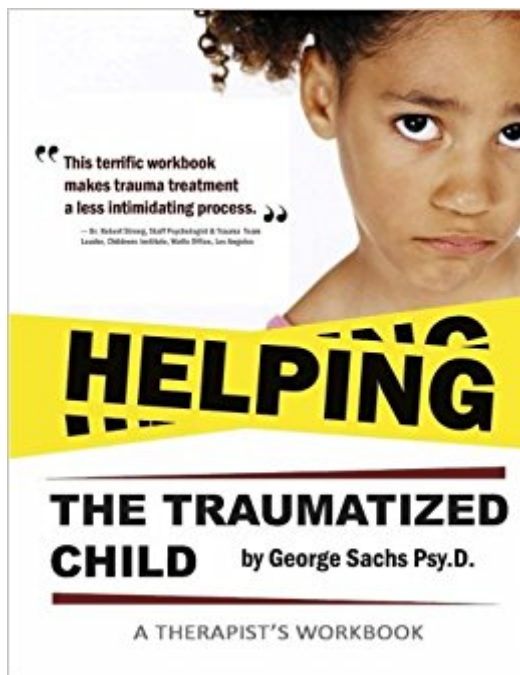


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# Helping The Traumatized Child: A Workbook For Therapists (Helpful Materials To Support Therapists Using TFCBT: Trauma-Focused Cognitive Behavioral ... With FREE Digital Download Of The Book.)



## Synopsis

This helpful workbook is designed to support TF-CBT therapists and child trauma therapists in their work with traumatized children. Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based psychotherapy that aims at addressing the needs of children and adolescents (ages 3 to 18) with Post-Traumatic Stress Disorder (PTSD) and other difficulties related to traumatic life events. "Helping the Traumatized Child" is designed as a tool for therapists to use with children and adolescents who have experienced trauma. The activities in this workbook are based on cutting-edge research in the field of trauma treatment for children. Studies have found that educating children about trauma, providing positive stress management techniques, reexposing the child to the traumatic events, and changing children's distorted thoughts about the trauma, are all effective strategies for ameliorating the symptoms of Post-Traumatic Stress Disorder (PTSD). This book offers the therapist these sound scientific methods in an easy to use, child-friendly form. The activities are best used with children ages seven to eighteen, but can be tailored for children as young as four-years old. This workbook is not designed to be used alone, but rather as a companion to an existing knowledge base of trauma treatment with children. Basic principles of child psychotherapy and child maltreatment are not included in this text. It is recommended, therefore, that, while using this manual, clinicians read other sources for treating traumatized children. I suggest the book *Treating Trauma and Traumatic Grief in Children and Adolescents* by Judith Cohen, PhD, Anthony Mannarino, PhD and Esther Deblinger, PhD. The workbook also comes with a free downloadable version of the workbook, which allows for easy printing of the child-friendly materials to use in sessions.

Table Of Contents:

- "Getting to Know Me" • Goal: Assessment & Goal Setting
- "What is Trauma & Abuse?" • Goal: Psycho-education of Trauma and Abuse
- "Managing My Emotions" • Goal: Emotion Identification & Regulation
- "Managing Stress" • Goal: Relaxation Training & Thought Stopping
- "Managing My Thoughts" • Goal: Connecting Thoughts to Feelings and Actions
- "Trauma Timeline" • Goal: Outlining Traumatic Events
- "Trauma Narrative" • Goal: Exposure of Traumatic Events with Thoughts & Feelings
- "Changing Unhelpful Thoughts" • Goal: Reprocessing Distorted Thoughts
- "Being Safe" • Goal: Sharing Trauma Narrative w/Caregiver. Safety Planning & Graduation

Examples of worksheets

- My Universe This activity is helpful in determining the child's support system and who he feels close to in the family or circle of friends. I was surprised, when using this activity with a twelve-year-old boy to see that he put his abusive mother in the largest "planet" nearest to him. This was essential information as we progressed in

treatment, as it helped me understand his conflicted relationship with his mother. The Family Zoo This projective drawing activity allows the therapist to see how the child views his family and his position or place in that family. Like "My Universe," this activity is helpful in determining which adult the child feels close to and safe enough to share his trauma story with at the end of treatment. Time Machine Many children harbor fantasies about what they wish had happened instead of the "bad thing" that really occurred in the past. For example: a child who was sexually abused may wish the abusing relative had been nice to her and had not been abusive. Or a child who loses a father in a traumatic boating accident may wish that the father had not gone on the trip. It is important for the child to express these fantasies if the trauma narrative is to proceed.

## Book Information

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## Customer Reviews

Dr. Sachs is a licensed child psychologist and adult psychologist, specializing in the treatment of trauma, ADD/ADHD and Autism Spectrum Disorders in children, teen and adults. Dr. Sachs did his clinical training in Chicago at Cook County Hospital, Mt. Sinai Hospital and the Child Study Center of Chicago. He completed his internship and post doctoral work at the Children's Institute in Los Angeles (Watts), where he supervised and trained therapists in Trauma-Focused Cognitive Behavioral Therapy (TFCBT). George Sachs is a Gestalt trained therapist, certified by the Gestalt Associates Training program of Los Angeles. Dr. Sachs consulted to Juilliard in New York City, providing counseling to their dance, drama, and orchestral students. Dr. Sachs is author of Helping

the Traumatized Child. The Mad, Sad, Happy Book and Helping Your Husband with Adult ADD. Dr. Sachs has appeared on NBC Nightly News, CBS, WPIX and other major media outlets, discussing his unique holistic approach to ADD/ADHD treatment. Dr. Sachs also writes for the Huffington Post. Dr. Sachs is a member of the American Psychological Association and the New York State Psychological Association.

This is a great resource for working with children of trauma. Includes a lot of resources for guiding the child through the trauma in a safe way. The worksheets really assist in opening conversations about the trauma and events the child went through! So glad that I ordered this book- I have used it so many times already!

Some really good exercises for the traumatized child. I like the way it builds up to the "harder" issues with children gradually, thus giving the child time to gain trust.

Great for working with TF-CBT

very helpful book and great/quick response to emailed questions about the purchase

Disappointing, worksheets not any better than those free on internet.

Dr. Sachs book is a groundbreaking and invaluable hands on tool for clinicians and school counsellors working with traumatized children who want to expand beyond the use of general "play therapy." The exercises in this book make the process of counseling for traumatized children far less frightening and heavy and even fun! As children are often pulled out of class in the middle of the school day or right before homework time for counseling, this structured tool is likely to bypass the distraction that could occur from engaging in play therapy. I even think we could learn a thing or two about counseling adult survivors of trauma from this book. Bravo to a talented and esteemed colleague!

Love how each section/chapter is specific to the TF-CBT process and each activity has a description. DIGITAL DOWNLOAD makes it so much easier!

Great book! It is very easy to read and extremely helpful. Dr. Sachs is extremely knowledgeable. I

have studied the effects of trauma and how to work with adults in trauma focused therapy but working with children is extremely new to me. This book provided a ton of information that I will use in my practice going forward. Thanks!

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