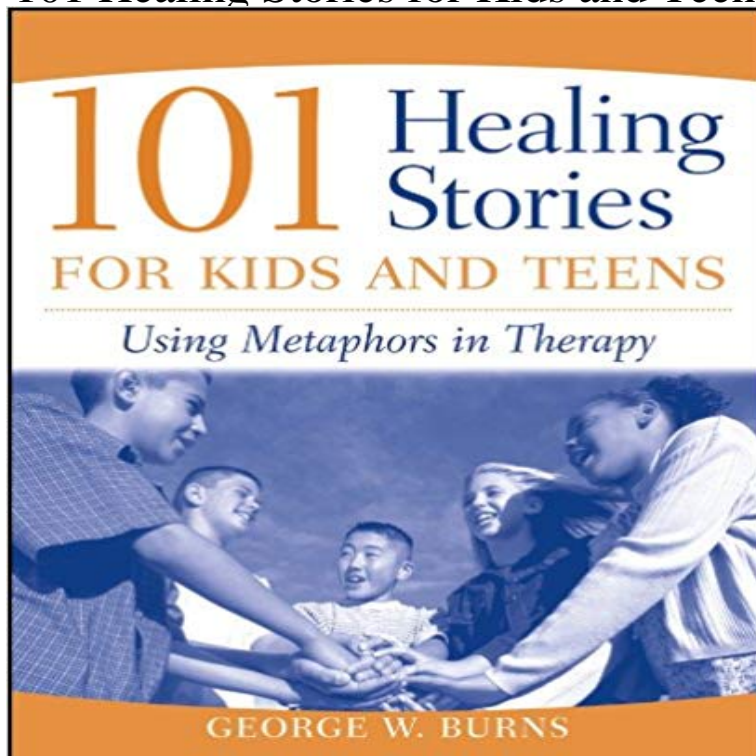


101 Healing Stories for Kids and Teens: Using Metaphors in Therapy



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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