



# **A Safe Place to Grow: A Group Treatment Manual for Children in Conflicted, Violent, and Separating Homes**

*Vivienne Roseby, Janet Johnston, Bettina Gentner, Erin Moore*

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Discover the effective group treatment strategies that help your school-aged clients!

A child immersed in a conflicted family life may be forced to cope with a multitude of trauma, including violence, abuse, and insecurity. In *A Safe Place to Grow: A Group Treatment Manual for Children in Conflicted, Violent, and Separating Homes*, highly respected experts give mental health professionals the tools to provide effective group treatment for children scarred by family environments of conflict and abuse. This easy-to-understand, step-by-step manual is a developmentally appropriate treatment curriculum for traumatized school-aged children. Age-appropriate sections separate therapy for big or little kids, focusing on efficacy while presenting a comfortable multi-ethnic, multi-cultural model.

*A Safe Place to Grow* has easy-to-understand descriptions of techniques, with each session in the curriculum containing games and activities that are therapeutic yet flexible enough to be modified whenever the situation warrants. A chapter is included to helpfully troubleshoot problems encountered when in session with either age group of children. Useful illustrations accompany the text, along with a comprehensive bibliography listing additional therapeutic resources for different types of family problems. Appendixes are included for instruction on psycho-educational groups for parents that enhance their sensitivity to their children's needs, as well as providing an evaluation study of the group model itself.

*A Safe Place to Grow* provides a sequence of activities within the group model aimed at each of these five goals:

- creating common ground and safety
- exploring the language and complexity of feeling
- defining and understanding the self
- defining and revising roles and relationships
- restoring a moral order

*A Safe Place to Grow* is an essential resource for social workers, psychologists, family and child therapists, school counselors, and battered women and children's advocates.

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