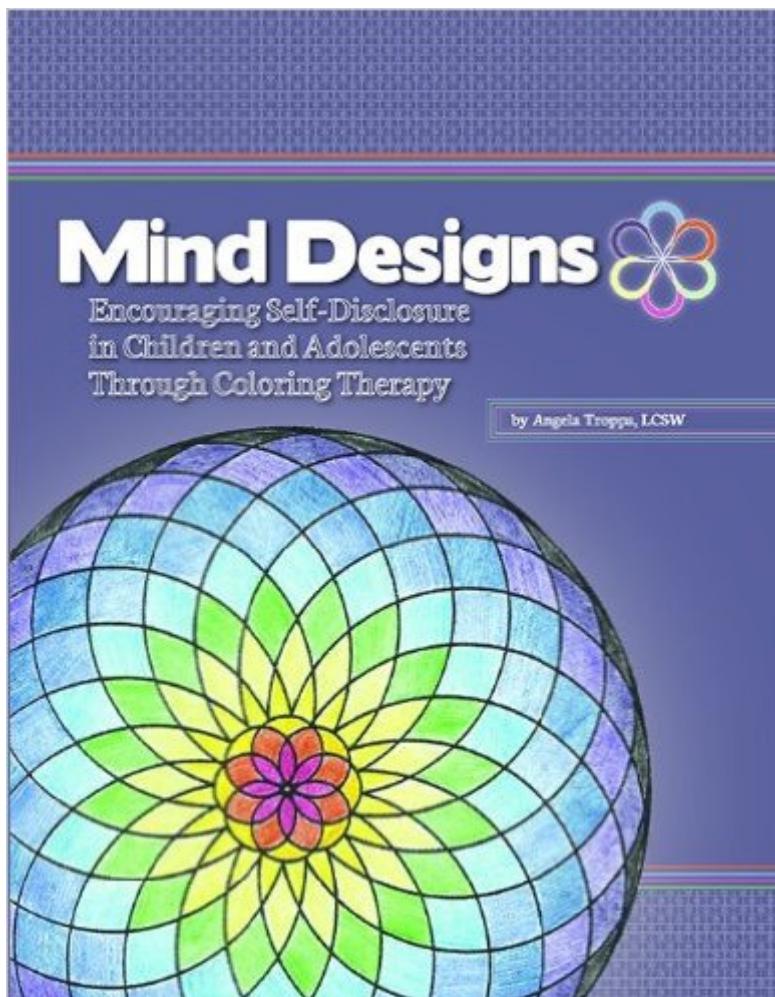


The book was found

# Mind Designs: Encouraging Self-Disclosure In Children And Adolescents Through Coloring Therapy With CD



## **Synopsis**

This book and CD will provide you with an unique, powerful tool that will help facilitate deeper personal conversations with young people. The reproducible worksheets have been field-tested with children and adolescents who are experiencing trauma and or young people with mild to severe social, emotional, and behavioral challenges. It is easy to use simply select a topic, have students complete the worksheet and then ask the students to color the corresponding Mind Design. Each design was developed to help enhance personal discussions between young people and a professional. Mind Designs is divided into two sections, one for children and the other for adolescents. Activities with reproducible worksheets on the following topics are included Anger, Bullying, Feelings, Career Exploration, Social Skills, Healthy Relationships, Self-Esteem, Stress, Depression, Conflict Resolution, Substance Abuse, Friendship Includes a CD of all the Reproducible Activities and Worksheets

## **Book Information**

Perfect Paperback: 100 pages

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Product Dimensions: 0.5 x 8.8 x 11 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â See all reviews Â (9 customer reviews)

Best Sellers Rank: #368,981 in Books (See Top 100 in Books) #88 in Books > Children's Books > Activities, Crafts & Games > Activity Books > Coloring Books #484 in Books > Textbooks > Education > Counseling #929 in Books > Education & Teaching > Schools & Teaching > Counseling

## **Customer Reviews**

I admit I was skeptical, but the first time I used one of the book's sections with a student I was sold. This child, who I'd had a difficult time getting to open up, just gushed with feelings, thoughts, and ideas. Wow!!! Pretty simplistic exercise with great results. I've already developed a few exercises of my own to delve a little "deeper" with a few of my kiddos.

I worked for three years in a residential alcohol and drug treatment facility for teenagers (ages

12-18). I taught grades 7-12, all subjects, all in the same room, and all at the same time. As part of their treatment, we did group therapy, both within and outside of the classroom. These mandalas were a beautiful way for these kids from all walks of life to express their emotions in a way that made them not feel vulnerable and/or threatened. The best part for me was having a visual representation of what was going on with my students and using that as a means to guide the direction of our groups. After completing some of the lessons, I cut out, laminated, and hung from my office ceiling all of the designs from the students. I loved these so much that when that program closed, I made sure the therapists and case managers all had copies to take with them into their next endeavors.

I am a therapist in a mental health clinic and work with many children who have various issues. Most of them who come in have much difficulty opening up at first. This resource is a great tool for reaching those kids who are anxious or unwilling to discuss their problems. I have been using it during my initial sessions with all of my clients to "break the ice" and get them talking about the issues that they come into my office with. It's easy to use and addresses each topic thoroughly. Even the older kids love to color the beautiful designs and I can sometimes see their resistance fade away while they are doing so! I was looking for something innovative and creative to spark the interest of my clients and I definitely have found it with Mind Designs!!

Love using this with my students. It creates a baseline. I work with kinder-8th grade.

The students really enjoy working with Mind Designs and creating their own patterns by using more colors to create beautiful designs.

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Mind Designs: Encouraging Self-Disclosure in Children and Adolescents Through Coloring Therapy with CD Infants, Children, and Adolescents (8th Edition) (Berk & Meyers, The Infants, Children, and Adolescents Series, 8th Edition) Confident You! Coloring Book for Children: Fun Drawings with Encouraging, Positive Statements to Improve Self-Esteem Imagination: An Epic Adult Coloring Book Journey of the Mind (Adult Coloring Books - Art Therapy for The Mind) (Volume 18) Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1) Occupational Therapy for Children and Adolescents, 7e (Case Review) Windows into the A.D.D. Mind: Understanding and Treating Attention Deficit Disorders in the Everyday Lives of Children,

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