

Double Dip Feelings

Play therapy interventions are critical elements of providing responsive services within the context of comprehensive school counseling programs. However, many school counselors are not trained in the use of play therapy techniques during their graduate training programs as Play Therapy is not a required course based on standards set by the Council for Accreditation of Counseling and Related Education Programs (CACREP) (2009). Indeed, while there are over 400 school counseling programs in the U. S., there are only 11 certified play therapy training centers. Even more critically, school counselors may not know which play therapy approaches and interventions are evidenced based for specific childhood concerns (e. g., selective mutism, social skills deficits, parent deployment). Play therapy is a structured, theoretically-based approach to counseling that builds on the normal communicative and learning processes of children as they may not have developed the complexities of language to accurately express their concerns (Carmichael, 2006; Gil, 1991; Landreth, 2002; O'Connor & Schaefer, 1983). Further, children who are most in crisis may be the ones who need play concepts integrated in counseling; yet, many school counselors are unprepared to provide these vital resources. The focus of this book is on various play techniques and the application of various play therapy theories (i. e., Child Centered Play Therapy, Solution Focused Play Therapy, Cognitive Behavioral Play Therapy) within comprehensive school counseling programs, addressing various childhood concerns, prevention and intervention. Each chapter offers vignettes, a literature review of a specific childhood concern (e.g., homelessness, separation anxiety), pragmatic interventions for the school environment, and a case study to demonstrate application of techniques.

Simplified Chinese edition of *Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids* by Carol McCloud. The book received numerous awards in the UK as well as in the US, including 2012 - Winner, Children's Books, Southern California Book Festival and 2012 - Winner, Children's Books, 9th Annual and Learning Magazine's Teacher's Choice Awards. In Simplified Chinese. Annotation copyright Tsai Fong Books, Inc. Distributed by Tsai Fong Books, Inc.

Real Life Heroes: Toolkit for Treating Traumatic Stress in Children and Families, Second Edition is an organized and easy-to-use reference for practitioners providing therapy to children and caregivers with traumatic stress. This step-by-step guide is an accompanying text to the workbook *Real Life Heroes: A Life Story Book for Children, Third Edition* and provides professionals with structured tools for helping children to reintegrate painful memories and to foster healing from traumatic experiences. The book is a go-to resource for practitioners in child and family service agencies and treatment centers to implement trauma-informed, resiliency-centered and evidence-supported services for children with traumatic stress.

This is the authoritative guide to conducting trauma-focused cognitive-behavioral therapy (TF-CBT), a systematic, evidence-based treatment for traumatized children and their families. Provided is a comprehensive framework for assessing posttraumatic stress disorder, depression, anxiety, and other symptoms; developing a flexible, individualized treatment plan; and working collaboratively with children and parents to build core skills in such areas as affect regulation and safety. Specific guidance is offered for responding to different types of traumatic events, with an entire section devoted to grief-focused components. Useful appendices feature resources, reproducible handouts, and information on obtaining additional training. TF-CBT has been nationally recognized as an exemplary evidence-based program. See also the edited volume *Trauma-Focused CBT for Children and Adolescents: Treatment Applications* for more information on tailoring TF-CBT to children's varying developmental levels and cultural backgrounds.

Get the updated classic that provides innovative exercises that promotes change *The Therapist's Notebook, Volume 2: More Homework, Handouts, and Activities for Use in Psychotherapy*, is the updated classic that provides mental health clinicians with hands-on tools to use in daily practice. This essential resource includes helpful homework assignments, reproducible handouts, and activities and interventions that can be applied to a wide variety of clients and client problems. Useful case studies illustrate how the activities can be effectively applied. Each expert contributor employs a consistent chapter format, making finding the 'right' activity easy. *The Therapist's Notebook, Volume 2: More Homework, Handouts, and Activities for Use in Psychotherapy*, includes innovative field-tested activities to assist therapists in a wide range of applications, including adults, children, adolescents and families, couples, group work, trauma/abuse recovery, divorce and stepfamily issues, and spirituality. Format for each chapter follow by type of contribution (activity, handout, and/or homework for clients and guidance for clinicians in utilizing the activities or interventions), objectives, rationale for use, instructions, brief vignette, suggestions for follow-up, and contraindications. Three different reference sections include references, professional readings and resources, and bibliotherapy sources for the client. Various theoretical perspectives are presented in *The Therapist's Notebook, Volume 2: More Homework, Handouts, and Activities for Use in Psychotherapy*, including: cognitive behavioral narrative therapy solution focus choice theory and reality therapy REBT strategic family therapy experiential art and play therapies couples approaches including Gottman and Emotionally Focused Therapy medical family therapy Jungian family-of-origin therapy adventure-based therapy *The Therapist's Notebook, Volume 2: More Homework, Handouts, and Activities for Use in Psychotherapy*, is a horizon-expanding guide for marriage and family therapists, psychiatric nurses, counselors, social workers, psychologists, pastoral counselors, occupational therapists, counselor educators, school social workers, school counselors, and students.

"This book is designed to be used in tandem with *Real Life Heroes: A Life Storybook for Children* (Haworth), a workbook that helps children develop the self-esteem they need to overcome the worries and fears of their past through a creative arts approach that fosters affect management skills, positive values, a sense of pride, and a safe, nurturing relationship with a caring, committed adult."--BOOK JACKET.

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.

Discusses how natural it is to feel contradictory emotions; presents situations, such as the first day of school, the birth of a sibling, or a move to a new house; and identifies two emotions each event is likely to elicit.

With over 500 hand-picked titles, *Healing Stories* recommends carefully selected books essential for any adult looking to help children cope with their growing pains through reading. Annotated with helpful commentary, these titles cover everything from kids' everyday trials (losing baby teeth, starting school, having a bad day) to more emotionally stressful events (death of a pet, moving, illness), giving adults all the information they need to choose the right books. Also features useful tips to make reading fun and helpful for both adults and children. For more information, visit the *Healing Stories* Web site.

Double-dip Feelings Stories to Help Children Understand Emotions

Trauma-Sensitive Schools: The Importance of Instilling Grit, Determination, and Resilience is written with the consideration of the important and effective role educators and other staff who work with children every day can have on children of trauma. Daily supportive interactions from caring adults can bring healing, while using strategies in a school setting that can promote learning for children of trauma. The purpose of this book is to both support schools in their creation of trauma sensitive school systems and classrooms and provide practical strategies for educators to implement in the classroom. The strategies provided will support children and young people in their learning, their self-regulation and relationship skills. Skills such as grit, determination and resilience can be taught, and this book will provide all readers with ways to support children of trauma. The importance of understanding how trauma impacts cognitive, behavioral and social growth is emphasized with key terms outlined and discussed. This text is applicable for any pre-service teacher studying to become an educator as well. Self-care strategies for educators are also included to reduce the risk of secondary trauma and to effectively teach all children but especially children of trauma.

This comprehensive manual offers specific how-to guidelines for conducting a wide range of psychotherapy groups and detailed

session-by-session descriptions of sixteen structured group interventions. Time-limited, structured, educational, and goal-oriented, these groups focus on such core treatment issues as separation and divorce, alcoholism, bereavement, sexual abuse, fears and anxieties, anger management, weight loss, and encopresis.

Activities for Children in Therapy provides the mental health professional with a wide variety of age-appropriate activities which are simultaneously fun and therapeutic for the five-to-twelve-year-old troubled child. These activities have been designed as enjoyable games that both the therapist and child can play in the context of therapy. This latest edition of the text takes much of the hard work out of planning and implementing this therapy with children. The activities are designed to build a significant child/therapist relationship, surface problem areas, aid in resolving those problems and provide a healthy closure to the therapy relationship. This new edition also provides a comprehensive listing of books with other therapeutic intervention ideas, bibliotherapy materials that compliment the activity chapters of this book, assessment scales for evaluating youngsters at the onset of treatment, and a sample child assessment for individual therapy. It will be of use to professionals who provide counseling to children, such as social workers, psychologists, guidance counselors, speech/language pathologists, art therapists, and other related professionals.

A cornucopia of ideas, strategies, and concepts that will apply to virtually any situation! The authors address sensory, communication, and physical and social-emotional issues by increasing desired behaviors and decreasing unwanted behaviors. You will also learn how to build "sensory diets" into everyday activities; use antecedent control; teach students to self-regulate; deal with self-injurious behaviors, physical or verbal aggression, toilet training, obsessive-compulsive behavior, and fixations; deal with crisis/stress/data management, data management, and much more. Whatever problems you face, you'll find helpful solutions to them in this book. This book should be on every teacher's and parent's bookshelf. Great reference source! Helpful sections include: Impact of Autism Characteristics What Does Communication Have to do With Behavior? Sensory Issues and Behavior Social Skills and Social/Emotional Issues Structuring the Environment for Success Increasing Desired Behaviors Decreasing Unwanted Behaviors Crisis Management and Other Special Problems Discipline Procedures and Behavior Intervention Plans Stress Management

Cognitive-Behavioral Play Therapy (CBPT) incorporates cognitive and behavioral interventions within a play therapy paradigm. It provides a theoretical framework based on cognitive-behavioral principles and integrates these in a developmentally sensitive way. Thus, play as well as verbal and nonverbal approaches are used in resolving problems. CBPT differs from nondirective play therapy, which avoids any direct discussion of the child's difficulties. A specific problem-solving approach is utilized, which helps the child develop more adaptive thoughts and behaviors. Cognitive-behavioral therapies are based on the premise that cognitions determine how people feel and act, and that faulty cognitions can contribute to psychological disturbance. Cognitive-behavioral therapies focus on identifying maladaptive thoughts, understanding the assumptions behind the thoughts, and learning to correct or counter the irrational ideas that interfere with healthy functioning. Since their development approximately twenty-five years ago, such therapies have traditionally been used with adults and only more recently with adolescents and children. It has commonly

been thought that preschool-age and school-age children are too young to understand or correct distortions in their thinking. However, the recent development of CBPT reveals that cognitive strategies can be used effectively with young children if treatments are adapted in order to be developmentally sensitive and attuned to the child's needs. For example, while the methods of cognitive therapy can be communicated to adults directly, these may need to be conveyed to children indirectly, through play activities. In particular, puppets and stuffed animals can be very helpful in modeling the use of cognitive strategies such as countering irrational beliefs and making positive self-statements. CBPT is structured and goal oriented and intervention is directive in nature.

Commercial success need not come at the cost of human value. Just ask Ben and Jerry, whose first ice cream shop in an abandoned Vermont gas station grew into a \$160 million business. Yet Ben & Jerry continue to use the power of business to change the world. With its seemingly wacky antics, controversial social and political stands, and iconoclastic corporate policies, the company that's come to embody socially responsible business has drawn the scepticism of business analysts, the criticism of media cynics - and the amazement- and ultimately, the respect- of the business world and the people in it. As Ben and Jerry explain in DOUBLE-DIP, they haven't always known exactly what they were doing, but they've always known why they were doing it. There's a method to their madness; that method is what they call 'values-led business.' BEN & JERRY'S DOUBLE-DIP explains what values-led business is, why it's the best model for business today, and how anyone who owns, works for, invests in, or shops with a company can help make it a socially responsible business.

When the Watergate scandal broke and Dent was accused, his efforts at propagating American freedom seemed wasted. But found "more of an innocent victim than the perpetrator," Dent could not deny God's grace. His daughter Ginny writes how he eventually embraced the gospel, entering full-time ministry to take true freedom to the world.

Describes how to select appropriate, non-stereotyped picture books about different ethnic groups, and suggests ways of using them to develop common ground in such areas as family life and physical activity

This authoritative guide has introduced many tens of thousands of clinicians to Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT), a leading evidence-based treatment for traumatized children and their parents or caregivers. Preeminent clinical researchers provide a comprehensive framework for assessing posttraumatic stress disorder (PTSD), other trauma-related symptoms, and traumatic grief in 3- to 18-year-olds; building core coping skills; and directly addressing and making meaning of children's trauma experiences. Implementation is facilitated by sample scripts, case examples, troubleshooting tips, and reproducible client handouts. Purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size. TF-CBT is listed in SAMHSA's National Registry of Evidence-Based Programs and Practices. New to This Edition *Incorporates a decade's worth of advances in TF-CBT research and clinical practice. *Updated for DSM-5. *Chapter on the model's growing evidence base. *Chapter on group applications. *Expanded coverage of complex trauma, including ways to adapt TF-CBT for children with severe behavioral or affective dysregulation. See also the edited volume Trauma-

Focused CBT for Children and Adolescents: Treatment Applications for more information on tailoring TF-CBT to children's varying developmental levels and cultural backgrounds.

Somewhere along the way, the great nation of America has gone off track. In *Prosperity Road: America, Save the Middle Class!* Dr. Darryl Baker describes how we are being led down the economic pathway in a direction that's contrary to the voice of the people. This book will take you on an exciting journey through history to examine the effects of globalization and explore its modern-day trajectory. An informative, carefully researched guide to understanding why America's economy is suffering, it is also a plea to not abandon hope while there are still solutions and changes to be made. By learning the ins and outs of five important American values— Jobs, taxation, trade agreements, putting America first, and the voice of the people—you will be in a better position to do your part to bring this country back to prosperity. Dr. Baker offers a sustainable economic plan for our current and future civilizations, providing suggestions that would allow globalization to coexist with our nation's need to ensure that jobs and scarce resources are available to the populace.

With over 500 hand-picked titles, *Healing Stories* recommends carefully selected books essential for any adult looking to help children cope with their growing pains through reading. Featuring the long-established children's classics and the most recent library sensations, these hand-picked stories address kids' struggles - from the everyday to life-changing - while offering adults the information they need to make the right choices for their kids. Also includes useful tips to make reading fun and helpful for both adults and children.

Curricula for Grades K-3 & 4-6. The goal of the program is the primary prevention of sexual harassment & intervention to reduce the incidence of sexual harassment among students in grades K-6. It employs age-appropriate story telling, puppetry & other fun activities designed to provide students with factual info. about personal safety planning, respecting one another, identifying sexual harassment, fostering positive gender-based relationships & promoting the use of positive conflict resolution skills when problems occur. The curriculum can also be used by school counselors, social workers, nurses & other school professionals.

In *The Therapist's Notebook for Children and Adolescents*, 2nd ed, you'll find the most powerful tools available for aiding children with their feelings, incorporating play techniques into therapy, encouraging appropriate parental involvement in family sessions, and providing group therapy to children. This ready reference is divided into ten thoughtfully planned sections to make it easy to find the right activity, handout, or intervention for the problem at hand, whether you're looking for creative ideas, running a children's group, putting interventions into practice in the classroom, or looking for ways to increase parental and familial involvement. Instructions for the activities are clearly explained and highlighted with case examples and many illustrations.

Chapters are by leading experts, including Eliana Gil, Risë VanFleet, Liana Lowenstein, Howard Rosenthal, and Volker Thomas, and explore strategies for treating children both individually and in a family context. With more than 60% new material, this expanded version delves into the latest research and thinking on family play therapy and addresses many pertinent issues of our time, including bullying, suicidal ideation, ADHD, autism, adolescents and sex, and cultural issues. It's a must-have arsenal for

both novice and experienced professionals in family therapy, play therapy, psychology, psychiatry, counseling, education, nursing, and related fields.

Identical twins Christine and Susan Pratt spend the summer on idyllic Seagull Island with their grandparents. Chris works at an ice-cream parlor, while Susan babysits for the island's wealthiest family, who live in a spooky Victorian mansion. But both the house and the island are brimming with secrets, and despite the risks, the curious twins can't resist using their identical appearance to uncover the truth. Young Adult Fiction by Cynthia Blair; originally published by Fawcett Juniper

This book provides readers with direction on how to organize psychoeducational groups while also helping them enhance skills for effectively leading such groups—all in one comprehensive volume! Offering an applied, pragmatic approach, author Janice L. DeLucia-Waack uniquely integrates research and practice to suggest valuable leadership strategies while addressing special issues such as children of divorce, anger management, bullying behaviors, and much more.

Preceded by: Treating sexually abused children and their nonoffending parents: a cognitive behavioral approach / Esther Deblinger, Anne Hope Heflin. c1996.

A comprehensive guide to the identification, assessment, and treatment of child sexual abuse The field of child sexual abuse has experienced an explosion of research, literature, and enhanced treatment methods over the last thirty years. Representing the latest refinements of thought in this field, Handbook of Child Sexual Abuse: Identification, Assessment, and Treatment combines the most current research with a wealth of clinical experience. The contributing authors, many of whom are pioneers in their respective specialties, include researchers and clinicians, forensic interviewers and law enforcement professionals, caseworkers and victim advocates, all of whom do the work of helping children who have been sexually victimized. Offering a snapshot of the state of the field as it stands today, Handbook of Child Sexual Abuse explores a variety of issues related to child sexual abuse, from identification, assessment, and treatment methods to models for implementation and prevention, including: The impact of sexual abuse on the developing brain The potential implications of early sexual victimization Navigating the complexities of multidisciplinary teams Forensic interviewing and clinical assessment Treatment options for children who have traumagenic symptoms as a response to their sexual victimization Treating children with sexual behavior problems and adolescents who engage in illegal sexual behavior Secondary trauma and vicarious traumatization Cultural considerations and prevention efforts Edited by a leader in the field of child therapy, this important reference equips helping professionals on the front lines in the battle against child sexual abuse—not merely with state-of-the-art knowledge—but also with a renewed vision for the importance of their role in the shaping of our culture and the healing of victimized children.

"Ludtke brings the voices of women having children on their own into a public debate from which these voices have been conspicuously absent. Interweaving their voices with her own savvy and intuitive commentary, she has written a vitally important book."—Carol Gilligan, author of *In a Different Voice*

"Featuring extensive case studies, this volume provides a unique window into implementation of evidence-based treatments in real-

world community settings. Experienced therapists illustrate the use of three effective therapies for traumatized children and their caregivers: trauma-focused cognitive-behavioral therapy (TF-CBT), child-parent psychotherapy (CPP), and parent-child interaction therapy (PCIT). Covering the entire process of assessment and intervention, the cases highlight ways to maintain treatment fidelity while addressing complex clinical challenges with diverse clients. Experts in the respective therapy models offer instructive commentaries at the end of each case. The book also provides a concise introduction to each model, including its theoretical underpinnings, empirical support, and applications"--Provided by publisher.

Following a life shattering experience, a child enters upon a confusing emotional journey that can be likened to a prism of many colors of dark feelings like sadness and fear, but also warm feelings of love and courage. The way they deal with these feelings has a lasting impact on their life as they grow. *The Colors of Grief* explores strategies for supporting a grieving child to ensure a healthy growth into adulthood. Drawing on the latest research in neurology and psychology, Janis Di Ciacco illustrates the child's grieving process using a model of development that employs 'key stages'. These range from preverbal infancy (0-2 years) through to early adulthood (about 25 years). She shows how a child's progress through these stages can be impaired by an early encounter with loss, which can contribute to cognitive, emotional and social difficulties. Drawing connections between bereavement, attachment issues and social dysfunction, the author suggests easy-to-use activities for intervention at each key stage, including infant massage, aromatherapy and storytelling. This is a revealing and accessible book for both parents and professionals working with, or caring for, bereaved infants, children or young adults.

A trusted, bestselling resource, this volume demonstrates a range of creative approaches for facilitating children's emotional reparation and recovery from trauma. Experts in play, art, music, movement, and drama therapy, as well as bibliotherapy, describe step-by-step strategies for working with children, families, and groups. Rich with case material and artwork, the book is both practical and user-friendly. Specific types of stressful experiences include parental loss, child abuse, family violence, bullying, and mass trauma. Important developments in neurobiology, self-regulation, and resilience and posttraumatic growth are highlighted in this substantial revision. New to This Edition: *Chapters on art therapy and EMDR, body maps and dissociation, sandtray play, resiliency-based movement therapy, work with clay, mindfulness, and stress reduction with music therapy. *Updated and expanded discussions of trauma-informed therapy and the neurobiological basis for creative interventions. *The chapter on mass violence has been extensively rewritten with new case material on the Sandy Hook school shooting.

Take coparenting to the next level and provide a stable environment for your children as you and your spouse begin tackling your separation or divorce. For parents who are separating and want to put their children first, birdnesting could be the interim custody solution you've been looking for. Instead of the children splitting their time being shuttled between mom and dad's separate homes, birdnesting allows the children to stay in the "nest" and instead, requires mom and dad to swap, allowing each parent to stay elsewhere when not with the children. Initially popularized by celebrities, this method of coparenting is now becoming more mainstream as a way to help ease children into a new family dynamic. Birdnesting takes work and commitment but with Dr. Ann

Gold Buscho's guidance, you'll learn everything you need to know about this revolutionary method. In *The Parent's Guide to Birdnesting*, you will discover the pros and cons, the financial and interpersonal considerations, and if it's the right decision for you and your family.

The 22q11.2 deletion syndrome, also known as velo-cardio-facial syndrome and DiGeorge syndrome, is relatively new. The genetic test to determine if a child has it has only been available since 1994. *Educating Children with Velo-Cardio-Facial Syndrome, 22q11.2 Deletion Syndrome, and DiGeorge Syndrome, Third Edition*, effectively blends the thoughtful research that has transpired within the past 25 years with practical and current educational strategies to better meet the needs of children with the 22q11.2 deletion syndrome and other developmental disabilities. With its expanded content, as well as new contributions from some of the most highly regarded experts in the field, *Educating Children with Velo-Cardio-Facial Syndrome, 22q11.2 Deletion Syndrome, and DiGeorge Syndrome, Third Edition* is an essential resource for teachers, parents, physicians, and therapists of children with this complicated learning profile. To first address the scientific information that is needed to understand the syndrome and the implications of current research, expert contributors present the results of current studies involving brain abnormalities, language/learning profiles, medical needs, and psychiatric and behavioral difficulties. These valuable chapters are written in a reader-friendly manner to help parents, professionals, and teachers gain useful and necessary comprehension of the unique characteristics of the 22q11.2DS population. The second part of the book is a practical guide to educating a child with 22q11.2DS from birth through adulthood. Divided into the various stages of development from preschool to adulthood, it includes information regarding the necessary tests special education teams should run, typical difficulties associated with learning, changes that occur with ability as the child matures, and behavioral problems in the school setting. New to the Third Edition: * Addition of recent research studies since 2012 * Current research and treatment options for mental health issues * Expanded and enhanced coverage of bullying and the social/emotional aspects of the syndrome * Discussion on the possibility of cognitive decline and how to address this at school * More information on Common Core State Standards and standardized testing for children with disabilities, including a section on understanding test scores * Homeschooling and other placement alternatives * Executive functioning deficits, their impact in the classroom, and approaches to use * Dealing with problem behaviors such as withdrawal and school refusal * Cognitive remediation and new treatment strategies * New math and reading remediation techniques * New options for programming and post-secondary placements

"Summary This innovative book goes beyond traditional play therapy to present a range of evidence-based assessment and intervention approaches that incorporate play as a key element. It is grounded in the latest knowledge about the importance of play in child development. Leading experts describe effective strategies for addressing a wide variety of clinical concerns, including behavioral difficulties, anxiety, parent-child relationship issues, trauma, and autism. The empirical support for each approach is summarized and clinical techniques are illustrated. The book also discusses school-based prevention programs that utilize play to support children's learning and socioemotional functioning. Subject Areas/Key Words: Assessments, behavioral, children, developmental psychology, early childhood, emotional, interventions, play therapy, prevention, problems, psychological disorders, psychotherapy, treatments Audience: Child psychologists, play and art therapists, social workers, counselors, family therapists, psychiatrists, and school psychologists; early childhood professionals; developmental psychologists"--

When did you last have enough free time to carefully create, develop, and test a therapeutic concept or teaching method to improve the help

you provide to your patients? With *The Therapist's Notebook*, a compilation of original ideas by practicing clinicians, you can tap into the knowledge and experience of seasoned professionals to give your clients tangible, field-tested assignments that will represent their work and progress in therapy. Appropriate for practicing marriage and family therapists, psychologists, social workers, and other therapists of any professional affiliation who deal with children, adolescents, adults, couples, or families, this dynamic handbook provides you with handouts and homework activities that are quick and easy and require little effort or experience to use. *The Therapist's Notebook* is a valuable resource for both experienced and novice clinicians. Established clinicians will know how to fit each chapter to a particular clientele, while uninitiated clinicians or trainees will appreciate how the ready-made materials help their clients and spur their own creativity in intervening. You'll find therapeutic work becomes less stressful and more enjoyable as you learn about helping these populations deal with important issues: Adults--goal setting, boundary issues, life transitions, communication, problemsolving, compulsivity, feelings Couples--trust, infidelity, leisure time, communication, conflict resolution, sexuality, enrichment Families--rules/punishment, decisionmaking, gender roles, chores and responsibilities, communication Children--self-esteem, school problems, social skills, abuse, discipline problems Adolescents--peer pressure, school issues, communication, involvement in therapy, behavior Other--resistant clients, crisis counseling, linking clients with social resources *The Therapist's Notebook* gives you a tangible, useful product you can utilize with clients. The book's compilation of homework, handouts, and activities that have been successfully applied to client populations is valuable not only for therapists' daily use, but also to illustrate creative, clinically tested interventions to future counselors, therapists, social workers, teachers, school psychologists, and special educators. Particularly useful as an ancillary text in university courses in psychotherapy-related fields, the book's user-friendly format will enliven practicum courses and ensure heightened student participation.

Today's parents are concerned about their child's education and school success more than ever before, and *Ready for Preschool* gives these parents the support and strategies they need to ensure their child gets the right head start on academic achievement. With high demands being placed on kindergarten children to learn skills such as reading, writing, problem solving, and test taking, the academic expectations of preschool children naturally are increasing as well. This must-read for parents of young children will help them implement activities to stimulate learning in preparation for entering preschool. Other topics of interest include the difficult decision of selecting the best school match for your child, preparing for the transition between day care and school and preschool and kindergarten, and working with the school system. The author, a nationally recognized early childhood researcher and preschool director, also provides tips for preparing children emotionally and socially for school pressures and demands.

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