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



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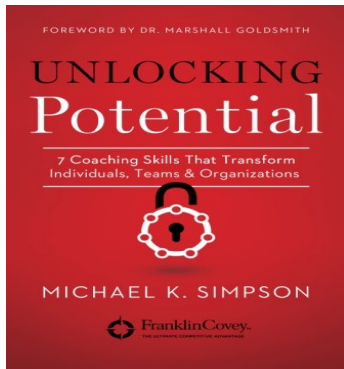
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Finding Sunshine After the Storm: A Workbook for Children Healing from Sexual Abuse

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 th

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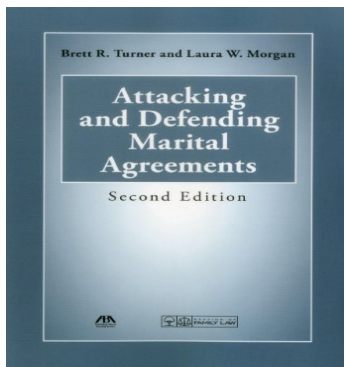


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What others say about this ebook:

Review 1:
as expected

Review 2:
Excellent

Review 3:
I have fourteen years experience working in the social work field. Thw majority of my cases are helping children who have been physically and sexually abused.

The workbook Finding Sunshine After the Storm was extremely helpful. Children and their families were educated about feelings associated with sexual abuse, three types of touches, appropriate boundaries, and developing a safety plan.

Review 4:
Really great exercises for helping children deal with trauma.

Review 5:
Great book! Sadly it was a needed purchase for a young little girl who was sexually abused for over several weeks & her parents were going crazy on how to help her in the healing process. The abuser was arrested & got sentenced to life in prison. They reported to me that this book was extremely helpful for them! It helped them understand what the child is going through now & will be going through for quite some time, despite outside professional help. It's a must read in awful situations like this.

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