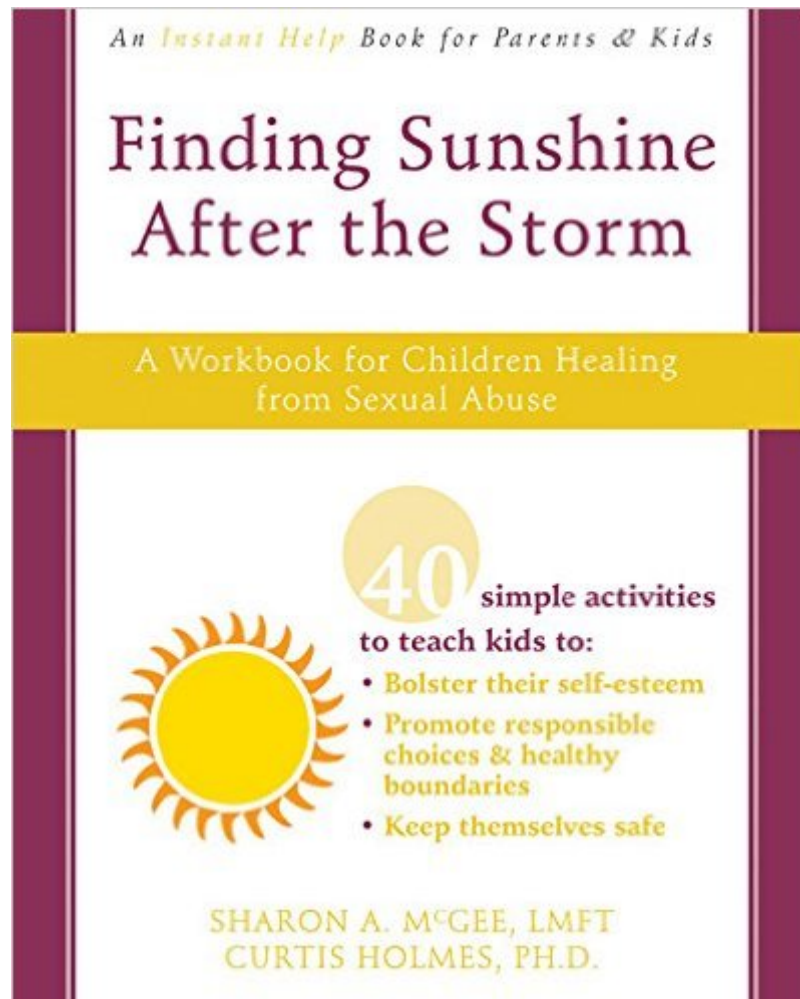


The book was found

# 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 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 of 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. The 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.

[Download to continue reading...](#)

Finding Sunshine After the Storm: A Workbook for Children Healing from Sexual Abuse  
Counselling Skills for Working with Trauma: Healing From Child Sexual Abuse, Sexual Violence and Domestic Abuse (Essential Skills for Counselling)  
Breathe: Finding Freedom to Thrive in Relationships After Childhood Sexual Abuse  
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

and Physical Abuse Healing the Wounded Heart Workbook: The Heartache of Sexual Abuse and the Hope of Transformation Sunshine and Storm in Rhodesia: Being a Narrative of Events in Matabeleland Both Before and During the Recent Native Insurrection Up to the Date of the Disbandment of the Bulawayo Field Force Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Sexual Abuse and the Sexual Offender: Common Man or Monster? (Forensic Psychotherapy Monograph Series) Daddy Did Wrong: A Story of Sexual Abuse (Child Abuse Series Book 1) Childhood Sexual Abuse: Developmental Effects Across The Lifespan (Child Abuse) Elder Abuse Prevention and Intervention: A Guide to Dealing With Nursing Home Abuse and Other Elderly Abuse Issues Finding Anna: A Memoir: The True Story of Child Sexual Abuse The Survivor's Guide to Sex: How to Have an Empowered Sex Life After Child Sexual Abuse The Courage to Heal Workbook: A Guide for Women and Men Survivors of Child Sexual Abuse Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse Cory Helps Kids Cope with Sexual Abuse: Playful Activities for Traumatized Children Prepper's Storm Shelter: Build Your Own Safe Place That will Stand up a Storm: (Survival Guide, Prepper's Guide) (How to Survive Series) Knight Storm (Celtic Storm Series Book 1)

[Dmca](#)