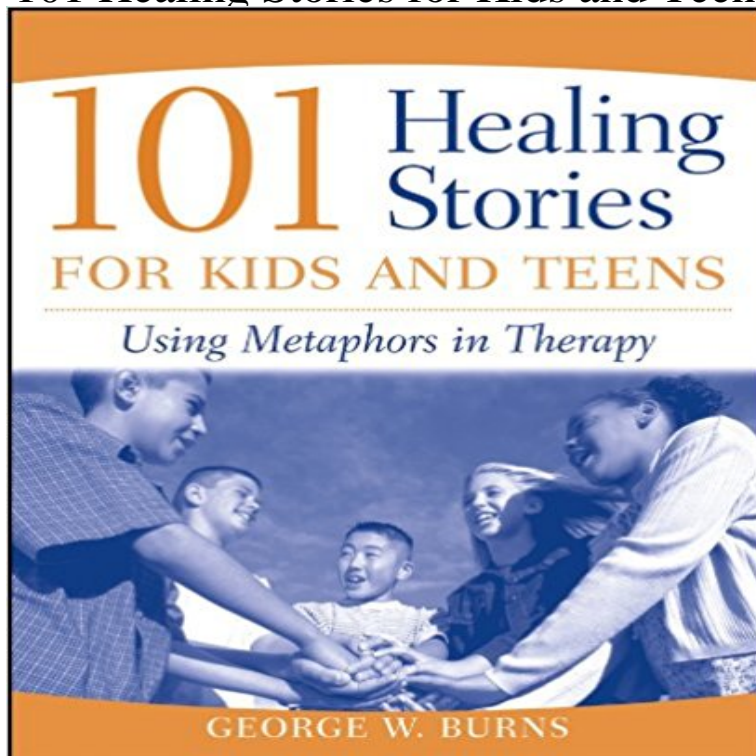


## 101 Healing Stories for Kids and Teens: Using Metaphors in Therapy



A comprehensive guide to understanding and using storytelling in therapy with kids and teens George Burns is a highly experienced clinician with the remarkable ability to create, discover, and tell engaging stories that can teach us all the most important lessons in life. With 101 Healing Stories for Kids and Teens, he strives especially to help kids and teens learn these life lessons early on, providing them opportunities for getting help and even learning to think preventively. -Michael D. Yapko, PhD Author of *Breaking the Patterns of Depression and Hand-Me-Down Blues* George Burns takes the reader on a wonderful journey, balancing metaphor, good therapeutic technique, and empirical foundations during the trip. Given that Burns utilizes all three aspects of the Confucian story referred to in the book-teaching, showing, and involving-readers should increase their understanding of how stories can be used therapeutically. -Richard G. Whiteside, MSW Author of *The Art of Using and Losing Control and Working with Difficult Clients: A Practical Guide to Better Therapy* A treasure trove for parents and for professionals in the child-development fields. -Jeffrey K. Zeig, PhD Director, The Milton H. Erickson Foundation Stories can play an important and potent role in therapy with children and adolescents-helping them develop the skills to cope with and survive a myriad of life situations. In many cases, stories provide the most effective means of communicating what kids and teens might not want to discuss directly. 101 Healing Stories for Kids and Teens provides straightforward advice on using storytelling and metaphors in a variety of therapeutic settings. Ideal for all who work with young people, this unique resource can be combined with other inventive and evidence-based techniques such as play, art, music, and drama therapies as well as

solution focused, hypnotic, and cognitive-behavioral approaches. Offering guidance for new clinicians and seasoned professionals, George Burns latest work delivers a unique combination-information on incorporating storytelling in therapy, dozens of ready-made stories, and tips for creating original therapeutic stories. Innovative chapters include: \* Guidance for effective storytelling \* Using metaphors effectively \* Where to get ideas for healing stories \* Planning and presenting healing stories \* Teaching parents to use healing stories In addition, 101 Healing Stories for Kids and Teens includes dozens of story ideas designed to address a variety of issues, such as: \* Enriching learning \* Teaching self-care \* Changing patterns of behavior \* Managing relationships, emotions, and life challenges \* Creating helpful thoughts \* Developing life skills and problem-solving techniques

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