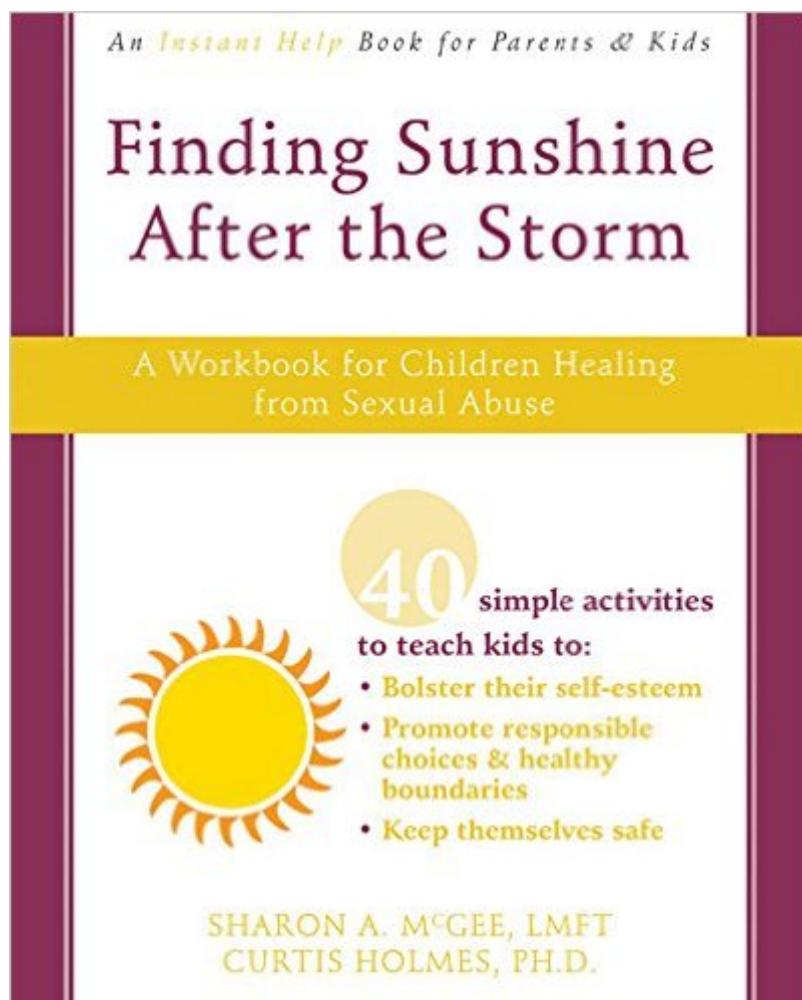


The book was found

# Finding Sunshine After The Storm: A Workbook For Children Healing From Sexual Abuse



## **Synopsis**

When a child has experienced sexual abuse, he or she may struggle with low self-esteem and find it difficult to trust others. Though the mental damage from such abuse is significant, it can be substantially reversed if a caring adult is willing to dedicate a few minutes each day to helping the child heal. This book contains forty compassionate activities kids who have suffered abuse can do to raise their self-esteem, establish boundaries, and identify people they can trust. These simple activities drawn from a variety of therapeutic modalities are best used in combination with counseling to help kids recover from trauma and build confidence. As children work through Finding Sunshine After the Storm, they will learn to deal with painful feelings in positive ways, reach out for support, and feel proud of themselves by taking a bow after important accomplishments. This workbook can help them reclaim the pride, joy, and security they may feel as though they have lost the sunshine after the storm. This book is an incredible resource to help kids heal. -Deanne Ginns-Gruenberg, owner of The Self Esteem Shop in Royal Oak, MI

## **Book Information**

Paperback: 136 pages

Publisher: Instant Help; Workbook ed. edition (November 1, 2008)

Language: English

ISBN-10: 1572246340

ISBN-13: 978-1572246348

Product Dimensions: 8 x 0.3 x 10 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars Â See all reviews Â (13 customer reviews)

Best Sellers Rank: #219,433 in Books (See Top 100 in Books) #241 in Â Books > Parenting & Relationships > Family Relationships > Abuse > Child Abuse #323 in Â Books > Self-Help > Abuse #365 in Â Books > Parenting & Relationships > Family Relationships > Conflict Resolution

Age Range: 6 - 12 years

Grade Level: Kindergarten - 5

## **Customer Reviews**

As a therapist who works directly with sexually abused children I found this book to be incredibly relevant. The exercises in the book are both enjoyable and therapeutic for the children. They get the help they need in a caring, creative and gentle way. I would recommend this book highly to anyone in the mental health field working with sexually abused children. Bravo to the authors!

This is THEE best book I have ever come across to help your child work through sexual abuse. My daughter is 6 years old and the activities are simple, yet thought-provoking. She actually asks ME if we can work on our special book together! This book WILL NOT disappoint. I have searched high and low, and this is by far, the VERY best book on this subject.

The thing I enjoy most about this book is its versatility. It can be used for groups and also for individual therapy. I have also used it to educate parents. This is one if the best books by far out there with activities specifically for sexually abused kids. It's a must have.

I have fourteen years experience working in the social work field. Thw majority of my cases are helping children who have been physically and sexually abused. The workbook Finding Sunshine After the Storm was extremely helpful. Children and their families were educated about feelings associated with sexual abuse, three types of touches, appropriate boundaries, and developing a safety plan.

The child I purchased it for found hope

Great book! Sadly it was a needed purchase for a young little girl who was sexually abused for over several weeks & her parents were going crazy on how to help her in the healing process. The abuser was arrested & got sentenced to life in prison. They reported to me that this book was extremely helpful for them! It helped them understand what the child is going through now & will be going through for quite some time, despite outside professional help. It's a must read in awful situations like this.

My daughter loves this book because it's her and all about her and what she has been through. She uses it with her therapist and I am hoping that it will help her to heal.

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The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse, 3rd Edition  
The Woman I Love: Surviving, Healing and Thriving After a Childhood of Sexual, Emotional

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