



# **Finding Sunshine After the Storm: A Workbook for Children Healing from Sexual Abuse**

*Curtis Holmes PhD, Sharon McGee LMFT*

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This professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable worksheets for your clients.

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

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