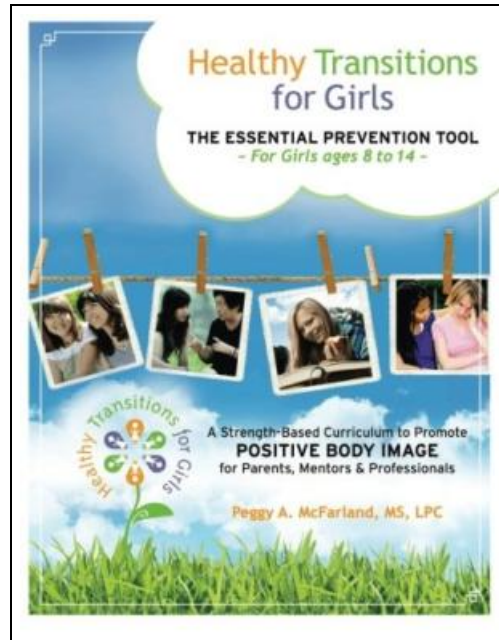


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Peggy a McFarland, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Healthy Transitions for Girls Workbook is a one-stop shop. Instead of going through multiple files and workbooks to find creative interventions, Healthy Transitions for Girls is a comprehensive intervention resource. Instead of trying to find funding to target multiple programs for bullying, mental health concerns, violence prevention, and/or substance abuse prevention, this umbrella solution is economical because it targets the core causes of nearly all problems girls face today. Professionals in private practice, agencies, schools, or other settings will also appreciate that Healthy Transitions for Girls can be used in individual or group therapy or as a series of prevention workshops. This workbook offers step-by-step directions and a list of needed materials that streamline planning and implementation to help Professionals, Parents, Mentors, Clergy become EXPERTS in the issues confronting today's girls. Healthy Transitions for Girls provides prevention and intervention resources for the problems professionals, parents, mentors, and clergy, see every day: Bullying Self-harm Depression Anxiety Eating Disorders Trauma Risky Sexual Behaviors The Healthy Transitions for Girls Workbook will assist you to: Reframe negative belief systems and create positive belief systems. Strengthen parent/child relationships Support appropriate boundaries in peer relationships Provide tools for emotional regulation Encourage healthy concepts of gender role Increase self-esteem through a holistic understanding of needs and goals Teach coping skills Build communication skills Motivate healthy eating, exercise, and other self-care practices Offer several mindfulness strategies Share crisis intervention tools Create understanding of cultural messages and their effect upon girls belief systems Arm girls with strategies for resisting harmful media messages Develop values such as empathy, respect, self-control, spirituality The latest and most effective counseling interventions focus on prevention and wellness, rather...

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