



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

By Sharon A. McGee LMFT, Curtis Holmes PhD



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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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### **Editorial Review**

Review

About the Author

Sharon A. McGee, LMFT, is a therapist who works with children, adolescents, and adults. McGee has specialized in the field of trauma recovery for more than twenty years and currently maintains a private practice in Montgomery, AL. She is also a freelance author.

Curtis Holmes, PhD, is a psychologist who has been in practice for over thirty years. After studying school psychology and clinical psychology at the University of Georgia, he practiced as a school psychologist for three years in rural South Carolina, and then went on to practice as a clinical psychologist at a large mental health facility in Louisville, KY. Since 1977, he has been in private practice in Georgia, where he specializes in the assessment and treatment of child sexual abuse survivors, family members, and offenders.

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**Allen Goehring:**

This Finding Sunshine After the Storm: A Workbook for Children Healing from Sexual Abuse book is just not ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book will be information inside this guide incredible fresh, you will get data which is getting deeper you read a lot of information you will get. This particular Finding Sunshine After the Storm: A Workbook for Children Healing from Sexual Abuse without we realize teach the one who reading it become critical in contemplating and analyzing. Don't always be worry Finding Sunshine After the Storm: A Workbook for Children Healing from Sexual Abuse can bring whenever you are and not make your handbag space or bookshelves' turn into full because you can have it within your lovely laptop even cell phone. This Finding Sunshine After the Storm: A Workbook for Children Healing from Sexual Abuse having good arrangement in word and layout, so you will not feel uninterested in reading.

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