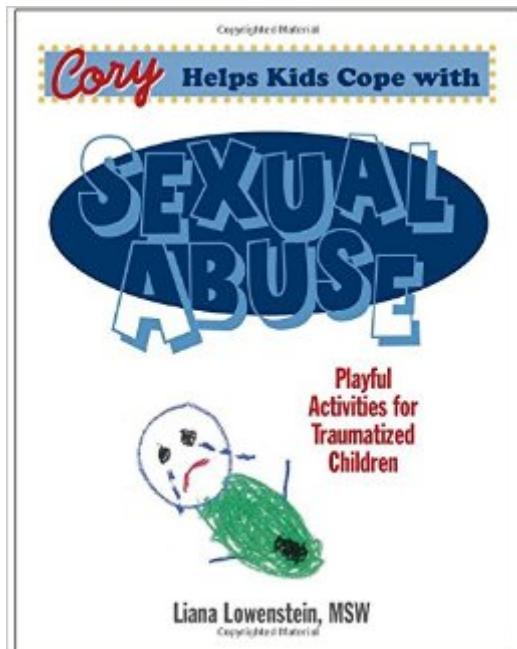


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# Cory Helps Kids Cope With Sexual Abuse: Playful Activities For Traumatized Children



## **Synopsis**

This innovative book combines a therapeutic story with a variety of activities to help children cope with sexual abuse and complex trauma. Therapeutic games, art, puppets, and other engaging techniques address the eight components of TF-CBT. Includes a reproducible story, assessment and treatment activities, and detailed parent handouts. Geared to children aged 4 to 12.

## **Book Information**

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## **Customer Reviews**

I LOVE this book...it takes the TF-CBT protocol and gives you concrete, step-by-step activities and session guides to go along with each section of TFCBT. Some of the ideas such as the 5 favorites game is a great engagement activity regardless of if you are working with a trauma kiddo or not. I find the parent letters to be super helpful in explaining things to parents. I like how this book helps me stay on track and work with trauma victims through play while still doing the TFCBT protocol! Another great resource from Liana!

Review of Cory Helps Kids Cope with Sexual Abuse work with a lot of children who have experienced the trauma of sexual abuse. It is a difficult process to help children work through, and I am always looking for resources in this area. This book is based on Trauma-Focused CBT, which is an evidenced-based approach for working with trauma victims. Liana Lowenstein uses the story of Cory and multiple activities to work through each phase of trauma therapy. I like how she uses a metaphor that children can relate to, and how in-depth the activities are. I also like how I can go step

by step with a child and use the activities in this book. Iâ™ve used Ms. Lowensteinâ™s books before for many of my child clients, and âœCory Helps Kids Cope with Sexual Abuseâ• definitely adds value to her collection.

This book has greatly impacted by use of TFCBT; I am able to begin with one character and follow through each of the modules of TFCBT with this character that clients have reported makes them feel at ease. I am able to incorporate other activities into this while using Cory's help for kids. I like activities for kids and adolescents. I enjoy this book and recommend it for any therapist who is using TFCBT.

This is a great clinical tool for use with children and youth who have been traumatized by sexual abuse. It is developmentally appropriate in nature and allows for an engaging way to deal with such a heavy topic area. I would recommend this workbook for any clinician.

Liana Lowenstein has crafted a valuable and inspiring resource for professionals who serve traumatized youth. *Cory Helps Kids Cope with Sexual Abuse: Playful Activities for Traumatized Youth* creates a powerful message for our most vulnerable survivors of sexual abuse. As a clinician who has served this population for over twenty years, I have found this publication to be one of the best resources for empowering youth who have experienced sexualized trauma. The activities that are highlighted throughout the book are easily adaptable to varying developmental levels and Cory serves as a gender-neutral character that is applicable for working with both male and female survivors of sexual abuse. Furthermore, the activities are consistent with the TFCBT philosophy, thus promoting evidenced-based practices for clinicians. I would strongly recommend this publication to any clinician who works with child victims of sexual abuse. Brian L. Bethel, M.Ed., PCC-S, LCDC III, Registered Play Therapist-Supervisor

I am pleased to have this book by Liana Lowenstein in my collection of therapy resources. It is a great book to help a child and parents work through trauma and the information parallels the TF-CBT PRACTICE protocol. There are many playful, game like interventions that illustrate the impact of trauma and steps in trauma recovery. Any therapist working with younger children needs to have this resource in his or her therapy library.

This is a great resource for therapists who are trained in TF-CBT. It follows the PRACTICE outline

and incorporates activities that help kids process and practice the core elements of TF-CBT. The book's story approach provides sexually abused children with a character that they can relate to and helps to normalize their own trauma reactions. I found the outline easy to use and the activities to be applicable in work with all of my clients. This book as become resource used by several therapists in our office.

FINALLY, a book that offers creative, engaging ways of implementing TF-CBT. This book is an essential resource for therapists seeking effective, innovative ways of addressing sexual abuse and complex trauma in children. Therapists who have been trained in other trauma-treatment models (such as SITCAP and ARC) will also find this book very helpful.

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