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Mind Designs: Encouraging Self-Disclosure in Children and Adolescents Through Coloring Therapy with CD

Angela Troppa

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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

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