What It Takes to Heal asserts that the principles of embodiment the recognition of our body's sensations and habits and the beliefs that inform them are critical to lasting healing and change Hemphill an expert embodiment practitioner therapist and activist who has partnered with Bren Brown Tarana Burke and Esther Perel among others demonstrates a future in which healing is done in community Hemphill weaves together stories from their own experience as a trauma survivor with clinical accounts and lessons learned from their time as a social movement architect They ask What would it do to movements to our society and culture to have the principles of healing at the very center And what does it do to have healing at the center of every structure and everything we create In this life affirming framework for the way forward Hemphill shows us how to heal our bodies minds and souls to develop the interpersonal skills necessary to break down the doors of disconnection and take the necessary risks to reshape our world toward justice

Sedona Vortex Guide Book Robert Shapiro, Janet McClure, 1991-01-01 Only on rare occasions does a book come along that contains the potential to change the consciousness of our entire planetary culture Many have talked about the ascension process but very few really understand what it means Who is really out there Where are we going What are our choices What has to be done to prepare for this event Is everyone ascending to the same place What happened to the fourth dimension How can we understand the fifth dimension What are fifth dimensional beings like This book explains all of these questions in a way that we can easily understand It explains what our relationships are to known extraterrestrial groups and what they are doing to help the Earth and her people in this crucial galactic moment in time It helps us to understand how we can raise our vibration now and begin the process of integrating higher dimensional energies into our third dimensional world The Arcturians have given us a crucial focus for the acceleration of world consci

The Molly Project, M.E.D., 2022-11-03 Traumatic events have lasting significances even if we are at first unaware Post traumatic stress syndrome PTSS formerly referred to as PTSD Post Traumatic Stress Disorder is more apparent than ever whether it be from being on a war field being bullied in your school years or being abused physically emotionally or sexually There are different

levels of pain and therefore many different needs for recovery The Molly Project is a book that integrates story journey and scripture towards the path of healing It provides tips for caregivers an up to date view of research with the brain and encouragement for those who are processing their own struggles Mental health is often seen as a forbidden discussion item but it is to be taken as seriously as physical health issues While The Molly Project features childhood sexual abuse as the recovery model there will be relevant information for many readers It is a must read for all who seek to understand the role of the subconscious and how to minister to the truly brokenhearted among us

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