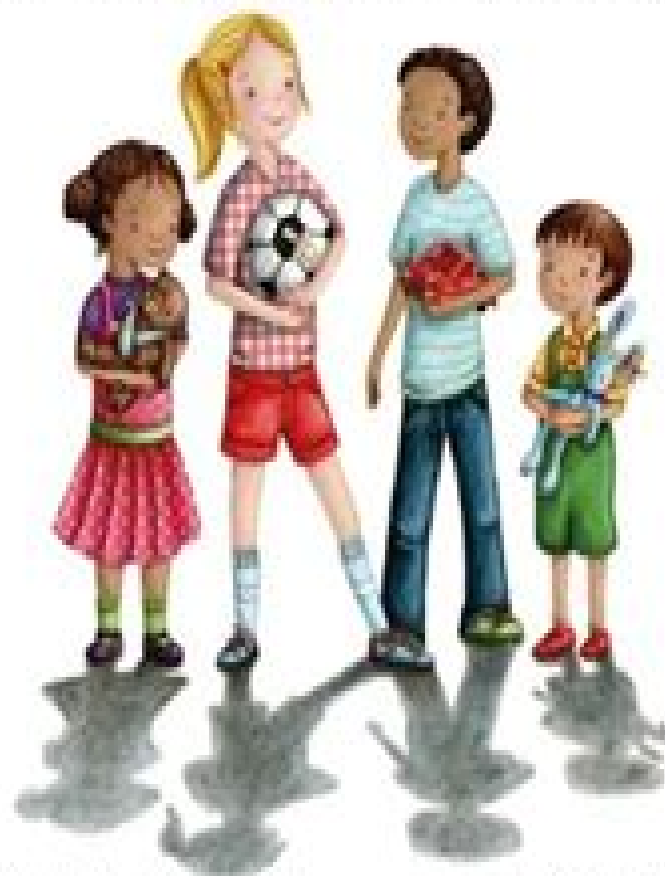


Healing Days

A Guide for Kids Who Have Experienced Trauma



by Susan Farber Straus, PhD

Illustrated by Maria Bogade

Hardcover Healing Trauma Guide

Huangqi Zhang



Hardcover Healing Trauma Guide:

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

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

Treating Abuse Today , 1997 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 **Pathway to**

Freedom Gloria J. Kelsey, 2025-09-16 Trauma is a multifaceted profoundly influential experience that can have devastating effects on a person's mental and emotional health For the sufferer it can feel insurmountable yet healing is not only possible but with understanding guidance and faith can be sustained and transformative In Pathway to Freedom Gloria J Kelsey offers a fascinating and comprehensive guide to the roots fruits and effects of trauma and a detailed roadmap for the journey back to wholeness that anyone imprisoned by trauma can follow In Pathway to Freedom you will discover that although healing from trauma is a personal journey that requires self care identifying and managing triggers and establishing a stable routine there are practical steps that anyone can follow for navigating the healing process You will learn to recognize the intricate connections between emotional and physical health and how you can restore balance and harmony of body mind and spirit This involves exploring the underlying causes of your trauma understanding your stress responses and acquiring techniques for building resilience With these skills you'll be better equipped to confidently face future challenges and support others on their healing journeys The author's therapeutic approach combines scientific advancements in the physiology and psychology of trauma with the transformative power of faith and prayer Having experienced her own struggles related to trauma and abuse Gloria brings a unique perspective to those in similar situations Do you ever question whether it's truly possible to recover from trauma rejection or a shattered heart Maybe you've been in pain for quite some time and things don't seem to improve Perhaps you feel trapped like you've exhausted all options and nothing has worked As you delve into the chapters of this trauma healing guide you'll learn how to turn each challenge into an opportunity for personal growth The Healing

Power of Play Eliana Gil, 2012-04-10 This book describes how therapists can both facilitate constructive play therapy and intervene in posttraumatic play to help children who have been traumatized by abuse or neglect achieve a positive resolution Traditional techniques of play therapy are reviewed for their application to this population Throughout numerous therapeutic aids are described to enhance the child's capacity to communicate verbally or symbolically To help clinicians translate theory into daily practice the book presents six detailed clinical vignettes that offer step by step guidelines for assessment and

intervention in different situations of abuse or neglect

Insider's Guide to Book Editors, Publishers, and Literary Agents, 1996-1997 Jeff Herman, 1995-10-25 No other book gives aspiring authors the inside scoop on the names and specialties of acquisitions editors This vital information makes all the difference when submitting a book proposal or manuscript by keeping writers of all genres on top of the rapidly changing world of publishing Who's moved where who's new to the scene who's gone for good it's all here in one big volume

Sex on Fire Leah RS Braun, 2017-05-01 How one woman overcomes her traumatic past to become a strong leader a good parent a healthy relationship partner and an empowered woman sexually and everywhere else Leah is a typical woman in society today a mom a wife a small business owner She is also typical because she is a survivor of rape That rape and other sexual trauma are now typical in our society is tragic By telling her story Leah shines light on our current rape culture as well as outlining a powerful path toward healing traumatic wounds finding the strength to tell her truth and perhaps shades of many other women's truths as well as claiming her right to a full and embodied sexuality By her brave example Leah hopes to help many other women do the deep work of healing sexual wounds hold their wounders accountable and claim the lives and the healthy sexuality to which we are all entitled Join Leah as she walks us down the path of her trauma the butterfly effect of that trauma and her crawl step by tumultuous step out of the depths of shame addiction and codependency into a joyful imperfect triumphant fully human life

Through Dangerous Terrain Jennifer Baldwin, 2020-12-09 When times of threat and uncertainty come it can be challenging to know what to do or how to help Through Dangerous Terrain provides a guide and map for how to understand the human threat response system how we connect in times of safety and how to provide wise and informed leadership during and after threat or trauma events Though it is written in the context of the Covid 19 pandemic and offers some reflections particular to the viral pandemic it can be applied to any experience of personal or societal threat When we can more fully understand how human physiology detects threats and seeks safety we can mobilize the gifts of our religious and spiritual traditions and communities to offer the community care that is essential for health and outside the purview of traditional therapeutic contexts This book offers key insights from leading trauma care models Internal Family Systems Somatic Experiencing and Polyvagal Theory neuroscience and pastoral care to help religious and spiritual community leaders offer informed care hope and support in the face of threat and trauma

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