

Child and Adolescent Psychotherapy: Wounded Spirits and Healing Paths

From Jason Aronson, Inc.

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Child and Adolescent Psychotherapy is a collection of essays covering the essential ingredients of depth psychotherapy with youth who have been severely wounded by toxic societal influences including abuse, violence, trauma, poverty, devaluation, traumatic or repeated losses, discrimination of all forms, as well as humiliation resulting from devaluation in its many guises. The subjects are not the kids usually included in studies of evidence-based practices because they are excluded due to co-morbidity or the severity of their conditions. Yet it is a hopeful book that expresses the conviction that healing can take place in the context of a committed, in depth, empathy and relationship-based approach.

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Editorial Review

Review
This wonderful and compelling book by Crenshaw and his colleagues serves as a reminder for all clinicians that behind the anger and behavior problems that many children manifest are "wounded spirits"?pain, loss, and grief that have somehow been silenced. Although there may be many paths to healing, a continuing theme throughout this edited volume is the critical importance of children being able to share their feelings and tell their stories within the context of a safe, trusting therapeutic relationship. Through rich clinical vignettes, stories filled with pain and suffering but also reflecting the remarkable strength and resilience of our 'wounded' children, Crenshaw and his colleagues get to the essence of healing?sharing the story and the pain with someone who deeply cares. This is an inspiring book that all child clinicians, particularly those who work with families who have experienced traumatic life events, would greatly benefit from reading. I certainly did! (Anthony P. Mannarino, Drexel University School of Medicine)

This gracious collection is bound to invoke the best of inspirations for its professional readers. [It is] directed at child and adolescent psychotherapists whose tacit priority it is to meet the soul of the youngster on terms uniquely his or her own. David Crenshaw and his collaborators remain reverential to the client's deepest wounds as each chapter accesses sensitive spheres of care. Within a depth psychology tradition, this volume is fated to exert a powerful effect on the interactive process to which experientially focused therapists are committed. *Child and Adolescent Psychotherapy* is surely destined to remain a dear companion to those who see their therapeutic work as more than a set of corrective tools. Indeed, David Crenshaw's beautifully assembled book honors the animating essence of the healer's vision. (E Mark Stern, Past President, Society for Humanistic Psychology)

Crenshaw and his colleagues invite the reader not only into the child therapy room, but into the hearts and minds of the youth and the clinicians responding to those hurts and losses. Youth challenged in their own lives by the disrespect, disengagement, and hostility of others often bring those same behaviors to the therapy room. The writers give a deep look at these youth and their behaviors, and to the healing aspects of a consistent and persistent therapeutic partnership. New and experienced clinicians will gain insights into the skills and the self-care needed to effectively engage and inspire these youth in a plan toward wholeness. (John W. Seymour, Minnesota State University)

The book conveys a sage of hope and optimism, even in work with children who might be viewed as 'impossible cases,' because the contributors share a passion for utilizing and building on the strengths of children and families. These authors go beyond treating psychiatric symptoms to address in a more comprehensive way the emotional suffering of youth . . .The stories of triumph over adversity by the children and families in this book will inspire those who daily strive to make a meaningful difference in the lives of hurting youth to renew their commitment to this worthy mission. (*Family Therapy, November 2009*)

Dr. Crenshaw has developed a multitude of techniques including story telling, metaphor, and projective drawing methods that can be used in working with a wide variety of clinical populations. His books are informative and practical; offering techniques to reach children and they are highly recommended....This is a most compelling read. Along with Dr. Crenshaw's other books on child and adolescent treatment, this book belongs on the bookshelf of every child and adolescent therapist. (Steven Baron, Psy.D., Nassau County Psychological Association website)

Crenshaw has written [with his colleagues] and edited a truly unforgettable book. He has accomplished the challenging task of touching our hearts and our minds with moving, poignant accounts of the lives of traumatized children together with courageous self reflections about the forces in his own life that have contributed to his role as a therapist. Crenshaw is clearly a very gifted, empathic therapist and writer who, in describing strength-based interventions for working with these youth, focuses on their remarkable capacity to become more hopeful and resilient. This book is an invaluable resource that will be read and re-read by those of us seeking to enhance the lives of children who have faced great adversity. (Robert Brooks, Faculty, Harvard Medical School and co-author, Raising Resilient Children)

From the Publisher
This edited collection by David A. Crenshaw, with contributions from such notables as James Garbarino, Kenneth V. Hardy, and Andrew Fussner, addresses the multiple sources of wounding of children and teens in contemporary life. The book conveys a message of hope and optimism, even in work with children who might be viewed as "impossible cases," because the contributors share a passion for utilizing and building on the strengths of children and families. These authors go beyond treating psychiatric symptoms to address in a more comprehensive way the emotional suffering of youth.

The unifying treatment framework for the book is relational therapy. The emotional injuries of children do not develop in a vacuum, but rather in a relational context, and healing must also be embedded in an empathic relationship between the child and the family. Building, repairing, and restoring connections within the family and the larger community, as well as within the therapeutic relationship, opens the door to growth, healing, and meaningful belonging. The stories of triumph over adversity by the courageous children and families in this book will inspire those who daily strive to make a meaningful difference in the lives of hurting youth to renew their commitment to this worthy mission.

Many approaches to therapy today stem from academic psychology's exclusive focus on what can be measured quantitatively. What has been lost in this move to ever briefer approaches focused to teaching skills and relieving targeted symptoms is the more in-depth transformation and healing that can turn around the lives of even our most serious disturbed and damaged children. By focusing on the strengths of these youngsters, addressing a comprehensive set of issues including family and cultural issues this book challenges the notion that these are untreatable, impossible cases. Empathy-based approaches to treatment don't receive the same due any more as the more academically based cognitive-behavioral approaches in spite of the fact that empathy has been identified as an empirically supported dimension of psychotherapy. The chapter on "Therapeutic Use of Self" is uncommon and unique for its honest and open discussion of the therapist's need for healing in order to be a healing agent for others. It too offers hope for therapists who haven't yet faced and addressed their own invisible wounds. This is a book that is more likely to be read and re-read by clinicians rather than just put on the shelf to add to a collection of books that are not "user friendly" and offer little that is truly useful in daily clinical practice.

From the Author
This book is a collection of essays covering the essential ingredients of depth psychotherapy with youth who have been severely wounded by toxic societal influences including abuse, violence, trauma, poverty, devaluation, traumatic or repeated losses, discrimination of all forms, as well as humiliation resulting from devaluation in its many guises. Most of the contributors to this volume have spent the vast majority of their professional careers serving this clinical population. These are not the kids usually included in studies of evidence-based practices because they are excluded due to co-morbidity or severity of their conditions. Yet it is a hopeful book that expresses the conviction that healing can take place in the context of a committed, in depth, empathy and relationship-based approach. Great attention is given to the strengths and internal resources of these children. This book is dedicated to James Garbarino whose writings have inspired and informed my work along with other extraordinary teachers and mentors such as Kenneth Hardy, Olga

Silverstein, and Andrew Fussner in the family therapy field, and the late senior training psychoanalyst, Walter Bonime, M.D. who I was privileged to study with for over a decade.

Users Review

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