



Finding Sunshine After the Storm: A Workbook for Children Healing from Sexual Abuse

By Sharon A McGee, Curtis Holmes

New Harbinger Publications. Paperback / softback. Book Condition: new. BRAND NEW, Finding Sunshine After the Storm: A Workbook for Children Healing from Sexual Abuse, Sharon A McGee, Curtis Holmes, When a child has experienced sexual abuse, he or she may struggle with low self-esteem and find it difficult to trust others. Though the mental damage from such abuse is significant, it can be substantially reversed if a caring adult is willing to dedicate a few minutes each day to helping the child heal. This book contains forty compassionate activities kids who have suffered abuse can do to raise their self-esteem, establish boundaries, and identify people they can trust. These simple activities drawn from a variety of therapeutic modalities are best used in combination with counseling to help kids recover from trauma and build confidence. As children work through Finding Sunshine After the Storm, they will learn to deal with painful feelings in positive ways, reach out for support, and feel proud of themselves by taking a bow after important accomplishments. This workbook can help them reclaim the pride, joy, and security they may feel as though they have lost- the sunshine after the storm. "This book is an incredible resource to help kids...



READ ONLINE
[3.95 MB]

Reviews

Merely no words to explain. I really could comprehend everything out of this published e book. I found out this publication from my dad and i suggested this publication to learn.

-- Prof. Margarita Ledner PhD

This written pdf is fantastic. It normally is not going to expense a lot of. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Gilbert Stroman