



A Safe Place for Caleb: An Interactive Book for Kids, Teens and Adults with Issues of Attachment, Grief, Loss or Early Trauma

By Kathleen A. Chara

Jessica Kingsley. Paperback. Book Condition: New. Paperback. 128 pages. A Safe Place for Caleb is a comprehensive and richly illustrated resource for individuals of all ages who are dealing with attachment problems. Parents, professionals, and lay people will find this book helpful in understanding and addressing attachment disorders in children, adolescents, and adults. The first half of the book is an interactive story that follows the experiences of Caleb, a young boy who relates his difficulties and frustrations in forming and sustaining healthy relationships. He learns strategies for coping with attachment issues during his journey to the Safe Tree House, where he is introduced to the four attachment healing keys. These act as therapeutic tools to unlock difficulties with attachment, and are presented using text and illustrations that are easily accessible for readers of all ages, even for young children. The second half of the book presents a summary of current scientific thought on attachment styles and disorders, and provides a wide array of assessment tools, photocopiable material and healing techniques to address attachment difficulties. Lists of helpful organizations and relevant reading materials are also presented. Based on established psychological principles, the book is a unique and imaginative guide for...



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