

# **DOWNLOAD CAN I TELL YOU ABOUT SELECTIVE MUTISM A GUIDE FOR FRIENDS FAMILY AND PROFESSIONALS FREE**

## **Can I tell you about Selective Mutism?**

Meet Hannah - a young girl with selective mutism (SM). Hannah invites readers to learn about selective mutism from her perspective, helping them to understand what it is, what it feels like to have SM, and how they can help. This illustrated book is packed with accessible information and will be an ideal introduction to selective mutism. It shows family, friends and teachers how they can support a child with the condition and is also a good place to start when encouraging children with SM to talk about how it affects them.

## **Can I Tell You about Selective Mutism?**

Discusses selective mutism, explaining how those suffering from the disorder experience intense fear and panic in social situations, and offers suggestions for how parents and educators can help those afflicted.

## **The Selective Mutism Resource Manual**

For anyone who needs to understand, assess or manage selective mutism, this is a comprehensive and practical manual that is grounded in behavioural psychology and anxiety management and draws on relevant research findings as well as the authors' extensive clinical experience. Now in its second edition and including new material for adolescents and adults, The Selective Mutism Resource Manual 2e provides: an up-to-date summary of literature and theory to deepen your understanding of selective mutism a wealth of ideas on assessment and management in home, school and community settings so that its relevance extends far beyond clinical practice a huge range of printable online handouts and other resources case studies and personal stories to illustrate symptoms and demonstrate the importance of tailored interventions. This book is essential reading for people who have selective mutism as well as for the clinicians, therapists, educators, caseworkers and families who support them.

## **Tackling Selective Mutism**

Bringing together the latest research and understanding on selective mutism, this edited book gives essential information on the various treatment and therapy options. Experts in the fields of speech and language therapy, psychology, music therapy education and communication offer a wide range of professional perspectives on the condition, while case studies from people with selective mutism, past sufferers and parents reveal the personal impact. The book also clarifies what support a person with selective mutism is likely to need at home, school and in social situations. This definitive volume on selective mutism will be key reading for professionals such as speech and language therapists, educational psychologists, child psychiatrists, child and adolescent mental health workers and anyone working with selective mutism in therapeutic and educational settings, as well as family members wanting a closer understanding of what selective mutism is and how they can help.

## **Selective Mutism In Our Own Words**

An eye-opening and enlightening collection of stories from people living with Selective Mutism (SM), this book provides a much-needed platform for people with SM to share experiences of the condition in their own words. Exploring all aspects of SM, from symptoms and diagnostic criteria, to triggers and the consequences of being psychologically unable to speak, the stories in this book dispel the myths around this often misunderstood condition. Far from refusing to talk, or choosing not to, the contributors offer genuine insights into why they simply cannot speak in certain situations or in front of certain people. Children, teens and adults from the UK and US share experiences of feeling isolated, struggling at school, and finding ways to communicate. Letting people with SM know that they are not alone with the condition, the book will also help family, friends and professionals to understand what it is like to live with SM.

## **Helping Your Child with Selective Mutism**

Often described as "social phobia's cousin" and misdiagnosed as autism, selective mutism is a debilitating fear of speaking in some situations experienced by some children. The disorder usually presents in children before the age of five, but it may not be recognized until the child starts school. When requested to speak, children with selective mutism often look down, blush, or otherwise express anxiety that disrupts their engagement with people and activities. Selective mutism is related to social anxiety and social phobia, and more than 90 percent of children with selective mutism also manifest symptoms of one of these problems. This book is the first available for parents of children with selective mutism. It offers a broad overview of the condition and reviews the diagnostic criteria for the disorder. The book details a plan you can use to coordinate professional treatment of your child's disorder. It also explains the steps you can take on your own to encourage your child to speak comfortably in school and in his or her peer group. All of the book's strategies employ a gradual, "stepladder" approach. The techniques gently encourage children to speak more, while at the same time helping them feel safe and supported. Angela E. McHolm, Ph.D., is director of the Selective Mutism Service at McMaster Children's Hospital in Hamilton, ON. The Selective Mutism Service offers outpatient psychiatric consultation to families and professionals such as school personnel, speech and language pathologists, and mental health clinicians who support children with selective mutism. She is assistant professor in the Department of Psychiatry and Behavioural Neurosciences in the Faculty of Health Sciences at McMaster University in Hamilton, ON.

## **Unspoken Words**

Unspoken Words: A Child's View of Selective Mutism, is the first book of its kind! It's written by a teenager who suffered from Selective Mutism. This unique book is directed to children with Selective Mutism as well as for parents, professionals and teachers to help them understand a child's unspoken words when unable to speak and express themselves. Sophia Blum is Dr. Elisa Shipon-Blum's daughter and wrote this book to help others understand. 'Unspoken Words' begins with a letter to children helping them to know they are not alone and others feel as they do. The book also includes a letter to parents, professionals and teachers reading the book as well with the goal of helping them understand what a child with SM feels like, may be wanting to say, but can't regarding various social settings, such as in public, with guests at home, friends who visit and with teachers/peers at school. The bulk of the book includes well-written and insightful sayings that children may be saying or actions they may be taking and then explains what they really may be meaning. Beautiful illustrations are included throughout to help 'see' what the child may be feeling. Finally, Sophia has written her story, Beneath my Shell, as a way of explaining her feelings while suffering in silence. Sophie's story is detailed, introspective, heartwarming and inspirational as she describes her personal journey to overcome Selective Mutism. Dr Elisa Shipon-Blum has a section called, 'From a Mom's Perspective' where she tells her story of when Sophie was young, Sophie's journey to overcoming Selective Mutism and hence the fuel to Dr. Shipon-Blum's life mission to understand and treat children suffering in silence. \*\* ALL proceeds for this book will be used towards the education and public awareness of Selective Mutism.

## **My Friend Daniel Doesn't Talk**

When outgoing Ryan meets Daniel, a boy who is too afraid to talk in school or other places outside of his home, he befriends the silent boy, defending him in school to the other children. Their friendship grows, and Daniel feels comfortable enough to talk to his new friend. Ryan's tendency to 'talk too much' enables him to help Daniel in the classroom, and he hopes for the day when his friend will be able to talk in school so that the other children may get to know the 'real' Daniel. In the meantime, he is willing to continue to be a friend to Daniel until that day. This beautifully illustrated story book is for children with severe shyness, social anxiety or selective mutism to see that they can make a friend like Ryan. It is also a helpful tool for friends of children like Daniel to understand why these children are unable to talk in certain settings. The theme - of accepting others who are different while trying to emphasise with them - is a universal one, and therefore this book may be enjoyed by all children aged from 4 to 8. While the story should not be read to the class while the child is present or without his or her permission, this book is an invaluable tool for teachers trying to understand selective mutism, and wanting to explain it to their students. For comprehensive advice and information on selective mutism, please see \"The Selective Mutism Resource Manual\" (Speechmark, 2001). BMA Medical Book Competition Winner Highly Commended in the BMA Patient Information Awards (Printed Materials), \"My Friend Daniel Doesn't Talk\" really impressed the judges: 'This leaflet has been written by a parent of a child with selective mutism who has written numerous articles on the subject'. 'It is written for children to help explain some of the issues around children who 'don't talk' and has been beautifully produced and introduces a sensitive topic via a lovely story about friendship which is a great way to engage with children and inform them about a subject without making it 'an issue' and risk stigmatising a child even more...I loved the illustrations and the characters were portrayed with a gentleness and sensitivity which made the story very likeable. The humour in the story is subtle and effective and unlike many 'stories with a message' written for children, this book is a pleasurable read in its own right, and stands up as a lovely story book, but with the added bonus of including the universal theme of 'being different' and in particular providing a basic explanation for selective mutism. I really loved this book'. 'What really came through, is that it was written with real thought, care and from someone who really understands and empathises with the subject matter. Well done!'

## **Helping Children with Selective Mutism and Their Parents**

Helping Children with Selective Mutism and Their Parents: A Guide for School-based Professionals provides information that can help readers to better understand and combat selective mutism, offering evidence-based strategies for enhancing a child's verbal participation at school and in other types of social and academic activities.

## **Can I Tell You about Asperger Syndrome?**

Introducing Adam, who has Asperger syndrome -- Reading feelings -- Tones of voice -- Playing with others -- Loud noises -- Confusing groups -- Unexpected change -- Motor skills -- Special interests -- What is Asperger syndrome? -- How to help -- How teachers can help.

## **Treatment for Children with Selective Mutism**

Treatment for Children with Selective Mutism outlines the sequence and essential elements to guide clinicians through a comprehensive, integrated program for young children who display symptoms of SM.

## **The Ideal Classroom Setting for the Selectively Mute Child**

Dr. Elisa Shipon-Blum's Guide, \"The Ideal Classroom Setting for the Selectively Mute Child\" is a wonderfully informative guidebook that will provide parents, teachers, and treating professionals with the advice necessary to help prepare the 'ideal class setting for the Selectively Mute child.' This practical guide is informative and entertaining and goes into detail as to tactics that can be done in the school to benefit and accommodate the needs of the Selectively Mute child. Recommendations on testing, IEP development and

multiple methods to help lower anxiety, build self esteem and increase communication comfort within the school are emphasized throughout this book. This guide book is easy to read, graphically attractive and is a necessary reference for all those involved with a Selectively Mute child within the school environment.

## **Can I Tell You about ADHD?**

Each illustrated book in this series is designed for parents and professionals to use with children ages 7-up to help explain difficult concepts and features a cartoon character that explains a particular brain disorder. Original.

## **Can I Tell You about Eating Disorders?**

Discusses anorexia nervosa, bulimia nervosa, selective eating problems, functional dysphagia, and food avoidance emotional disorder.

## **Selective Mutism**

Selective Mutism: A Guide for Therapists, Educators, and Parents provides an effective, research-based behavioral intervention plan for the successful treatment of Selective Mutism. Based on years of clinical experience and expertise, author Dr. Aimee Kotrba provides not only assessment and treatment information, but also case examples, easy-to-implement workbook sheets, and informative handouts. Dr. Kotrba is an advocate of team treatment - parents, schools, and mental health professionals working together to intervene with selective mutism -- and this book provides intervention strategies for all team members, as well as a comprehensive treatment plan that can be individualized to any child. The techniques included emphasize a gradual, stepwise approach to increased speech, as well as fun and engaging activities that can be used at each step of treatment. Tips for engaging and motivating children and teens are included to improve treatment outcomes.

## **My Name is Ben and I Don't Talk Sometimes**

My name is Ben and I don't talk sometimes is a story about a child's experience of selective mutism, in his words. Ben takes us on a journey of how he feels across situations - at his birthday party, with people he's unable to talk to, on playdates and at school. Through the story, we also learn that Ben's best friend has a fear of swimming and by taking small steps he works to overcome this. Ben shares, in a child-friendly way, his feelings around talking and interwoven into the story is the intervention of how he begins to make steps forward. Parents and professionals can use this book as a therapeutic tool to begin a dialogue with children about selective mutism. The story is suitable for children aged 6 years and over. Through beautiful illustrations, children will identify with Ben, realising that they are not alone; thus allowing for a conversation to begin about their difficulty with talking, as well as the steps to help them. About the Author Lucy Nathanson is a child therapist and founder of Confident Children. Lucy is passionate about helping children with selective mutism. She works directly with children and makes videos with the aim of spreading awareness of selective mutism. On an international level, Lucy speaks at conferences and provides support and guidance to parents and professionals. She is the author of Understanding Selective Mutism: A Beginner's Guide, My Name is Eliza and I don't talk at school and Why doesn't Alice talk at school? Find out more at [www.confidentchildren.co.uk](http://www.confidentchildren.co.uk)

## **Can I Tell You about Epilepsy?**

Discusses epilepsy, explaining how those suffering from the disorder experience seizures, and offers suggestions for how parents and educators can help those afflicted.

## **The Highly Sensitive Child: Helping our children thrive when the world overwhelms them**

15-20% of children are Highly Sensitive – and they are often labelled shy, introverted, fussy or faddy. The real story is very different though and this intelligent, practical book helps parents know what to do, when to back off, and how to ensure their child is given the right sort of treatment at school.

### **Can I tell you about Diabetes (Type 1)?**

Meet Debbie - a young girl with diabetes type 1. Debbie invites readers to learn about this type of diabetes from her perspective, describing how it feels to have high and low blood sugar levels. She explains how she can monitor her blood sugar and controls it with medication. Debbie also talks about the challenges of having diabetes and lets readers know how she can be helped and supported. This illustrated book is ideal for young people aged 7 upwards, as well as parents, friends, teachers and nurses. It is also an excellent starting point for family and classroom discussions.

### **Why Doesn't Alice Talk at School?**

"Why doesn't Alice talk at school?" is a beautifully illustrated book that can be read to peers to help them to understand selective mutism. The book starts with a section for adults, and the story for children follows. Reading this book creates a space for adults to have a conversation with peers about selective mutism, to answer their questions, and to explain in a child-friendly way how they can support their friend. Children with selective mutism are often fearful of how peers would respond if they were to talk. Naturally, it is a very exciting moment when a child speaks for the first time; however, making a fuss may halt the child's ability to continue to use their voice. This book can be used as a tool to help peers to understand selective mutism, and to explain important messages which will help to create a supportive class environment for the child with selective mutism. About the Author Lucy Nathanson is a child therapist and founder of Confident Children. Lucy is passionate about helping children with selective mutism. She works directly with children and makes videos with the aim of spreading awareness about selective mutism. On an international level, Lucy speaks at conferences and provides support and guidance to parents and professionals. She is the author of Understanding Selective Mutism: A Beginner's Guide and My Name is Eliza and I don't talk at school. Find out more at [www.confidentchildren.co.uk](http://www.confidentchildren.co.uk)

### **The Loudest Roar**

Angus has a fantastic roar. It is so loud, it gives his Dad a headache! But his roar doesn't always work, leaving Angus feeling sad, angry and alone. This book describes what it can be feel like to have Selective Mutism and how even though you cannot express things in words, you can still do amazing things.

### **Can't Talk, Want to Talk!**

When outgoing Lily meets a little girl who is too afraid to talk in school or other places outside of her home, she befriends the silent girl, their friendship grows, and the silent girl feels comfortable enough to talk to her new friend. This beautifully illustrated story book is for children with selective mutism to see that they can make a friend like Lily. It is also a helpful tool for parents, friends and teachers of children with selective mutism to understand why these children are unable to talk in certain settings, and to explore some strategies that may help reduce their anxiety around speaking. Jo studied for a Masters Degree in Speech and Language Sciences and qualified as a Speech and Language Therapist at University College London in 2006. Since then she has worked with children in a range of home, clinic and educational settings and currently combines NHS and independent work.

## **Learning to Play the Game: My Journey Through Silence**

Everyone has fears. A fear of the dark, a fear of heights, or even a fear of the unknown can make leading an otherwise normal life difficult. But what if you were afraid not of the dark or of heights-but of other people? What if you were overcome with paralyzing terror and even pushed to the brink of sickness each time you talked with another person-even though you wanted more than anything to be with and enjoy the company of that person? In *Learning to Play the Game: My Journey through Silence*, author Jonathan Kohlmeier shares a coming-of-age memoir of his young life living with selective mutism-an extreme form of social anxiety. At first as a child being so afraid that he could barely speak outside of the home, Jon's story of struggle turns triumph as he is eventually able to join the debate team in high school. From the start of his journey in kindergarten to his high school graduation, Jon chronicles his desire to be \"normal\"-whatever that means. 2018 Next Generation Indie Book Awards Finalist

## **Helping Children Hang on to Your Every Word**

Aims to make the classroom experience more accessible to all learners and highlights the links between behaviour and hidden language difficulties

## **SELECTIVE MUTISM TREATMENT GD**

The Selective Mutism Treatment Guide: Manuals for Parents, Teachers, and Therapists, second edition has arrived! It is double the size of the first edition and it includes new sections on treating older children and teens, the use of technology in treating SM with a list of useful apps, raising a shy child, treating SM in the clinic setting, and much more. It includes beautiful and inspiring case studies of children and teens overcoming SM using this approach. It is an innovative, effective approach to the treatment of selective mutism, which is based both on rich clinical experience helping hundreds of children overcome SM, and on evidence based understanding of how selective mutism best treated. It includes separate manuals written for parents, school or kindergarten staff, and therapists, each with concrete, effective, tried and tested ways of helping the child with selective mutism. It is designed to be a positive and empowering experience for the child and his family. This guide is aimed for professionals and lay people alike: For parents and relatives of children with SM it offers a valuable resource to understand the condition, with programs and tools to help the child to improve his verbal and social communication. For teachers and therapists it provides a guide to understand, and practical tools to treat the disorder. The Parents' Manual includes sections about how SM can affect your child and family, how to speak to your child about SM, how to treat SM, how to lower your child's anxiety, and how to work together with the school or kindergarten to help your child. It outlines effective interventions that parents can carry out at home and in school to help their child overcome SM and attain improved social communication skills. The Teacher's Manual includes: a description of SM and its possible causes, understanding the child with SM, how SM presents in school, an overview of how to treat SM, and a variety of interventions and programs for teachers to implement in school. There are two Therapist's Manuals - one for younger children, and the second for teens and adults, with cognitive-behavioral techniques specifically for use in treating SM. There are sections on the definition and causes of SM, methods of assessment, levels of SM, planning therapy, and detailed, step by step descriptions of the stages of therapy, including initial home-based therapy followed by school based sessions. Here are some readers' reviews of the first edition: B.W. wrote: This treatment guide is concise, easy to read, clear and an absolute gem of a book. Each word is carefully chosen and the style flows with warmth, sensitivity and intelligence. I loved the respect with which the author and Psychologist Ruth Perednik treats the reader; the manual is no less than brilliant in its' ease of explanation and significant in its power as a catalyst for change; Belief and optimism, based on the author's vast clinical experience pervaded throughout. Perednik's clearly detailed program is aimed at parents, teachers and therapists. Perednik has done a wonderful job of increasing the likelihood of successful treatment even in the absence of such ideal conditions. Perednik's apparent wholehearted belief in her approach, tools and program to unravel the knot of selective mutism, leads her to spell out the rationale and implementation of an entire program, thus enabling her readers to carry out a successful treatment without making them dependent on further training or support. Optimistic, Practical,

Extremely user friendly. Engaging and inspiring.. S.B. wrote: GREAT BOOK IT WORKS GREAT QUICK RESULTS BEST IN THE FIELD HAS GREAT INTUITION IN THESE MATTERS EASY READING CLEARLY SAID TRY & SEE Duggie wrote: This gave me practical information for working with children with selective mute. I have been able to try different techniques with success. I also learned the many causes of this diagnosis.

## **Can I Tell You about Tourette Syndrome?**

A boy named Max describes what life with Tourette syndrome is like, explains what tics and triggers are, and suggests ways for parents and educators to help those who suffer from the condition.

## **Maya's Voice**

Maya is a bright-eyed, inquisitive little girl who loves to share her sweet voice. But when she starts school, she loses the confidence to use her voice and goes about her school day in silence. With time, patience, understanding, and love from all those around her, Maya discovers her sweet voice.

## **My family is different**

It's not easy having a brother or sister who has autism or Asperger syndrome. Containing puzzles, pictures to draw and colour, games and other activities, this book helps work through some of the issues and celebrates difference. It is for 4-9 year olds. The illustrations are partly coloured to offer colouring-in opportunities.

## **Easing School Jitters for the Selectively Mute Child**

Dr. Elisa Shipon-Blum's third edition guide book, \"Easing School Jitters for the Selectively Mute Child\" is an updated version of the first edition. It is a down-to-earth informational book that will provide advice in an entertaining manner. Every colorful page is filled with facts, helpful ideas, reasons that Selectively Mute Children feel the way they do, and an interactive section where parents can work with children to help them list, draw and write about the things that make them feel good about themselves and see the positive aspects of school. The final chapter of the book is an Ask the Doc- Frequently Asked Question which focuses on common school-related dilemmas that the child with SM may experience and offers an easy-to-understand approach for handling various situations and issues. The book is a must for parents, teachers and treating professionals trying to help the child with SM conquer his/her fears, worries and communication difficulties within the school environment.

## **The Piper Model**

\"This book is intended to be both a practical evidence-based tool and an awareness-raising resource for teachers, teaching assistants, mentors and all adults who work with children and young people who present as 'extremely challenging' in the school context. In every school there are a small number of pupils, less than five percent, who take up more than fifty percent of the staff's time. This book provides school staff with an approach to personalised interventions that enable those children or young people to build life-long resilience skills\"--Page 4 of cover.

## **Can I Tell You about ME/Chronic Fatigue Syndrome?**

Mollie and her family help readers to understand what it is like to have ME/CFS and how it can affect their day-to-day family life. They explain what ME/CFS is and how it can affect people in different ways. This illustrated book is packed with accessible information and will be an ideal introduction to this often misunderstood condition.

## **PDA by PDAers**

"To think of PDA as merely involving demand avoidance is to me akin to thinking of tigers as merely having stripes." This book is a unique window into adult Pathological Demand Avoidance (PDA), exploring the diversity of distinct PDA traits through the voices of over 70 people living with and affected by the condition. Sally Cat, an adult with PDA, has successfully captured the essence of a popular online support group in book form, making the valuable insights available to a wider audience, and creating a much-needed resource for individuals and professionals. Candid discussions cover issues ranging from overload and meltdowns, to work, relationships and parenting. This is a fascinating and sometimes very moving read.

## **Can I Tell You about Anxiety?**

Megan invites readers to learn about anxiety from her perspective, helping them to understand why she sometimes feels anxious and how this affects her physically and emotionally. She talks about techniques she has learnt to help manage her anxiety, and tells family, friends and teachers how they can support someone who suffers from anxiety.

## **A Quiet Kind of Thunder**

From the bestselling author of *Beautiful Broken Things*, Sara Barnard's *A Quiet Kind of Thunder* is stunning love story about the times when a whisper means more than a shout. Now with a bold cover look. She doesn't talk. He can't hear. They understand each other perfectly. Steffi has been a selective mute for most of her life – she's been silent for so long that she feels completely invisible. But Rhys, the new boy at school, sees her. He's deaf, and her knowledge of basic sign language means that she's assigned to look after him. To Rhys it doesn't matter that Steffi doesn't talk and, as they find ways to communicate, Steffi finds that she does have a voice, and that she's falling in love with the one person who makes her feel brave enough to use it. Love isn't always a lightning strike. Sometimes it's the rumbling roll of thunder . . .

## **Overcoming Selective Mutism**

Drawing from their respective experiences as a clinician who has treated hundreds of children with selective mutism and a parent of a child with selective mutism, authors Dr. Aimee Kotrba and Shari J. Saffer provide clear strategies to increase speaking and reduce anxiety.

## **Aspergirls**

Subject: Girls with Asperger's Syndrome are less frequently diagnosed than boys, & even once symptoms have been recognized, help is often not readily available. The image of coping well presented by AS females can often mask difficulties, deficits, challenges, & loneliness.

## **The Selective Mutism Summer Vacation & Back-To-School Guide**

Dr. Elisa Shipon-Blum's 'The Selective Mutism Summer Vacation and Back-To-School Guide; Recommendations and Strategies for Building Social Communication Skills' is an excellent resource for parents, educators, therapists and others who spend time with a child with Selective Mutism. This 80-page book is beautifully designed with graphics and written in an easy-to-understand way. The guide consists of recommendations and strategies to build social communication skills during summer break as well as both preparing for and start of the new school year. The book consists of 3 parts. Part 1 focuses on understanding Selective Mutism as a social communication anxiety disorder rather than just mutism. Details about the Social Communication Bridge(TM) and SM Stages of Social Communication are discussed with focus on the Golden Rules for becoming verbal in all settings. Part 2 provides readers with strategies and insight to



navigating the routines, activities, and decisions that are distinctive to summer. Summer break includes visiting relatives, socializing with peers, attending camp, attending get-togethers with friends, vacationing, or simply relaxing. With each social encounter, children with selective Mutism should develop their social comfort and communication skills. Part 3 begins with strategies and insight into planning for the upcoming school year. In addition, tips, tools and recommendations are provided to help the child with SM build the comfort with peers and teachers specific to the child's stage of social communication. Dr. Shipon-Blum's newest book, *The Selective Mutism Summer Vacation and Back- to-School Guide* will give the reader expert knowledge, valuable ideas and strategies to use to keep the SM child progressing during the school summer vacation!

## **Can I tell you about Adoption?**

Meet Chelsea - a young girl who was adopted. Chelsea invites you to learn about adoption from her perspective and introduces us to two friends of hers who were also transracially adopted. Chelsea and her friends help children understand what it means to be adopted, the experiences and challenges that follow the adoption process, and how they can help. Accessible and informative, this illustrated book is an ideal introduction to adoption for children aged 7+ and is a great tool for encouraging discussions for families, teachers and professionals working with adopted children.

## **100 Ways Your Child Can Learn Through Play**

Packed full of 100 creative and engaging activities for young children with special educational needs, this book enables you to have fun and enjoy developing your child's skill-based learning with them. From building biscuit construction sites and rainbow ice towers to playing dentists, nail salons and post office workers, the variety and creativity featured on every page of this book means you'll never have a dull day with your child again! With activities for rainy days, in the garden, on walks and more, there's something new to learn wherever you go. With charming black and white line illustrations to depict each activity, this is a great way to connect with your children with SEN, while building their life skills at the same time.

## **Overcoming Harm OCD**

Don't let your thoughts and fears define you. In *Overcoming Harm OCD*, psychotherapist Jon Hershfield offers powerful cognitive behavioral therapy (CBT) and mindfulness tools to help you break free from the pain and self-doubt caused by harm OCD. Do you suffer from violent, unwanted thoughts and a crippling fear of harming others? Are you afraid to seek treatment for fear of being judged? If so, you may have harm OCD—an anxiety disorder associated with obsessive-compulsive disorder (OCD). First and foremost, you need to know that these thoughts do not define you as a human being. But they can cause a lot of real emotional pain. So, how can you overcome harm OCD and start living a better life? Written by an expert in treating harm OCD, this much-needed book offers a direct and comprehensive explanation of what harm OCD is and how to manage it. You'll learn why you have unwanted thoughts, how to identify mental compulsions, and find an overview of cognitive-behavioral and mindfulness-based treatment approaches that can help you reclaim your life. You'll also find tips for disclosing violent obsessions, finding adequate professional help, and working with loved ones to address harm OCD systemically. And finally, you'll learn that your thoughts are just thoughts, and that they don't make you a bad person. If you have harm OCD, it's time to move past the stigma and start focusing on solutions. This evidence-based guide will help light the way.

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