

A Therapeutic Treasure Box For Working With Children And Adolescents With Developmental Trauma Creative Techniques And Activities Therapeutic Treasures Collection

Like a treasure chest, this resource overflows with valuable resources - information, ideas and techniques to inspire and support those working with children who have experienced relational and developmental trauma. Drawing on a range of therapeutic models including systemic, psychodynamic, trauma, sensory, neurobiological, neurocognitive, attachment, cognitive behavioural, and creative ideas, Dr Karen Treisman explains how we understand trauma and its impact on children, teens and their families. She details how it can be seen in symptoms such as nightmares, sleeping difficulties, emotional dysregulation, rage, and outbursts. Theory and strategies are accompanied by a treasure trove of practical, creative, and ready-to-use resources including over 100 illustrated worksheets and handouts, top tips, recommended sample questions, and photographed examples.

Working with Relational and Developmental Trauma in Children and Adolescents focuses on the multi-layered complex and dynamic area of trauma, loss and disrupted attachment on babies, children, adolescents and the systems around them. The book explores the impact of relational and developmental trauma and toxic stress on children's bodies, brains, relationships, behaviours, cognitions, and emotions. The book draws on a range of theoretical perspectives through reflective exercises, rich case studies, practical applications and therapeutic strategies. With chapters on wider organisational and systemic dynamics, strength-based practices and the intergenerational transmission of relational trauma, Karen Treisman provides a holistic view of the pervasive nature and impact of working with trauma. *Working with Relational and Developmental Trauma in Children and Adolescents* will be of interest to professionals working with children and families in the community, in-patient, school, residential, and court-based settings, including clinical psychologists, psychiatrists, social workers, teachers, and students.

Binnie is a creative and energetic baboon, who bounces around the lush green mountains of Rwanda in East Africa. But like many of us, Binnie often feels worried and stressed, and these worries can get in her way! What if she gets lost in the jungle, or her family gets sick? What if no one likes her? Sometimes she even worries about the fact she's worried; and if she isn't worried, well why not?! This activity book has been developed by expert child psychologist Dr Karen Treisman. The first part of the book is a colourful illustrated therapeutic story about Binnie the Baboon, with a focus on worry and anxiety. This is followed by a wealth of creative activities and photocopiable worksheets for children to explore issues relating to anxiety, worry, fears, and stress, and how to find ways to understand and overcome them. The final section of the book is full of advice and practical strategies for parents, carers, and professionals on how to help children aged 5-10 to start to understand why they experience feelings of anxiety, and what they can do to help reduce and navigate it.

A valuable one-stop resource from bestselling author Dr. Karen Treisman on getting organizations truly trauma, adversity, and culturally informed, infused, and responsive.

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Packed with full-colour photocopiable worksheets, downloadable materials, and exercises ready to use with your workforce, this is the ultimate guide to weaving a deep understanding of trauma and adversity into the very fabric of your organization.

Neon the Ninja Activity Book for Children who Struggle with Sleep and Nightmares

A Story About Self-Esteem

Ollie the Octopus Loss and Bereavement Activity Book

A Therapeutic Treasure Deck of Grounding, Soothing, Coping and Regulating Cards

116 Worksheets & Skill-Building Exercises to Support Safety, Connection &

Empowerment

Creating Trauma-Informed, Strengths-Based Classrooms

Hospice Care for Children

This Treasure Box book is packed full of valuable resources from bestselling and award-winning author, trainer, organizational consultant, and Clinical Psychologist Dr. Karen Treisman, and will show you how to weave a deep understanding of trauma and adversity into the daily practice and the whole fabric of your organization. This expert knowledge is presented in a bright and easy to understand way. Every chapter contains a huge array of colour photocopiable worksheets, downloadable materials, practical ideas, reflective questions, and exercises ready to use both individually and organizationally. Covering guidance on policies, recruitment, supervision, language, cultural humility, co-production, team meeting ideas, staff wellbeing and more, this is the ultimate treasure trove for getting your organization truly and meaningfully trauma-informed. There are also contributors from all over the world within different contexts, from prisons to social care to schools to residential homes and much more, which illustrate how to take the ideas and apply them into real world practice.

A Therapeutic Treasure Box for Working with Children and Adolescents with Developmental Trauma Creative Techniques and Activities Jessica Kingsley Publishers

Children with life-threatening and terminal illnesses--and their families-- require a unique kind of care to meet a wide variety of needs. This book, the first edition of which won the 1993 Pediatric Nursing Book of the Year Award, provides an authoritative source for the many people involved in caring for dying children. It draws together contributions from leading authorities in a comprehensive, fully up-to-date resource, with an emphasis on practical topics that can be put to immediate use. The book covers the entire range of issues related to the hospice environment and is intended for all those who participate in the hospice-care process: physicians, nurses, social workers, teachers, clergy, family therapists, parents, and community service volunteers.

Thera-Build' is a LEGO®-based therapeutic approach for improving

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children's emotional well-being. Participation in Thera-Build groups can help to boost self-esteem, address common issues such as anxiety and anger, support social development and build positive attachments. This inspiring and user-friendly guide explores the power of play, introduces the basics of brain plasticity and attachment theory, and shows exactly how to set up and run an effective Thera-Build group. A wide range of imaginative games and activities is included.

Therapeutic Storywriting

A Therapeutic Story with Creative Activities for Children Aged 5-10

Windows to Our Children

A Therapeutic Story with Activities for Children Aged 5-10

Why Can't My Child Behave?

A Practical Manual

Anxiety Warrior

In a magical underwater forest lived a colourful and loveable Octopus called Ollie, who loved swimming with his friends and spending time with his mum and dad, Orla and Orson the Octopuses. Until one day, when Orla started to get very sick. The doctors did everything they could to help her, but very sadly, Orla died. Ollie had so many thoughts and feelings spinning around in his head, and his heart was hurting -- what can Orson and Ollie's friends do to help? This story will help children aged 5-10 to understand big feelings relating to grief and bereavement and explores ways to stay connected to your loved one and to keep them in your heart and in your head. About this series: Dr. Treisman's Big Feelings Stories are written for adults to read with kids aged 5-10 to help children to understand their feelings. If you enjoy this book, why not check out Dr. Treisman's Activity Books series; Ollie the Octopus Loss and Bereavement Activity Book, which features the same story, comes with an abundance of extra guidance for adults and a wealth of creative expansion activities and photocopiable worksheets for children.

Historical changes in play are taking place in childhood all over the world, with the digitalisation of children's lives. Researchers are worried about the disappearance of advanced forms of play and the prioritization of time spent with loving adults, supporting play with babies and toddlers. At the same time, our understanding about the crucial importance of individual development is becoming clearer. The Routledge International Handbook of Early Childhood Play explores these issues and more. It proposes the importance of adult participation in play, as adult guidance brings the possibility of moral, cultural and symbolic elements to children's play, and enhances the educational opportunities in adult-child joint play. The book also examines the aesthetic dimension of play and its role in the development of imagination and creativity. With contributors from many parts of the world, this unique handbook brings together the latest research and highlights practice which focuses on play. This is an essential and engaging read for all students, academics, teachers and practitioners with an interest in play.

Winston Breen says the only thing better than discovering a puzzle is stumping someone else with it. But when his sister uncovers mysterious strips of wood with words and letters on them, even Winston himself is stumped. Soon the whole family (and some friends) are caught up in the mystery and off on a scavenger hunt that just may lead to a ring worth thousands of dollars! Chock-full of puzzles to solve, some tied to the mystery and some not, this treasure hunt will keep readers' brains teased right up to the exciting ending! Perfect for fans of The Westing Game, exciting mysteries, and, of course, puzzles!

This fun and engaging activity book helps to teach teens to manage emotions and develop relationships by tracking their progress using Dialectical Behaviour Therapy (DBT) techniques. DBT is specifically designed for emotionally sensitive young people, especially those with borderline personality disorder, and the activities in this book will help regulate strong emotional responses which can lead to impulsivity, unstable relationships, low self-image and reactive emotions. It is a concise and easy-to-read resource, accompanied by vignettes and activity sheets. It presents an overview of the four modules of DBT: mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness. These skills used in these modules can be logged and monitored through the tick lists and diary cards provided. These practical tools and ideas are reproducible, and will be invaluable for anyone working with teens.

A Gestalt Therapy Approach to Children and Adolescents

**A Playful Therapeutic Approach for Promoting Emotional Well-Being in Children
Creative Therapies for Complex Trauma**

A Practical Guide to Developing Emotional Literacy in Primary Schools

The Simple Guide to Child Trauma

The Puzzling World of Winston Breen

Binnie the Baboon and the Big Worries

A burgeoning evidence base supports that arts, play and other creative therapies have potential to help children in foster care, kinship care or adoptive families to recover from complex trauma. Written by contributors working at the cutting edge of delivering effective therapeutic interventions, this innovative book describes models for working with children in foster care, kinship care or adoption. Covering how to assess needs and contextual considerations for working with children and families, this book presents a range of creative therapeutic approaches spanning art psychotherapy, music therapy and dance therapy. It emphasizes the necessity of working with caregivers and other significant adults, as well as the child, to facilitate recovery. The theoretical foundations of attachment, developmental psychology and neurobiology are embedded in each chapter showing how they underpin each of the recommended creative therapies. This book will be suitable for professionals directly employing creative approaches in their practice, such as arts therapists and play therapists, as well as those working with children who are interested in creative alternate approaches, such as psychologists, counsellors, therapists and social workers.

Rich with case material and artwork samples, this volume demonstrates a range of creative approaches for facilitating children's emotional reparation and recovery from trauma.

Contributors include experienced practitioners of play, art, music, movement and drama therapies, bibliotherapy, and integrative therapies, who describe step-by-step strategies for working with individual children, families, and groups. The case-based format makes the book

especially practical and user-friendly. Specific types of stressful experiences addressed include parental loss, child abuse, accidents, family violence, bullying, and mass trauma. Broader approaches to promoting resilience and preventing posttraumatic problems in children at risk are also presented.

Creating Change for Vulnerable Teens tells the story of Tish Feilden and Jamie's Farm - a network of therapeutic farms dedicated to transforming the lives of disadvantaged children. Documenting Tish's experiences of working with truly remarkable teens who have faced huge challenges in their lives, the book describes how the farms help young people to thrive academically, socially and emotionally. She shares the approaches they have pioneered, including the critical importance of trust, of looking behind the behaviour and of really connecting with the desires and hopes of young people. If you have an interest in supporting vulnerable children or young people, this book provides a wealth of inspiration and ideas you can use, whatever the setting.

Literacy work can provide a therapeutic context in which to support children with emotional and behavioural difficulties in mainstream schools. This text provides a clear theoretical rationale for therapeutic storywriting.

A Therapeutic Treasure Deck of Sentence Completion and Feelings Cards

An Intervention for Children and Adolescents after Trauma

Creative Techniques and Activities

Creative Ideas to Transform Grief and Difficult Life Transitions

A Treasure Box for Creating Trauma-Informed Organizations

Skills and Exercises for Working with Clients with Borderline Personality Disorder, Depression, Anxiety, and Other Emotional Sensitivities

Play Therapy Techniques

Even though Gilly the Giraffe has many wonderful things in her life, she sometimes lacks confidence. Why does she have to stand out so much with her long neck, her long black tongue and her mosaic patches? Why do some of the other animals point and laugh at her? Can it be possible to be different and to be cool? This story will support children aged 5-10 and the adults around them to celebrate their uniqueness and their strengths, as well as boost their self-esteem, confidence, self-belief, and sense of self-worth. About this series: Dr. Treisman's Big Feelings Stories are written for adults to read with kids aged 5-10 to help children to understand their feelings. If you enjoy this book, why not check out Dr. Treisman's Activity Books series; Gilly the Giraffe Self-Esteem Activity Book features the same story and comes with an abundance of extra guidance for adults and a wealth of creative expansion activities and photocopiable worksheets for children.

Draw It Out offers kids a safe place to ask difficult life questions and ponder their answers. This creative-expression book supports kids in better understanding their complex and confusing emotions, whether healing from grief or a major loss, or facing chronic adversity and ongoing life challenges. It invites kids to share their emotions, identify their support systems, and learn coping strategies and skills for self-care.

Bestselling author Judy Belmont has created another treasure chest of hands-on and easy-to-use handouts, activities, worksheets, mini-lessons and quizzes that help clients develop effective life skills. 150 More Group Therapy Activities & TIPS, the fourth in her Therapeutic Toolbox series, provides a wealth of psycho-educational ideas with Belmont's signature T.I.P.s format (Theory, Implementation, and Processing). Ready-to-use tools include: Interactive strategies for leading successful group experiences DBT, CBT, ACT and positive psychology-inspired resources Communication skills-building activities Coping skills using mindfulness and stress resiliency practices Self-esteem and self-compassion guides for changing thoughts Fun team building exercises and icebreakers Practical resources for adults, adolescents & children

· What is trauma? · How does it affect children? · How can adults help? Providing straightforward answers to these complex questions, The Simple Guide to Child Trauma is the perfect starting point for any adult caring for or working with a child who has experienced trauma. It will help them to understand more about a child's emotional and behavioural responses following trauma and provides welcome strategies to aid recovery. Reassuring advice will also rejuvenate adults' abilities to face the challenges of supporting children.

Thera-Build® with LEGO®

Empathic Parenting Strategies that Work for Adoptive and Foster Families

The Routledge International Handbook of Early Childhood Play

Draw It Out

The Parenting Patchwork Treasure Deck

Gilly the Giraffe Learns to Love Herself

A Story to Help Kids After Loss or Bereavement

A uniquely creative compilation of activities to help bereaved children express feelings of grief, diffuse traumatic reminders, address self-blame, commemorate the deceased, and learn coping strategies. Includes special activities for children dealing with the suicide or murder of a loved one. It covers a theoretical overview for practitioners, tips for caregivers and schools, and a ten-week curriculum for use in therapy or support groups. A must-have for grief counsellors, group facilitators, and school personnel.

Binnie is an energetic baboon, who bounces around the lush green mountains of Rwanda in East Africa. But like many of us, Binnie often feels worried, fearful, and stressed, and these worries can get in her way! What if she gets lost in the jungle, or her family gets sick? What if no one likes her? Sometimes she even worries about the fact she's worried; and if she isn't worried, well why not?! This story will help children aged 5-10 and the adults around them to understand why they feel anxious. It describes what children can do to help reduce these feelings and become their very own worry wizards and worry warriors. About this series: Dr. Treisman's Big Feelings Stories are written for adults to read with kids aged 5-10 to help children to understand their feelings. If you enjoy this book, why not check out Dr. Treisman's Activity Books series; Binnie the Baboon Anxiety and Stress Activity Book features the same story and comes with an abundance of extra guidance for adults and a wealth of creative expansion activities and photocopyable worksheets.

Parenting a child who doesn't know how to be parented is the most difficult job in the world.' Why Can't My Child Behave? provides friendly expert advice on how to respond to difficult behaviours and emotions for parents of children with developmental trauma. Each chapter focusses on the common difficulties faced by carers or parents and features quick, applicable ideas with exercises and illustrations. How do you react to a child's difficult behaviour? How do you deal with your own negative emotions? How do you know when to be empathic? The book looks beyond the traditional punishment/reward strategies and aims to provide an explanation for such questions whilst helping the child in the process. This book will prove to be an invaluable resource for parents, foster carers, social workers and professionals working with children who are adopted or fostered.

Neon the Ninja has a very special job. He looks after anyone who finds the night time scary. Lots of us have nightmares, but Neon loves nothing more than using his special ninja powers to keep the nightmares and worries far away, and to keep the magical dreams and positive thoughts close by. It combines a fun illustrated story to show children how Neon the Ninja can reduce their nightmares and night worries with fun activities and therapeutic worksheets to make night times feel safer and more relaxed. This workbook contains a treasure trove of explanations, advice, and practical strategies for parents, carers and professionals. Based on creative, narrative, sensory, and CBT techniques, it is full of tried and tested exercises, tips and techniques to aid and alleviate nightmares and sleeping difficulties. This is a must-have for those working and living with children aged 5-10 who experience nightmares or other sleep-related problems.

Creating Change for Vulnerable Teens

Attachment-Focused Family Play Therapy

Binnie the Baboon Anxiety and Stress Activity Book

A Therapeutic Story with Creative and CBT Activities To Help Children Aged 5-10 Who Worry

What It Is and How to Help

A Story to Help Kids to Sleep

150 More Group Therapy Activities & TIPS

Sandtray Therapy is an essential book for professionals and students interested in incorporating this unique modality into work with clients of all ages. The third edition includes information on integrating neurological aspects of trauma and sandtray, updates per the DSM-5, and a new chapter on normative studies of the use of sandtray across the lifespan. As in previous editions, readers will find that the book is replete with handouts, images, examples, and resources for use in and out of the classroom. The authors' six-step protocol guides beginners through a typical session, including room setup, creation and processing of the sandtray, cleanup, post-session documentation, and much more.

The second edition of Play Therapy Techniques includes seven new chapters in addition to the original twenty-four. These lively chapters expand the comprehensive scope of the book by describing issues involved in beginning and ending therapy, using metaphors, playing music and ball, and applying the renowned "Color Your Life" technique. The extensive selection of play techniques described in this book will add to the clinical repertoire of students and practitioners of child therapy and counseling. When used in combination with formal education and clinical supervision, Play Therapy Techniques, Second Edition, can be especially useful for developing treatment plans to address the specific needs of various clinical populations. Students and practitioners of child therapy and counseling, including psychologists, psychiatrists, social workers, nurses, and child life specialists will find this second of Play Therapy Techniques informative and clinically useful.

Neon the Ninja has a very special job. He looks after anyone who finds the night time scary. Lots of us have nightmares, but Neon loves nothing more than using his special ninja powers to keep the nightmares and worries far away, and to keep the magical dreams and positive thoughts close by. This story will help to make night times feel safer and more relaxed for children aged 5-10 who experience nightmares and other sleep-related difficulties, helping them to connect with their inner ninja! About this series: Dr. Treisman's Big Feelings Stories are written for adults to read with kids aged 5-10 to help children to understand their feelings. If you enjoy this book, why not check out Dr. Treisman's Activity Books series; Neon the Ninja Activity Book for Children who Struggle with Sleep and Nightmares features the same story and comes with an abundance of extra guidance for adults and a wealth of creative expansion activities and photocopiable worksheets for children.

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Even though Gilly the Giraffe has many wonderful things in her life, she sometimes lacks confidence. Why does she have to stand out so much with her long neck, her long black tongue and her mosaic patches? Why do some of the other animals point and laugh at her? Can it be possible to be different and to be cool? This activity book developed by expert child psychologist Dr Karen Treisman combines a colourfully illustrated therapeutic story about Gilly the Giraffe to help start conversations, which is followed by a wealth of creative activities for children to explore and build upon some of the ideas raised in the story, and beyond! The activities are accompanied by extensive advice and practical strategies for parents, carers and professionals on how to help children aged 5-10 boost their self-esteem and confidence.

Attachment and Children's Emotional, Sociocultural and Brain Development

Trauma-Informed Social-Emotional Toolbox for Children & Adolescents

Book Two

Karuna Cards

Nurturing Natures

Creative Interventions with Traumatized Children

A Ready-to-Use Resource for Trauma, Adversity, and Culturally Informed, Infused and Responsive Systems

This new edition of the bestselling text, *Nurturing Natures*, provides an indispensable synthesis of the latest scientific knowledge about children's emotional development. Integrating a wealth of both up-to-date and classical research from areas such as attachment theory, neuroscience developmental psychology and cross-cultural studies, it weaves these into an accessible enjoyable text which always keeps in mind children recognisable to academics, practitioners and parents. It unpacks the most significant influences on the developing child, including the family and social context. It looks at key developmental stages from life in the womb to the pre-school years and right up until adolescence, covering important topics such as genes and environment, trauma, neglect or resilience. It also examines how children develop language, play and memory and, new to this edition, moral and prosocial capacities. Issues of nature and nurture are addressed and the effects of different kinds of early experiences are unpicked, creating a coherent and balanced view of the developing child in context. *Nurturing Natures* is written by an experienced child therapist who has used a wide array of research from different disciplines to create a highly readable and scientifically trustworthy text. This book should be essential reading for childcare students, for teachers, social workers, health visitors, early years practitioners and those training or working in child counselling, psychiatry and mental health. Full of fascinating findings, it provides answers to many of the questions people really want to ask about the human journey from conception into adulthood. .

Attachment-Focused Family Play Therapy presents an essential roadmap for therapists working with traumatized youth. Exploring trauma and attachment through a neurobiological focus, the book lays out a flexible framework for practitioners treating young clients within the context of their family relationships. Chapters demonstrate how techniques of play and expressive therapy can be integrated into work with different developmental stages, while providing the tools needed to fully incorporate the family into the healing process. The book also provides clinical examples and guidance on the ethical decision-making needed to effectively implement attachment work and facilitate positive change. Written in an accessible style, *Attachment-Focused Family Play Therapy* is an important resource for mental health professionals who work with

traumatized children, adolescents, and adults.

Like all dogs, Presley the Pug loves to play, run, and snuggle up under his warm blanket. But sometimes, Presley gets so excited that his feelings take over. Sometimes it's anger, sometimes stress, sometimes worry. He doesn't know how to calm down! What can Presley do when he feels like this? Luckily Presley's canine friends are nearby with some wise words and they share some of the tricks that have worked for them! This therapeutic activity book was developed by expert child psychologist Dr Karen Treisman. It features a colourful therapeutic story designed to help start conversations about coping with big feelings and how to find calm. It explains how Presley (and the reader!) is able to create a 'mind retreat' - an imaginary safe space where he can relax. The activity book is also packed with creative activities and photocopiable worksheets to help children to explore the ideas raised in the story, including regulating and coping tools like sensory boxes, relaxation exercises and easy yoga poses. It also features advice and practical strategies for parents, carers and professionals supporting children aged 5-10.

This accessible guide advises teachers on creating classroom environments that promote healing and growth for all students, particularly the most vulnerable. Grounded not only in trauma-informed education but in positive psychology, this book helps teachers to set up the most vulnerable students to heal from trauma, build resilience and fulfil their full academic potential.

Ollie the Octopus and the Memory Treasures

Neon the Ninja Meets the Nightmares

DBT Therapeutic Activity Ideas for Working with Teens

Presley the Pug Relaxation Activity Book

Gilly the Giraffe Self-Esteem Activity Book

A Ready-To-Use Resource for Trauma, Adversity, and Culturally Informed, Infused and Responsive Systems

Anxiety Warrior Volume One came from seeing so many people in my private practice looking for strategies to lower anxiety. **Anxiety Warrior Volume Two** has delved deeper into more resources, and shares heart-felt, heroic stories of people like us. Together they make a complete resource for managing and lowering anxiety.

Teacher Strategies for Nurturing Students' Healing, Growth, and Learning

A Story to Help Kids with Anxiety

Sandtray Therapy

A Creative Tool for Assessments, Interventions, and Strengthening Relationships With Parents, Carers, and Children

Creative Interventions for Bereaved Children

Helping Children and Families in Foster Care, Kinship Care or Adoption

A Therapeutic Treasure Box for Working with Children and Adolescents with Developmental Trauma