



# Using Trauma-Focused Therapy Stories: Interventions for Therapists, Children, and Their Caregivers

*Pat Pernicano*

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## **Using Trauma-Focused Therapy Stories: Interventions for Therapists, Children, and Their Caregivers**

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*Using Trauma-Focused Therapy Stories* is a groundbreaking treatment resource for trauma-informed therapists who work with abused and neglected children ages nine years and older as well as their caregivers. The therapy stories are perfect accompaniments to evidence-based treatment approaches and provide the foundation for psychoeducation and intervention with the older elementary-aged child or early pre-teen. Therapists will also benefit from the inclusion of thorough guides for children and caregivers, which illustrate trauma and developmental concepts in easy-to-understand terms. The psychoeducational material in the guides, written at a third- to fourth-grade reading level, may be used within any trauma-informed therapy model in the therapy office or sent-home for follow-up. Each therapy story illustrates trauma concepts, guides trauma narrative and cognitive restructuring work, and illuminates caregiver blind spots; the caregiver stories target issues that often become barriers to family trauma recovery. No therapist who works with young trauma survivors will want to be without this book, and school-based professionals, social workers, psychologists and others committed to working with traumatized children will find the book chock-full of game-changing ideas for their practice.

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