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The Healing Forest in Post-Crisis Work with Children: A Nature Therapy and Expressive Arts Program for Groups

By Ronen Berger, Mooli Lahad, Igor Kovyar

Jessica Kingsley Publishers. Paperback. Book Condition: new. BRAND NEW, The Healing Forest in Post-Crisis Work with Children: A Nature Therapy and Expressive Arts Program for Groups, Ronen Berger, Mooli Lahad, Igor Kovyar, Nature Therapy is an innovative approach for working with children who have experienced stress or trauma. For the first time in the English language, this book presents the theory behind the approach along with detailed guidelines for introducing it to the classroom and other group settings The flexible 12-session programme pairs nature-based activities with storytelling and other expressive arts approaches. It is designed to strengthen coping and resilience in children who have been through common causes of stress such as the divorce of parents, moving home, the illness of a loved one or bullying. It can also be used in the aftermath of large-scale crises such as war, terrorism and natural disasters to prevent and treat post-traumatic stress disorder. An evocative colour storybook, 'The Guardians of the Forest', is also included for use within the programme. The original, evidence-based approach described in this book will be of interest to all those working therapeutically or creatively with children who have experienced stress or trauma, including teachers, arts therapists, psychologists...



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