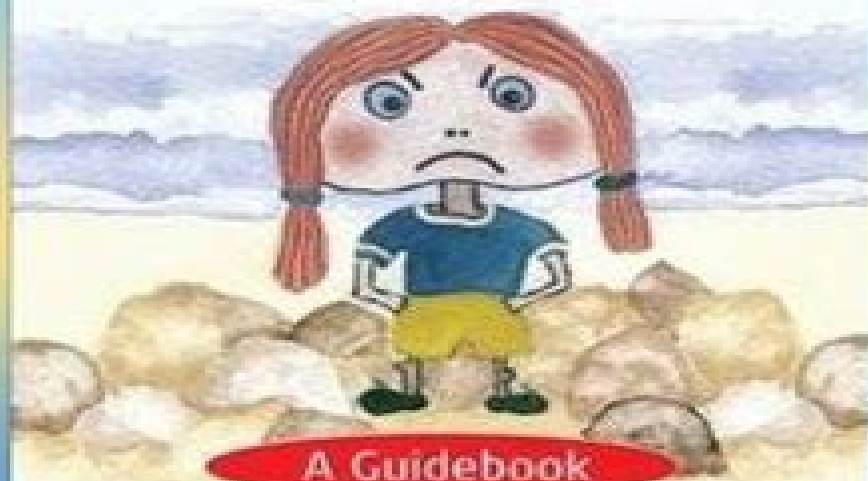


Helping Children
with Feelings

Helping Children Locked in Rage or Hate



A Guidebook

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Illustrated by
Nicky Armstrong

R

A Speechmark Book

How Hattie Hated Kindness



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Nicky Armstrong

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A Speechmark Book

Helping Children Locked In Rage Or Hate

Margot Sunderland, Nicky Armstrong



Helping Children Locked In Rage Or Hate:

Helping Children Locked in Rage or Hate Margot Sunderland, Nicky Hancock, 2017-07-05 This is a guidebook to help children who hurt hit bite smash kick shout scream or who are out of control hyperaroused or hyperactive can only discharge their angry feelings in verbal or physical attacks rather than being able to think about and reflect on what they feel are angry because it is easier than feeling hurt or sad are locked in anger or rage because of sibling rivalry are controlling and punitive regularly defy authority or are diagnosed with a conduct disorder commit cold acts of cruelty hurt animals or do not cry any more spoil damage or destroy what others do or make create fear in others because they have locked away their own fears do not want to please people cannot trust have stopped looking for love or approval or truly believe they do not need anyone do not really know how to like someone and definitely do not know how to love someone or are affectionate only if they want something

Helping Children Locked in Rage Or Hate - How Hattie Hated Kindness Margot Sunderland, Nicky Hancock, 2003-10 This practical guidebook with a beautifully illustrated storybook enables teachers parents and professionals to help children aged 4 12 connect with unresolved feelings affecting their behaviour This is a guidebook to help children who hurt hit bite smash kick shout scream or who are out of control hyperaroused or hyperactive can only discharge their angry feelings in verbal or physical attacks rather than being able to think about and reflect on what they feel are angry because it is easier than feeling hurt or sad are locked in anger or rage because of sibling rivalry are controlling and punitive regularly defy authority or are diagnosed with a conduct disorder commit cold acts of cruelty hurt animals or do not cry any more spoil damage or destroy what others do or make create fear in others because they have locked away their own fears do not want to please people cannot trust have stopped looking for love or approval or truly believe they do not need anyone do not really know how to like someone and definitely do not know how to love someone or are affectionate only if they want something How Hattie Hated Kindness is a story for children locked in rage or hate Hattie lives by herself on an island Lots of people try to bring kindness to Hattie but each time she is very horrid to them smashing and spoiling everything they try to do for her So after a while they all stop trying and Hattie is very alone With the help of the lapping water over her toes Hattie understands that because she d been a very sad and frightened little girl in a too hard world she had become hard too so that the awful fear and the awful pain would go away

Trauma-Focused CBT for Children and Adolescents Judith A. Cohen, Anthony P. Mannarino, Esther Deblinger, 2016-10-11 Featuring a wealth of clinical examples this book facilitates implementation of Trauma Focused Cognitive Behavioral Therapy TF CBT in a range of contexts It demonstrates how assessment strategies and treatment components can be tailored to optimally serve clients needs while maintaining overall fidelity to the TF CBT model Coverage includes ways to overcome barriers to implementation in residential settings foster placements and low resource countries Contributors also describe how to use play to creatively engage kids of different ages and present TF CBT applications for adolescents with complex trauma children with developmental challenges military

families struggling with the stresses of deployment and Latino and Native American children See also Cohen et al s authoritative TF CBT manual Treating Trauma and Traumatic Grief in Children and Adolescents Second Edition Domestic Violence and Children Abigail Sterne,Liz Poole,2009-10-16 This book describes the impact of domestic violence on children and provides support for education and social care professionals suggesting practical ways in which Education staff can meet the needs of pupils from difficult home backgrounds **Blending Play Therapy with Cognitive Behavioral Therapy** Athena A. Drewes,2009-02-24 In today s managed care environment therapeutic techniques must be proven to be effective to be reimbursable This comprehensive volume is written by leaders in the field and collects classic and emerging evidence based and cognitive behavioral therapy treatments therapists can use when working with children and adolescents Step by step instruction is provided for implementing the treatment protocol covered In addition a special section is included on therapist self care including empirically supported studies For child and play therapists as well school psychologists and school social workers *Parenting Adopted Teenagers* Rachel Staff,2015-12-21 How can adoptive parents and their teenagers navigate the challenges of the adolescent years Full of valuable grounded advice this guide will help parents to understand the impact of early trauma on a child s development and the specific nature of the changes that occur during adolescence With tips for coping with common problems it combines first hand accounts from professionals parents and teenagers themselves It also covers essential topics such as family and peer relationships developing healthy intimate relationships emerging identity issues and contacting birth family Accessible and honest Parenting Adopted Teenagers is an invaluable resource for adoptive parents as well as professionals working with them Helping Children with Loss Margot Sunderland,Nicky Armstrong,2022-04-28 Now in a fully updated second edition this professional guidebook has been created to help adults provide emotional support for children who have experienced the loss of somebody they know or something they loved Written in an accessible style and with a sensitive tone Helping Children with Loss provides adults with a rich vocabulary for mental states and painful emotions paving the way for meaningful and healing conversations with children who are struggling with difficult feelings Practical activities provide opportunities for conversation and will empower the child to find creative and imaginative ways of expressing themselves when words fail Key features of this resource include Targeted advice for children who defend against feeling their painful feelings by dissociating from grief Tools and strategies for helping children cope with loss including engaging activities to help children explore their feelings in a non threatening way Photocopiable and downloadable resources to help facilitate support Written by a leading child psychotherapist with over thirty years experience this book will support children to develop emotional literacy and connect with unresolved feelings affecting their behaviour It is an essential resource for anybody supporting children aged 4 12 who have experienced loss **Helping Children of Troubled Parents** Margot Sunderland,2017-04-28 Enables practitioners to help children whose emotional wellbeing is being adversely affected by troubled parents This title explores the fact that when parents are

preoccupied with their own troubles they are often unable to effectively address their child's core relational needs such as soothing validating attunement and co-adventure

Helping Children with Troubled Parents Margot Sunderland, Nicky Armstrong, 2017-04-28 This book is designed to enable practitioners to help children whose emotional wellbeing is being adversely affected by troubled parents. These are children who live with the burden of having to navigate their parent's troubled emotional states often leaving them with a mass of painful feelings about a chaotic and disturbing world. They can feel alarmed by their parent rather than experiencing them as home and a place of safety and solace. The author explores the fact that when parents are preoccupied with their own troubles they are often unable to effectively address their child's core relational needs e.g. soothing validating attunement co-adventure interactive play. As a result children are left self-helping which all too often means drugs drink self-harm depression anxiety eating disorders or problems with anger in the teenage years. This guidebook offers readers a wealth of vital theory and effective interventions for working with these children and specifically the key feelings such children need help with. Particular focus is given to the effects on children of family breakdown separation and divorce witnessing parents fighting and parents who suffer from depression or anxiety mental or physical ill health alcohol or drug addiction. Readers will learn the complexity of children's feelings about their troubled parents how to enable children to address their unspoken hurt fear grief rage and resentment about their troubled parent in order to move forward in their lives how to empower children to find their voice when they have been left in the role of impotent bystander effective parent-child intervention when parental troubles are adversely affecting the child and how to help a parent and child find each other again

Things I'd Tell My Child Katie Piper, Diane Piper, 2018-02-22 Whether you're only just becoming a mum for the first time or you have children who are growing up faster than you could have ever imagined motherhood can feel like the most joyful and yet the most daunting of times. But you're not alone. From the moment I knew my first baby was a girl I started to plan hope and dream. I couldn't wait to experience that special bond but I also wondered how I'd feel about being a working mum how I'd hold on to the person I am. I also knew that the world has changed so much since I was growing up. What advice values and role models would help give my daughter the confidence and strength to cope with all that might come her way and to give her an open mind and warm heart. And how would I guide her through the issues girls face today. This is my journey in motherhood my experiences hopes and fears with my mum's stories of raising me a parenting expert's advice and empowering exercises to guide you from those first wobbly moments to being a happy healthy mum and raising feisty independent children who aren't afraid to be themselves and to go for the life they want. Katie Piper. *From Mother to Daughter* is about motherhood about what you learn as a mother and the things you would tell your daughter and most of all it's Katie and Diane Piper's celebration of the incredible power of mother-daughter relationships

The British National Bibliography Arthur James Wells, 2004

Teenie Weenie in a Too Big World Margot Sunderland, 2017-05-08 A story for fearful children. One day Teenie Weenie finds himself in a scrumbly screechy place

It is full of noises and crashes and things that swoop and scratch The worse it gets the smaller Teenie Weenie feels After a while he feels so small that the tiniest insect tries to eat him up Teenie Weenie feels terrified and desperately alone But after a while along strolls a Wip Wop bird who invites Teenie Weenie to come and have a chocolate muffin in his tree house With the Wip Wop bird and his friend Hoggie Teenie Weenie learns for the first time in his life all about the power of TOGETHER He comes to know how very different things look when it s an US not just a ME And so after that whenever Teenie Weenie finds himself struggling alone with something too difficult or too frightening he goes off and finds some TOGETHER A Nifflenoo Called Nevermind Margot Sunderland,2017-07-05 A story for children who bottle up their feelings Nevermind always carries on whatever happens Each time something horrible happens to him he just tucks his feelings away and carries on with life Find out what happens to Nevermind and how he begins to understand that his feelings do matter how he learns to express them and stand up for himself Routledge International Handbook of Dramatherapy Sue Jennings,Clive Holmwood,2016-05-20 Routledge International Handbook of Dramatherapy is the first book of its kind to bring together leading professionals and academics from around the world to discuss their practice from a truly international perspective Dramatherapy has developed as a profession during the latter half of the twentieth century Now we are beginning to see its universal reach across the globe in a range of different and diverse approaches From Australia to Korea to the Middle East and Africa through Europe and into North South America dramatherapists are developing a range of working practices using the curative power of drama within a therapeutic context to work with diverse and wide ranging populations Using traditional texts in the Indian sub continent healing performances in the Cameroon supporting conflict in Israel and Palestine through traditional Comedic theatre in Italy to adolescents in schools and adults with mental ill health this handbook covers a range of topics that shows the breadth depth and strength of dramatherapy as a developing and maturing profession It is divided into four main sections that look at the current international Developments in dramatherapy Theoretical approaches Specific practice New and innovative approaches Offering insights on embodiment shamanism anthropology and cognitive approaches coupled with a range of creative theatrical and therapeutic methods this ground breaking book is the first congruent analysis of the profession It will appeal to a wide and diverse international community of educators academics practitioners students training schools and professionals within the arts arts education and arts therapies communities Additionally it will be of benefit to teachers and departments in charge of pastoral and social care within schools and colleges

A Wibble Called Bipley Margot Sunderland,2017-07-05 A story for children who have hardened their hearts or become bullies Bipley is a warm cuddly creature but someone has broken his heart He feels so hurt that he decides it is just too painful to ever love again When he meets some big tough Honks in the wood they teach him how to harden his heart so that he doesn t have to feel hurt any more Luckily Bipley meets some creatures who teach him how he can protect himself without hardening his heart *Using Story Telling as a Therapeutic Tool with Children* Margot Sunderland,2017-07-05 This

practical handbook begins with the philosophy and psychology underpinning the therapeutic value of story telling It shows how to use story telling as a therapeutic tool with children and how to make an effective response when a child tells a story to you It is an essential accompaniment to the Helping Children with Feelings series and covers issues such as Why story telling is such a good way of helping children with their feelings What resources you may need in a story telling session How to construct your own therapeutic story for a child What to do when children tell stories to you Things to do and say when working with a child s story

The Day the Sea Went Out and Never Came Back: A Story for Children Who Have Lost Someone They Love Margot Sunderland,Nicky Armstrong,2022-04-28 Eric is a sand dragon who loves the sea very much Each day he watches it go out knowing that it will return But one day Eric waits and waits but it does not come back He falls on the sand feeling as if he has lost everything Eric wants to shut himself off from his feelings but eventually spots a little wildflower growing and another and another He builds a rock pool garden in memory of the sea that he loves and learns that it is much better to feel the full pain of his loss instead of closing his heart The Day the Sea Went Out and Never Came Back is a story for children who have lost someone they love The beautiful illustrations and sensitively written story offer a wealth of opportunities to begin a conversation about the difficult emotions that can follow a loss helping children to acknowledge and express their emotions The story shows them that it is brave to feel sad that they are surrounded by support and that memories of a loved one are a special treasure that can never be lost Ideal for starting conversations about grief and sadness this is an essential resource for anybody supporting children aged 4 12 who have experienced loss

The Frog Who Longed for the Moon to Smile Margot Sunderland,2017-07-05 A story for children who yearn for someone they love Frog is very much in love with the moon because she once smiled at him So now he spends all his time dreaming about her He waits and waits for her to smile at him again One day a wise and friendly crow helps frog to see how he is wasting his life away All the time he has been facing the place of very little he s had his back to the place of plenty

How Hattie Hated Kindness Margot Sunderland,Nicky Hancock,Nicky Armstorng,2017-07-05 The titles in this extraordinary series are a vital resource Nine practical guidebooks each with an accompanying beautifully illustrated storybook have been written to help children aged 4 12 think about and connect with their feelings These guides and stories enable teachers parents and professionals to recognise the unresolved feelings behind a child s behaviour and to respond correctly to help How Hattie Hated Kindness is a story for children locked in rage or hate A story for children locked in rage or hate Hattie lives by herself on an island She likes sharks and crabs and stinging centipedes She likes anything hard and spiky Lots of people try to bring kindness to Hattie on her island but each time she is very horrid to them smashing and spoiling everything they try to do for her So after a while they all stop coming to the island Hattie is very alone So she sits by the water s edge and tries to figure out why she hates love and loves hate She thinks it must be because she is a very bad girl indeed But the lapping water over her toes helps Hattie to understand that because she d been a very sad and frightened little girl in a too hard world she had

become hard too so that the awful fear and the awful pain would go away The lapping water over her toes helps Hattie to move from cruel to kind In the end Hattie builds a bridge to the warm and cosy world across the water **Ruby and the Rubbish Bin** Margot Sunderland,2017-06-14 A story for children with low self esteem Ruby hates herself so much that she often feels more like a piece of rubbish than a little girl Children at school bully her Sometimes Ruby feels so miserable that she wants to sleep and sleep and never wake up again Then one day Ruby meets Dot the lunchtime lady When Ruby feels Dot s kindness and understanding something warm happens in Ruby s tummy Over time Dot helps Ruby to move from self hate to self respect In fact Dot s smile makes Ruby feel like a princess After a very important dream and help from Dot Ruby decides enough is enough She finds her voice and her anger and stands up to the bullies She makes new friends and knows what it s like to feel happy for the first time in her life

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