

Conversations That Matter: Talking with Children and Teenagers in Ways That Help (Paperback)



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Reviews

Very beneficial to all of type of individuals. This can be for those who statte that there had not been a really worth reading. You will not really feel monotony at at any time of your respective time (that's what catalogs are for concerning should you ask me).
(Michale Shields)

CONVERSATIONS THAT MATTER: TALKING WITH CHILDREN AND TEENAGERS IN WAYS THAT HELP (PAPERBACK)



Worth Publishing, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book. So many children and young people in our society are hurting. Research indicates that more children are depressed, anxious or locked in anger than ever before, with all the problems that creates at home, school and in society at large when emotional pain gets expressed through behaviour or physical symptoms. Many well-intentioned adults really want to help when children suffer because of parental conflict, divorce, family financial worries, loss and bereavement, trauma, bullying, isolation, general growing up issues, and worse. But we often lack the confidence and key skills to know how to help in ways that will genuinely support the child or teenager to properly process what is troubling them, and so reach a more positive place of genuine hope and optimism. Conversations that Matter, the latest book by Margot Sunderland, offers a wealth of tools and techniques to empower parents and practitioners to connect to children and young people through conversation, in life changing ways. Dr Sunderland is widely acknowledged as one of the UK's leading experts in child counselling and therapy, as well as being a best-selling author of books for parents and professionals and co-founder of both the Institute of Arts in Therapy and Education and The Centre for Child Mental Health, London. Her life's work has been to find the most effective ways of helping children and young people in distress, underpinning her practice with cutting-edge findings from the fields of affective neuroscience, developmental psychology and the study of trauma. She is also a passionate advocate for the healing power of the creative arts as a means to reach troubled children, when words are not enough. This long-awaited book will give readers a thorough, evidence-based and inspiring grounding in every...



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