

# **REBUILDING ATTACHMENTS** *with* **TRAUMATIZED CHILDREN**



*Healing from Losses,  
Violence, Abuse, and Neglect*

Richard Kagan, PhD

# Rebuilding Attachments With Traumatized Children Healing Losses Violence Abuse And Neglect

**Phyllis S. Kosminsky, John R. Jordan**



## **Rebuilding Attachments With Traumatized Children Healing Losses Violence Abuse And Neglect:**

*Rebuilding Attachments with Traumatized Children* Richard Kagan, 2014-06-03 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 Jacket

**Rebuilding Attachments with Traumatized Children** Richard Kagan, 2014-09-25 Learn to build the trust you need to help children in crisis *Rebuilding Attachments with Traumatized Children Healing from Losses Violence Abuse and Neglect* is a therapeutic guide to helping troubled children move beyond the traumatic experiences that haunt them Author Dr Richard Kagan Director of Psychological Services for Parsons Child and Family Center in Albany New York presents comprehensive information on how to understand and surmount the impact of loss neglect separation and violence on children s development how to discover and foster strengths in children and their families and how to rebuild connections and hope for children who are at risk of harm to themselves and others This unique book is designed to be used in tandem with *Real Life Heroes A Life Storybook for Children* Haworth an innovative 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 positive values and a sense of pride *Rebuilding Attachments with Traumatized Children* helps children move from negative or suppressed memories to a more positive perspective not by denying hardships but by drawing strength from the supportive people in their lives Practitioners can use the book as a framework and detailed guide to assessment engagement development of service plans and implementation of attachment and trauma therapy The book is a comprehensive model for working to build the trust necessary before other trauma therapy approaches can be successfully initiated Topics examined in *Rebuilding Attachments with Traumatized Children* include attachment theory and research types of attachment problems PTSD behaviors permanency work with children in placement ADHD bipolar and RAD cognitive behavioral therapies storytelling therapies the myth of perfection neuropsychological patterns and much more *Rebuilding Attachments with Traumatized Children* is a rich resource for practitioners academics parents adoptive parents foster parents grandparents and anyone working to show troubled children how to learn from the past resolve problems in the present and build a better future

**Dissociation in Traumatized Children and Adolescents** Sandra Wieland, 2015-03-27 *Dissociation in Traumatized Children and Adolescents* presents a series of unique and compelling case studies written by some of the foremost international experts in the study of dissociation in young people In the new edition chapters have been updated to include discussion of the most recent findings in trauma and neuroscience as well as Joyanna Silberg s popular affect avoidance model In addition Sandra Wieland s incisive commentaries on each case study have been updated Each chapter presents a detailed narrative of a therapist s work with a child or adolescent interspersed with the therapist s own thought process and every therapist explains the theory and

research behind her clinical decisions The case studies present many aspects of working with traumatized children attachment work trauma processing work with the family interactions with the community psychoeducation related to dissociation and encouragement of communication between the dissociated parts and provide a frank analysis of the difficulties clinicians encounter in various therapeutic situations While the book is exceptional in its clear and detailed descriptions of theory related to dissociation in children most importantly it illustrates how theory can be translated into successful therapeutic interactions

**Real Life Heroes** Richard Kagan, 2016-12-13 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

**Making It Better** Barbara Oehlberg, 2014-02-18 The trusted source for over 20 years activities to help children process and heal from stressful and traumatic events

**Wounded Angels** Richard Kagan, 2017-02-27 Wounded Angels Inspiration From Children in Crisis uses vignettes of children in crisis situations to portray how troubling behaviors can act as clues for ways children can grow stronger after traumatic stress This text shows how children can guide caregivers and practitioners through hidden conflicts and through case examples provide opportunities to develop emotionally supportive relationships Practitioners and caregivers can use Wounded Angels to encourage a resilient perspective for children In return this text informs readers how children find their own path towards healing

**Healing the Fractured Child** Frances S. Waters, 2016-03-28 Anyone who works with troubled children and their families should not miss this book Healing the Fractured Child weaves together comprehensive theory and neurobiology that substantiate practical treatment guidelines for children and their families The complexity of symptoms diagnoses assessment use of medication and a variety of innovative treatment approaches for stabilization trauma processing and integration are explored and come to life through the clear practical and touching clinical illustrations peppered throughout the book Fran Waters has drawn on her vast clinical experience and thorough knowledge of current perspectives on dissociation and child therapy to write an integrative readable and immensely useful masterpiece a gift to the field of child psychology and psychotherapy and to the many therapists children and parents who will benefit from her wisdom Pat Ogden PhD Founder Sensorimotor Psychotherapy Institute Author Sensorimotor Psychotherapy Interventions for Trauma and Attachment A skillfully written comprehensive and remarkable volume Well grounded in theory and full of rich practical applications and detailed case examples Water s outstanding work will expand clinicians capacity to understand and assess dissociation as well as to effectively accompany children in their healing

journeys An essential resource for therapists of all orientations working with trauma and dissociation Ana M G mez MC LPC  
 Author of EMDR Therapy and Adjunct Approaches with Children Complex Trauma Attachment and Dissociation Written by  
 one of the nation s leading practitioners in the field of childhood trauma abuse and dissociation this comprehensive resource  
 fills a void in the literature to provide in depth knowledge of current interventions for treating dissociation in youth It  
 describes a detailed careful assessment process and creative evidence supported techniques for helping children and their  
 families to heal from chaotic traumatizing experiences With both a theoretical and practical focus the book offers proven  
 strategies for successfully treating children and adolescents with varying degrees of dissociation and co morbid symptoms It  
 also integrates adjunct therapies in environments beyond those of traditional psychotherapy such as school and describes  
 how their strategies can be used effectively to augment therapy and understand dissociative children Based on a model  
 integrating five prominent therapeutic modalities and underscoring the importance of attachment style the book focuses on  
 the neurobiology of trauma a high co morbidity of symptoms specialized clinical interventions psychopharmacology and  
 family intervention techniques Also addressed are adjunct therapies in art and EMDR In addition the book provides a window  
 into the effects of traumatic events such as medical illness that may be overlooked and safe techniques with dissociative  
 youth who are exhibiting dangerous behaviors Rich clinical examples demonstrate the various phases of treatment and offer  
 a window into the internal world of dissociative children This resource provides mental health clinicians and other health  
 professionals with a wealth of tools to effectively treat this troubled client population Key Features Describes theoretical  
 conceptualization and specialized integrative techniques to treat dissociative children effectively Integrates psychotherapy  
 with EMDR art therapy neurobiology and psychopharmacology Distills current research on neurobiology of trauma and how  
 to intervene with specially designed treatment strategies Provides in depth knowledge of the latest creative interventions for  
 treatment across degrees and ages of dissociation and co morbid symptoms Sensitizes the therapist to often overlooked  
 traumatic events e g medical illness that can exacerbate symptoms      *The Child Survivor* Joyanna L. Silberg,2013-03-05 The  
 Child Survivor is a clinically rich comprehensive overview of the treatment of children and adolescents who have developed  
 dissociative symptoms in response to ongoing developmental trauma Joyanna Silberg a widely respected authority in the field  
 uses case examples to illustrate hard to manage clinical dilemmas such as children presenting with rage reactions amnesia  
 and dissociative shut down These behaviors are often survival strategies and in The Child Survivor practitioners will find  
 practical management tools that are backed up by recent scientific advances in neurobiology Clinicians on the front lines of  
 treatment will come away from the book with an arsenal of therapeutic techniques that they can put into practice right away  
 limiting the need for restrictive hospitalizations or out of home placements for their young clients      Attachment-Informed  
Grief Therapy Phyllis S. Kosminsky,John R. Jordan,2016-04-14 Attachment Informed Grief Therapy bridges the fields of  
 attachment studies and thanatology uniting theory research and practice to enrich our understanding of how and why people

grieve and how we can help the bereaved In its pages clinicians and students will gain a new understanding of the etiology of complicated grief and its treatment and will become better equipped to formulate accurate and specific case conceptualization and treatment plans The authors also illustrate the ways in which the therapeutic relationship is a crucially important though largely unrecognized element in grief therapy and offer guidelines for an attachment informed view of the therapeutic relationship that can serve as the foundation of all grief therapy

**Working with High-Risk Youth** Peter Smyth, 2017-04-11 This book focuses on high risk youth whose struggles include neglect abuse alcohol and drug abuse the risk of being exploited mental health issues and the inability to self regulate and trust While practice has traditionally focused on punishment consequence interventions this book explores the experience and research that shows how youth can be better served with relationship based practice Setting out a philosophy and framework for harm reduction principles resiliency and strength based approaches community collaboration and an understanding of early trauma Smyth provides strategies for engaging and working with the most disconnected challenging and troubled youth in society

*Personal Process in Child-Centred Play Therapy* David Le Vay, Elise Cuschieri, 2022-09-02 *Personal Process in Child Centred Play Therapy* provides a very specific exploration of the play therapy process from the personal perspective of the play therapist This volume examines the personal challenges opportunities losses and gains and numerous obstacles that one has to negotiate through the course of both training to become a play therapist and working as a qualified clinician with children who have complex life difficulties The book aims to offer a forum within which the role function and process of the personal within play therapy can be explored Bringing together a number of experienced play therapists the book shares often deeply personal accounts of their experience of training and clinical practice Chapters challenge the unspoken therapist taboos of shame childhood trauma vulnerability and grief shining a light on the more hidden areas of therapist experience Clinical issues around the unconscious process are also explored but once again from the personal position of the play therapist rather than the child With a unique and distinct perspective on the therapeutic process this book is specifically intended for both trainee and experienced play therapists but will be relevant to all psychotherapists involved in working therapeutically with children and young people

**The Hero's Mask: Helping Children with Traumatic Stress** Richard Kagan, 2022-05-29 Teachers counselors therapists parents and caregivers can use this engaging novel and guidebook to help to promote resilience within children families and communities that have experienced traumatic stress The novel encourages children to learn about everyday heroes and what helps them to succeed despite adversity The accompanying guidebook provides practical advice and strategies for using the novel in classrooms counselling therapy and families to spark conversations around difficult topics of loss and trauma and to strengthen and renew emotionally supportive relationships for distressed children These two books provide a toolkit for helping children and caring adults understand the impact of traumatic stress and what can help them to recover and increase resilience after stressful experiences Together the novel

and guidebook inspire hope for those who feel alone fearful or ashamed after traumatic experiences and show how children parents and other caring adults can become stronger than the nightmares of the past This set includes The Hero s Mask a short novel designed to encourage young people to share and understand their feelings related to traumatic stress and to learn how family members friends neighbours and schools can help each other to survive hard times and learn to thrive again The Hero s Mask Guidebook Helping Children with Traumatic Stress a practical resource for use by teachers counselors therapists parents and caregivers that promotes an understanding of trauma and strengthens emotionally supportive relationships to reduce traumatic stress reactions This essential resource provides a resiliency focused guide for promoting trauma informed schools and child and family services to help children and families experiencing traumatic stress

**Perspectives on Violence and Violent Death** Robert Stevenson,Gerry Cox,2017-03-02 This book examines violence It looks at the nature and types of violence the causes of violence and the emotional wake left by violent episodes In the twentieth century the world experienced two world wars and countless other wars Many millions died violent deaths from murder death squads purges riots revolutions ethnic cleansing rape robbery domestic violence suicide gang violence terrorist acts genocide and in many other ways As we entered the twenty first century we experienced 9 11 the Red Lake School deaths suicide bombers and more mass death brought about by the actions of governments revolutionaries terrorists and still more wars The need to better understand violence both lethal and non lethal to become aware of the many forms of violence and to learn how to survive in the aftermath of violent death are the focus of Perspectives on Violence and Violent Death

Treating Complex Trauma in Children and Their Families Cheryl B. Lanktree,John N. Briere,2016-01-04 One of the few books on the treatment of psychological trauma in children that provides specific in depth individual group and family therapy interventions for complex psychological trauma Treating Complex Trauma in Children and Their Families An Integrative Approach focuses on the treatment of 6 12 year old children and their relevant family members Renowned authors Cheryl B Lanktree and John N Briere use their evidence based yet flexible treatment model Integrative Treatment of Complex Trauma for Children ITCT C as they address the use of play therapy attachment processing mindfulness and other approaches as well as interventions with family caretaker and community systems The authors emphasize a culturally sensitive destigmatizing and empowering perspective that supports both recovery and posttraumatic growth Clinical examples and specific tools illustrate how assessment is used to guide individualized and developmentally appropriate interventions

Treating the Traumatized Child Scott Sells,Ellen Souder,2017-12-15 This book builds upon my early work and the work of others by offering a comprehensive guide to practitioners interested in facing and helping to heal trauma and manage the drama systemically with a special focus on children and adolescents The FST Model is a contribution to the fields of trauma family sciences and human development practice Charles R Figley PhD Kurzweg Chair in Disaster Mental Health at Tulane University in New Orleans This is the first book that addresses trauma treatment for child and adolescents

using a Family Systems Trauma FST model which goes beyond individual therapy to include the child and their entire family. Co-written by a renowned family therapist who created the Parenting with Love and Limits model, it delivers a research-based step-by-step approach that incorporates the child's immediate family along with their extended family to treat the traumatized child or adolescent. Using a stress chart, the child or adolescent's trauma symptoms are quickly identified. This strategy guides therapists in accurately diagnosing root causes of the child's trauma and culminates in the creation of co-created wound playbooks to heal trauma in both the child as well as other family members. Additional helpful features include extensive case examples, a menu of trauma techniques, wound playbook examples, evaluation forms, client handouts, and other practical tools to provide the therapist with a complete guide to implementing this approach. Child and family therapists, social workers, mental health counselors, and psychologists working in a variety of settings will find this book a valuable resource.

**Key Features:** Provides a step-by-step practice-focused, time-limited model. Uses a family systems approach for addressing child and adolescent trauma. The only book of its kind. Includes useful tools such as checklists, client handouts, and evaluation forms.

### **Mentalization with Neglected and Traumatized Children** Janne Oestergaard

Hagelquist, 2023-11-02. Mentalization with Neglected and Traumatized Children provides a comprehensive walkthrough of the impact on child development as a result of neglect and trauma and how theories of mentalization can help. First providing a thorough overview of the concept of mentalization, Janne Oestergaard Hagelquist shows how one can have productive and mentalizing interactions with neglected and traumatized children and adolescents as well as how to apply the more current knowledge about mentalization and trauma in the treatment of these children. This book provides specific educational tools and pedagogical models aimed at supporting the daily work of a professional working with children, adolescents, or families. Concepts and tools of mentalization are presented in a reader-friendly and easy-to-use way and are supported by case studies and clinical vignettes throughout. The book is essential reading for professionals working with neglected and traumatized children, such as psychoanalysts, psychotherapists, social workers, pedagogues, teachers, and foster carers, as well as those interested in mentalization, trauma, and child development.

*Communicating Trauma* Na'ama Yehuda, 2015-08-27

*Communicating Trauma* explores the various aspects of language and communication and how their development can be affected by childhood trauma and overwhelm. Multiple case study vignettes describe how different kinds of childhood trauma can manifest in children's ability to relate, attend, learn, and communicate. These examples offer ways to understand, respond, and support children who are communicating overwhelm. In this book, psychotherapists, speech language pathologists, social workers, educators, occupational and physical therapists, medical personnel, foster parents, adoption agencies, and other child professionals and caregivers will find information and practical direction for improving connection and behavior, reducing miscommunication, and giving a voice to those who are often our most challenging children.

*Handbook of Child Sexual Abuse* Paris Goodyear-Brown, 2011-09-09. 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

### **Creative Arts and Play Therapy for Attachment**

**Problems** Cathy A. Malchiodi, David A. Crenshaw, 2015-07-22 This book vividly shows how creative arts and play therapy can help children recover from experiences of disrupted or insecure attachment Leading practitioners explore the impact of early relationship difficulties on children's emotions and behavior Rich case material brings to life a range of therapeutic approaches that utilize art music movement drama creative writing and play The volume covers ways to address attachment issues with individuals of different ages as well as their caregivers Chapters clearly explain the various techniques and present applications for specific populations including complex trauma survivors

Helping Abused and Traumatized Children Eliana Gil, 2011-03-11 Presenting an integrative model for treating traumatized children this book combines play art and other expressive therapies with ideas and strategies drawn from cognitive behavioral and family therapy Eliana Gil demonstrates how to tailor treatment to the needs of each child by using both directive and nondirective approaches Throughout practical clinical examples illustrate ways to target trauma related symptomatology while also helping children process painful feelings and memories that are difficult to verbalize The book concludes with four in depth cases that bring to life the unique situation of each child and family the decision making process of the therapist and the applications of developmentally informed creative and flexible interventions

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