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Therapeutic parenting is a deeply nurturing parenting style, and is especially effective for children with attachment difficulties, or who experienced childhood trauma. This book provides everything you need to know in order to be able to effectively therapeutically parent. Providing a model of intervention, The A-Z of Therapeutic Parenting gives parents or caregivers an easy to follow process to use when responding to issues with their children. The following A-Z covers 60 common problems parents face, from acting aggressively to difficulties with sleep, with advice on what might trigger these issues, and how to respond. Easy to navigate and written in a straightforward style, this book is a 'must have' for all therapeutic parents.

Designed as a professional complement to Sarah Naish's bestselling A-Z of Therapeutic Parenting, this tried and tested resource offers practical tools for all professionals supporting therapeutic families. Based on the latest research, and with photocopiable worksheets, pro formas and charts to use with parents, these tools will help you to build supportive and stable relationships with families and reduce family breakdown. The resource is structured into three parts: 1. The Trauma Tracker Tool - designed to support the stability of the family and to predict possible incidents by providing an understanding of the presenting behaviours in the context of the child's history 2. The Developmental Foundation Planner - to help professionals to identify and address unmet developmental needs in a structured way as soon as a child is placed with a family and thereby help reduce instances of family breakdown 3. The Behaviour - Assessment of Impact and Resolution Tool (BAIRT) - which enables practitioners of most levels to engage in a step by step intervention, breaking down the most complex behaviours with a problem solving supportive process, thereby reducing the effects of blocked care and enabling engagement with parents in an honest, positive process. Simple to use, and easy to implement, these tools will enable you to create therapeutic, trauma-informed assessments, intervention and support.

This innovative book brings together a wide range of therapeutic approaches, techniques and models to outline recent developments in the practice of supporting children in out-of-home care. It sheds light on the significance of schools, sports and peer relationships in the lives of traumatized children. It also draws particular attention to the vital importance of taking into account children's cultural heritage, and to the growing prevalence of relative care. Each chapter is set out by acclaimed and world-renowned contributors' specific approach, such as Dan Hughes and his work on conceptual maps and Cathy Malchiodi and her research on creative interventions, and gives practical ways to support children and carers. It also includes contributions from Bruce Perry, Allan Shore and Martin Teicher. This comprehensive volume will open new avenues for understanding how the relationship between child and carer can create opportunities for change and healing.

"The authors . . . make child-centered play therapy readily understandable to those who wish to take advantage of its long history of helping children overcome problems and grow emotionally to a level of maturity difficult to achieve by any other approach." —From the Foreword, by Louise F. Guernsey, PhD, RPT-S A comprehensive resource that thoroughly teaches the theory, methods, and practice of child-centered play therapy Child-Centered Play Therapy: A Practical Guide to Developing Therapeutic Relationships with Children offers how-to direction and practical advice for conducting child-centered play therapy. Filled with case studies, learning activities, and classroom exercises, this book presents extensive coverage of play therapy applications such as setting goals and treatment planning, as well as recommendations for family and systemic services that can be provided along with play therapy. This rich resource provides: A thorough introduction to the theory and guiding principles underlying child-centered play therapy Skill guidance including structuring sessions, tracking, empathy, responding to children's questions, and role-play Effective ways of determining what limits to set in the playroom and how to set them in a therapeutically effective manner Clear methods for monitoring children's progress through stages as well as external measures of progress Practical guidance in adjunct therapist tasks such as playroom set-up, documentation, ending therapy, and working with parents, teachers, and principals Endorsed by Louise Guernsey—a founding child-centered play therapy figure who developed the skills-based methods covered in this book—Child-Centered Play Therapy comprehensively and realistically introduces practitioners to the child-centered approach to play therapy and addresses how to incorporate the approach into schools, agencies, or private practice.

A number of books have explored the ways psychotherapy clients can benefit from learning and practicing mindfulness. This is the first volume to focus specifically on how mindfulness can deepen the therapeutic relationship. Grounded in research, chapters demonstrate how therapists' own mindfulness practice can help them to listen more attentively and be more fully present. Leading proponents of different treatment approaches—including behavioral, psychodynamic, and family systems perspectives—illustrate a variety of ways that mindfulness principles can complement standard techniques and improve outcomes by strengthening the connection between therapist and client. Also presented are practical strategies for integrating mindfulness into clinical training.

Writing a journal is not just about keeping a record of daily events - journal writing provides a unique therapeutic opportunity for facilitating healing and growth. The author of this book guides the reader through developing journal writing to use as a therapeutic tool. Keeping a journal can help the writer to develop a better understanding of themselves, their relationships and the world around them, as well as improve skills of problem-solving, decision-making and planning. As such, journal writing can be a powerful complement to verbal therapy, offering an effective and affordable way of extending support to troubled clients. The book includes advice on working with individuals, facilitating a therapeutic writing group, proposed clinical applications, practical techniques, useful journal prompts, exercises and case vignettes. This clear guide to the basics of journaling and its development as a therapeutic medium will be a valuable handbook for therapists, health and social care practitioners, teachers, life coaches, writing facilitators and any professional seeking personal development in themselves or their clients.

This groundbreaking resource offers you exclusive coverage of the latest techniques in diagnostic and therapeutic 3-D ultrasound imaging instrumentation and techniques. Providing a solid overview of potential applications in clinical practice, you find need-to-know details on major diseases, including vascular diseases, breast cancer, cardiac abnormalities and prostate cancer.

This book is your hot flask of tea or coffee, and a cosy blanket which will keep you warm, safe and well on your journey, ensuring you reach the other side, mentally and physically well. So, you are great at therapeutic parenting, but how are YOU? If you don't have the time or inclination for a bit of 'self-care' then this is the book for you. This easy-to-follow, dip-in dip-out resource addresses common challenges and feelings experienced by therapeutic parents, and offers 80 practical strategies to help you cope and survive as a therapeutic parent. Bestselling parenting author Sarah Naish writes with humour and compassion, drawing on her own personal and professional experiences to cover everything from essential maintenance to isolation and rejection and how to survive including helpful phrases to humorous anecdotes and examples of how to schedule a holiday. Designed to save time, save energy and solve your problems, this book is a 'must have' for all therapeutic parents.

In recent years, there has been an explosion in the number of children and young people who diagnose themselves as gender dysphoric, or trans. In the UK, and worldwide, there is a growing tendency to refer them on to 'specialist gender services' almost as soon as they express any confusion or distress about their biological sex or gender identity. Due to the rapidly rising numbers and various pressures on the system, patients are increasingly likely to be offered life-altering medication and/or surgical treatments, often with little exploration of their emotional world. As so little is yet known or understood regarding this increase in gender incongruent patients, it seems precipitous to proceed onto physical treatments before any assessment work is undertaken. Many who present as gender dysphoric have complex needs with comorbid problems such as autism, histories of abuse or trauma, social phobias, depression, eating disorders, and other mental health symptoms. Therefore, all aspects of the individual's life deserve thorough assessment and therapeutic work. This book is aimed primarily at clinicians working in the field to provide a model for understanding, assessing, and treating gender dysphoria. The model uses a psychoanalytic framework to help explain disturbed states of mind and how psychic defences can be enlisted unconsciously to avoid overwhelming psychic pain. This offers professionals a way of trying to think with, and offer understanding to, their trans identifying clients. Clinical examples are given to illustrate these processes and promote the understanding of transgender children, adolescents, and young people and their internal worlds, their thinking, and their interpersonal relationships. As well as clinical exploration and understanding, the book includes an overview of the current political, social, and clinical environments which have all impacted on the clinical care of trans identifying individuals. As well as professional and trainee clinicians, this book might also prove useful to parents, other professionals, and possibly the gender dysphoric person too.