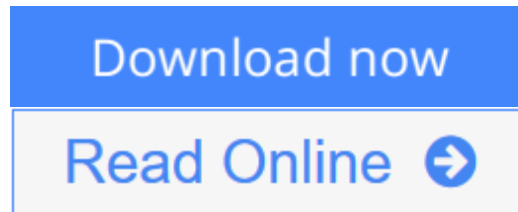


## Helping The Traumatized Child: A Workbook For Therapists (Helpful Materials To Support Therapists Using TFCBT: Trauma-Focused Cognitive Behavioral ... with FREE digital download of the book.)

*By George Sachs PsyD*



**Helping The Traumatized Child: A Workbook For Therapists (Helpful Materials To Support Therapists Using TFCBT: Trauma-Focused Cognitive Behavioral ... with FREE digital download of the book.)** By George Sachs PsyD

This helpful workbook is designed to support TFCBT therapists and child trauma therapists in their work with traumatized children.

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based psychotherapy that aims at addressing the needs of children and adolescents (ages 3 to 18) with Post-Traumatic Stress Disorder (PTSD) and other difficulties related to traumatic life events.

"Helping the Traumatized Child" is designed as a tool for therapists to use with children and adolescents who have experienced trauma. The activities in this workbook are based on cutting-edge research in the field of trauma treatment for children. Studies have found that educating children about trauma, providing positive stress management techniques, reexposing the child to the traumatic events, and changing children's distorted thoughts about the trauma, are all effective strategies for ameliorating the symptoms of Post-Traumatic Stress Disorder (PTSD).

This book offers the therapist these sound scientific methods in an easy to use, child-friendly form. The activities are best used with children ages seven to eighteen, but can be tailored for children as young as four-years old.

This workbook is not designed to be used alone, but rather as a companion to an existing knowledge base of trauma treatment with children. Basic principles of child psychotherapy and child maltreatment are not included in this text. It is recommended, therefore, that, while using this manual, clinicians read other sources for treating traumatized children. I suggest the book *Treating Trauma and Traumatic Grief in Children and Adolescents* by Judith Cohen, PhD, Anthony

Mannarino, PhD and Esther Deblinger, PhD.

The workbook also comes with a free downloadable version of the workbook, which allows for easy printing of the child-friendly materials to use in sessions.

Table Of Contents:

“Getting to Know Me” Goal: Assessment & Goal Setting

“What is Trauma & Abuse?” Goal: Psycho-education of Trauma and Abuse

“Managing My Emotions” Goal: Emotion Identification & Regulation

“Managing Stress” Goal: Relaxation Training & Thought Stopping

“Managing My Thoughts” Goal: Connecting Thoughts to Feelings and Actions

“Trauma Timeline” Goal: Outlining Traumatic Events

“Trauma Narrative” Goal: Exposure of Traumatic Events with Thoughts & Feelings

“Changing Unhelpful Thoughts” Goal: Reprocessing Distorted Thoughts

“Being Safe” Goal: Sharing Trauma Narrative w/Caregiver. Safety Planning & Graduation

### **Examples of worksheets**

#### **My Universe**

This activity is helpful in determining the child's support system and who he feels close to in the family or circle of friends. I was surprised, when using this activity with a twelve-year-old boy to see that he put his abusive mother in the largest “planet” nearest to him. This was essential information as we progressed in treatment, as it helped me understand his conflicted relationship with his mother.

#### **The Family Zoo**

This projective drawing activity allows the therapist to see how the child views his family and his position or place in that family. Like “My Universe,” this activity is helpful in determining which adult the child feels close to and safe enough to share his trauma story with at the end of treatment.

#### **Time Machine**

Many children harbor fantasies about what they wish had happened instead of the “bad thing” that really occurred in the past. For example: a child who was sexually abused may wish the abusing relative had been nice to her and had not been abusive. Or a child who loses a father in a traumatic boating accident may wish that the father had not gone on the trip. It is important for the child to express these fantasies if the trauma narrative is to proceed.

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## **Editorial Review**

### About the Author

Dr. Sachs is a licensed child psychologist and adult psychologist, specializing in the treatment of trauma, ADD/ADHD and Autism Spectrum Disorders in children, teen and adults.

Dr. Sachs did his clinical training in Chicago at Cook County Hospital, Mt. Sinai Hospital and the Child Study Center of Chicago. He completed his internship and post doctoral work at the Children's Institute in Los Angeles (Watts), where he supervised and trained therapists in Trauma-Focused Cognitive Behavioral Therapy (TFEBT).

George Sachs is a Gestalt trained therapist, certified by the Gestalt Associates Training program of Los Angeles. Dr. Sachs consulted to Juilliard in New York City, providing counseling to their dance, drama, and orchestral students. Dr. Sachs is author of Helping the Traumatized Child. The Mad, Sad, Happy Book and Helping Your Husband with Adult ADD.

Dr. Sachs has appeared on NBC Nightly News, CBS, WPIX and other major media outlets, discussing his unique holistic approach to ADD/ADHD treatment. Dr. Sachs also writes for the Huffington Post. Dr. Sachs is a member of the American Psychological Association and the New York State Psychological Association.

## **Users Review**

### **From reader reviews:**

#### **Wayne Millican:**

Why don't make it to be your habit? Right now, try to prepare your time to do the important work, like looking for your favorite guide and reading a reserve. Beside you can solve your long lasting problem; you can add your knowledge by the reserve entitled Helping The Traumatized Child: A Workbook For Therapists (Helpful Materials To Support Therapists Using TFEBT: Trauma-Focused Cognitive Behavioral ... with FREE digital download of the book.). Try to make the book Helping The Traumatized Child: A Workbook For Therapists (Helpful Materials To Support Therapists Using TFEBT: Trauma-Focused Cognitive Behavioral ... with FREE digital download of the book.) as your good friend. It means that it can to become your friend when you really feel alone and beside those of course make you smarter than ever before. Yeah, it is very fortunated in your case. The book makes you a lot more confidence because you can know anything by the book. So , we should make new experience and also knowledge with this book.

#### **Thersa Davenport:**

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share to your account is absolutely accurate. You also might get the e-book of *Helping The Traumatized Child: A Workbook For Therapists (Helpful Materials To Support Therapists Using TFCBT: Trauma-Focused Cognitive Behavioral ... with FREE digital download of the book.)* from the publisher to make you much more enjoy free time.

**Eliza Gold:**

This *Helping The Traumatized Child: A Workbook For Therapists (Helpful Materials To Support Therapists Using TFCBT: Trauma-Focused Cognitive Behavioral ... with FREE digital download of the book.)* is great book for you because the content that is full of information for you who all always deal with world and still have to make decision every minute. This specific book reveal it information accurately using great manage word or we can claim no rambling sentences inside it. So if you are read that hurriedly you can have whole info in it. Doesn't mean it only will give you straight forward sentences but hard core information with beautiful delivering sentences. Having *Helping The Traumatized Child: A Workbook For Therapists (Helpful Materials To Support Therapists Using TFCBT: Trauma-Focused Cognitive Behavioral ... with FREE digital download of the book.)* in your hand like getting the world in your arm, info in it is not ridiculous one particular. We can say that no publication that offer you world in ten or fifteen small right but this e-book already do that. So , this really is good reading book. Hello Mr. and Mrs. stressful do you still doubt that will?

**Amy Quist:**

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