



## Emotional Release for Children: Repairing the Past, Preparing the Future

By Mark Pearson, Patricia Nolan

Jessica Kingsley Publishers. Paperback. Book Condition: new. BRAND NEW, Emotional Release for Children: Repairing the Past, Preparing the Future, Mark Pearson, Patricia Nolan, 'I felt inspired by this comprehensive detailed guide that offers a wide range of ERC exercises, techniques, and examples. The stories in the final chapter are heartfelt. I was left with the sense that Pearson and Nolan are clearly dedicated in their search for ways to help traumatized children rediscover themselves.' - Dramatherapy, Vol.28, Autumn 2006 'This book provides a moral, philosophical and practical basis by which carers can move towards a more proactive practice. It explains why carers must find the courage to reflect on their own psychological constitution in order to effectively help the young people in their care.' - Community Care 'Focusing on past experiences of children and adolescents experiencing depression, hidden grief and unpredictable anger, this book is aimed at teachers, youth workers, counsellors and parents. It provides a guide to the 'release of emotional stress' in order to encourage growth of self-esteem. There is advice for facilitators and self-help methods for carers and an interesting chapter 'retelling' stories from the counselling room, which do add colour and cohesion to the methods described. The appendices...



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