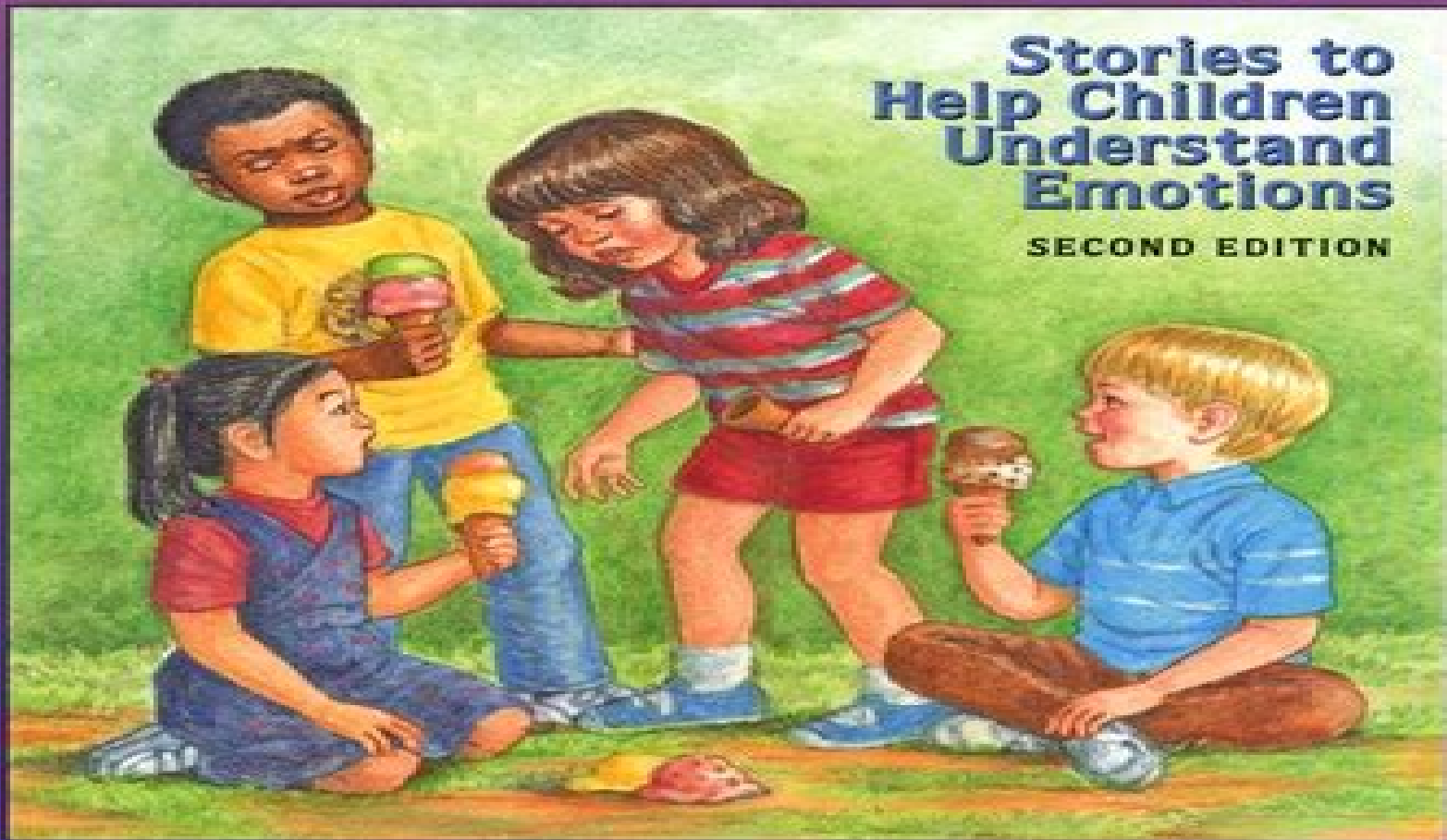


Double-Dip Feelings

**Stories to
Help Children
Understand
Emotions**

SECOND EDITION



by Barbara Cain

illustrated by Anne Patterson

Double Dip Feelings

PT Brinkman



Double Dip Feelings:

Double-dip Feelings Barbara S. Cain, Anne Patterson, 2001-01-01 Discusses how natural it is to feel contradictory emotions presents situations such as the first day of school the birth of a sibling or a move to a new house and identifies two emotions each event is likely to elicit

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A Parent's Guide to Managing Childhood Grief Katie Lear, 2022-07-05 Help your child navigate feelings of sadness and loss with 100 unique activity based approaches that help them manage their childhood grief in a healthy and constructive way The loss of a loved one is a complex confusing experience for a child to understand Children may struggle to express process and manage their complicated and conflicting feelings whether the loss is a parent grandparent sibling or even a pet So what should you do to help your child process their sadness loss and frustration in a more healthy positive way In *A Parent's Guide to Managing Grief* you ll learn everything you need to know about how children grieve and what you can do to support them during their most difficult moments From there you ll find 100 activities that you can use in a group setting activities that you or another caregiver can do alone with your child and ways to make the most of virtual interactions to support a grieving child Explore activities like Making a scream box Playing with clay Feelings charades game Making a memory bracelet And many more It can feel difficult to connect with your child as you process your own complicated emotions surrounding loss Use these activities to help bridge the gap between you and your child and to help you both find comfort in a difficult situation You ll find all the tools you need to help your child and even yourself healthily process your grief and move towards happiness understanding and acceptance together

A Practitioner's Guide to Interventions for Use with Child Populations Jill Seibold Sisk, Real interventions that have been proven to be effective through the authors many years of experience in working with child populations and their families in their homes schools community and in clinic These interventions are meant to be a starting point for any newly licensed or soon to be licensed clinician to help get their own creative juices flowing in ways to engage child populations encourage them to face life's tasks with courage and develop social interest The interventions provided in this book offer interactive ways of engaging child populations as well as many that engage the entire family through art therapy relaxation mindfulness and many more they make the therapeutic work fun for all

20 Things Adoptive Parents Need to Succeed Sherrie Eldridge, 2009-10-27 Do I have what it takes to be a successful adoptive parent Does my child consider me a successful parent Will I ever hear my rebellious teen say I love you What tools do I need to succeed In her groundbreaking first book *Twenty Things Adopted Kids Wish Their Adoptive Parents Knew* Sherrie Eldridge gave voice to the very real concerns of adopted children whose unique perspectives offered unprecedented insight In this all new companion volume Eldridge goes beyond those insights and shifts her focus to parents offering them much needed encouragement and hope

Speaking from her own experience as an adoptee and an expert in the field of adoption Eldridge shares proven strategies and the moving narratives of nearly one hundred adoptive families helping parents gain a deeper understanding of what is normal both for their children and themselves By first strengthening yourself as a parent you ll be able to truly listen to your child and to connect with him on every level by opening the channels of communication and keeping them open forever Then you and your child can grow closer through the practical exercises at the end of every chapter Discover how to be confident that your role in your child s life is vital and irreplaceable pass on the legacy of healthy self care by assessing and regulating your stress communicate unconditional love to your child talk candidly with your child about her adoption and her birth family teach your family how to respond positively to insensitive remarks about adoption connect with other adoptive families and build a support network plus learn to become a warrior parent settle the real parent question cope with emotional triggers what to do when you lose it celebrate the miracle of your family and much more

Art Therapy Through the Lifespan Peg Dunn-Snow, Jill McNutt, 2024-10-01 Art Therapy Through the Lifespan A Collection of Case Studies introduces theories and models of human development highlighted by case studies written by art therapists and broken down by developmental age ranges Each chapter introduces vignettes written by seasoned art therapists illuminating the clinical practice of art therapy across relevant developmental levels Chapters cover major developmental factors through a range of theoretical perspectives including the definition and use of art therapy and how developmental knowledge and understanding impact art therapy practice with clients of all ages The reader will develop an understanding of the impact of human development on assessment treatment planning and implementation of art therapy and will be able to create effective art therapy interventions that coincide with factors related to events across the human lifespan that include normal and abnormal development The first of its kind this book encourages and supports readers to develop their knowledge of art therapy and human development across the lifespan with a focus on safety material quality and artistic intent

Cognitive-Behavioral Play Therapy Susan M. Knell, 1995-10-01 Cognitive Behavioral Play Therapy CBPT incorporates cognitive and behavioral interventions within a play therapy paradigm It provides a theoretical framework based on cognitive behavioral principles and integrates these in a developmentally sensitive way Thus play as well as verbal and nonverbal approaches are used in resolving problems CBPT differs from nondirective play therapy which avoids any direct discussion of the child s difficulties A specific problem solving approach is utilized which helps the child develop more adaptive thoughts and behaviors Cognitive behavioral therapies are based on the premise that cognitions determine how people feel and act and that faulty cognitions can contribute to psychological disturbance Cognitive behavioral therapies focus on identifying maladaptive thoughts understanding the assumptions behind the thoughts and learning to correct or counter the irrational ideas that interfere with healthy functioning Since their development approximately twenty five years ago such therapies have traditionally been used with adults and only more recently with adolescents and children It has commonly been thought

that preschool age and school age children are too young to understand or correct distortions in their thinking. However, the recent development of CBPT reveals that cognitive strategies can be used effectively with young children if treatments are adapted in order to be developmentally sensitive and attuned to the child's needs. For example, while the methods of cognitive therapy can be communicated to adults directly, these may need to be conveyed to children indirectly through play activities. In particular, puppets and stuffed animals can be very helpful in modeling the use of cognitive strategies such as countering irrational beliefs and making positive self-statements. CBPT is structured and goal-oriented, and intervention is directive in nature.

On Our Own Melissa Ludtke, 1997. Unmarried motherhood: we debate it, discourage it, even legislate against it, yet it has continued to increase in a steady rise that epitomizes the enormous changes of the last half century. In 1950, only four percent of American babies were born to mothers who were not married, and many of these children were subsequently adopted. Almost fifty years later, that figure is up to nearly a third of all births: more than one million babies each year, and their mothers, whether they are teen-agers or professionals in their forties, now usually raise these children on their own. This rapid and staggering change in family formation is the target of much vigorously argued commentary, but too little commonsense analysis. Melissa Ludtke, a career journalist who has specialized in writing about children and the family, has finally produced the first in-depth, objective examination of this emotionally charged issue. The result of years of research, as well as interviewing and questioning experts representing all sides of the issue, the book is nevertheless a deeply personal one, interweaving Ludtke's findings with her own decade-long debate over whether to raise a child on her own. Her accessible approach takes us behind the statistics, framing mothers' vividly told remembrances with current scholarly insights, but never losing sight of the private, everyday details of women's lives. Recognizing that unmarried mothers come from widely differing age groups and backgrounds, Ludtke focuses on the two extremes: teenagers and women over the age of thirty-five. While examining their contrasting circumstances, she locates surprising areas of common ground among these women who, regardless of age or income, have chosen to bypass marriage and raise children on their own in spite of the struggle and the loneliness in spite of society's harsh judgment. This ambitious, insightful, and moving investigation has already been endorsed by political leaders, sociologists, doctors, and journalists as the essential book on unmarried motherhood in our time.

Short-term Psychotherapy Groups for Children Charles E. Schaefer, 1999-11. This comprehensive manual offers specific guidelines for conducting a wide range of psychotherapy groups and detailed session-by-session descriptions of sixteen structured group interventions. Time-limited, structured, educational, and goal-oriented, these groups focus on such core treatment issues as separation and divorce, alcoholism, bereavement, sexual abuse, fears and anxieties, anger management, weight loss, and encopresis.

Positive Parenting from A to Z Karen Renshaw Joslin, 1994. Donated by Child Development Training Consortium.

Group Counseling in K-12 Schools Kenneth R. Greenberg, 2003. This comprehensive and practical text on how to conduct Group Counseling in K-12 Schools focuses on practice rather than on the theories and research that

underlie group counseling Group Counseling in Schools covers the topic of group counseling from initiation to termination at all school levels The text views group counseling as an integral component of a comprehensive guidance and counseling program covering such topics as the importance of enhancing the visibility of guidance and counseling programs in order to facilitate group counseling how to encourage cooperation from teachers administrators and parents selecting group topics screening procedures for prospective group members developing group plans determining the size of groups facilitating the scheduling of group counseling multicultural issues in group counseling evaluating group counseling and professional issues related to group counseling in schools The text stresses the importance of the school counselor as an active participant in counseling whether counseling is being done individually or in a group The role of the active counselor is discussed along with the skills needed for becoming an effective school counselor

Building Bridges with Multicultural Picture Books
Janice J. Beaty,1997 Grade level k 1 p t Converting Conflicts in Preschool Janice J. Beaty,1995 Grade level k t School Library Journal ,2001 Girls and Boys Getting Along ,1995 Series of lesson plans aimed at elementary students incorporating story telling puppetry and other activities to teach them about personal safety planning respect for others identifying sexual harassment developing positive gender based relationships and skills to resolve problems The Parents' Resource Almanac Beth DeFrancis,1994 The author of The Writer s Guide to Metropolitan Washington Where to Sell What You Write now offers a book of resources for parents an all in one directory that lists telephone hotline numbers newsletters catalogs associations and more The only guide to nationwide parenting resources **Activities for Children in Therapy** Susan T. Dennison,Connie M. Knight,1999 **Instructor's Manual to Accompany Exceptional Lives** ,2002 *Boy Talk* Mary Polce-Lynch,2002 A noted psychologist draws on the latest research to help parents understand why so many open and expressive boys turn into uncommunicative adolescents Building on interventions developed in her clinical practice Polce Lynch provides parents with practical everyday strategies to help their sons develop a full range of emotional awareness and expression **The School Survival Guide for Kids with LD*** Rhoda Woods Cummings,Gary L. Fisher,1991 Discusses how children with learning differences can get along better in school

Decoding **Double Dip Feelings**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Double Dip Feelings**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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