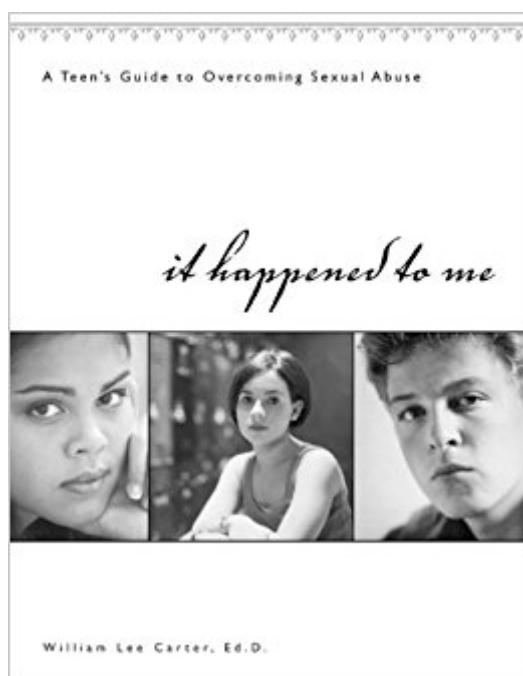


The book was found

It Happened To Me: A Teen's Guide To Overcoming Sexual Abuse (workbook)



Synopsis

Whether sexual abuse happens in early childhood or just before leaving home, most trauma survivors find that the teenage and early adult years are crucial for their recovery. With the right kind of support, it's then that they have the motivation and capacity for insight that will let them begin the process of healing. This workbook is written for teens and those who treat them. Simple, effective exercises help teens learn about the different aspects of trauma, share the thoughts and emotions of other survivors, clarify their own ideas and beliefs, and explore new ways of feeling and relating. Author William Lee Carter is a psychologist who works with sexually abused teens on a daily basis, and his approach is positive and sensitive to the needs and feelings of this age group. The exercises he provides focus on giving teens the strength and confidence they need to reshape their self-image, connect with others in healthy ways, and develop the skills they need to realize their full potential.

Book Information

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Customer Reviews

William Lee Carter, EdD, is a psychologist in private practice and director of psychology at Cedar Crest Hospital and Residential Treatment Center in Belton, TX. The author of five books on teens and parenting, Carter lives in Waco, TX.

this has been a good workbook so far to use with teensthe worksheets are a couple pages per item - it seems to not be too intimidating or alarming for teens, as it does not seem to feel like terrible homework for themsome topics included:emotions about abuse dealing with angerfamily dynamics

I (being a male victim of childhood sexual abuse) have been looking for a good workbook for male victims of childhood sexual abuse. The book is great if you're a girl, not so much if you're a guy. The language in this book is female oriented (use of "she" & "her" & "girls" rather than non gender specific terms) I could not find a survivor story involving a male, maybe there was one, I just didn't read more than half the book. It's probably a great book if you're female, but it's rather emasculating if you are a guy. It can kind of make you feel alone as a male victim/survivor. (as if you're the only guy) I don't think it's a bad book, the low rating comes from some resentment over false advertising. In my opinion (as a male survivor of sexual abuse) I think this book should only be recommended for females. If the authors were going to write it using only female qualifiers, female survivors stories, and female perspective; I don't see why they wouldn't just say this was a female oriented book. I will be returning my copy, so that it might help someone else. (and because I really need that money to get a different book) To sum it up; good book, girls only. There are way better books for guys out there.

ok book. Not really deep enough to deal with how does one become whole again or how does one put the broken pieces of the soul back together. Its ok for the young adult with limited involvement.

Good material for teens

This workbook is written very sensitively and very informatively. I am using this with my clients and they also offer positive feedback.

I've been working with abuse victims for a while now, and have spent a LOT of time going through the literature that is out there for them. This is, by far, one of the best books for teens that I have found. It doesn't patronize. It has short, unthreatening sections, and lots of room for them to write, draw, or color their answers in. It's probably too hard for kids under the age of 12, but for those over, it's fantastic. I highly recommend it.

This workbook is just excellent! I have trouble putting it down! It manages to be relevant to a wide variety of teens, without being too technical, too cutesy, or too preachy. Each exercise is short (2-3 pages) but challenging. There are also quotes from teen survivors and sidebars that point out problem behaviors common in abuse survivors without being judgmental. As a college student, I'm a

little too old to be the intended audience of this book (all the teens mentioned in here are between the ages of 13-18), but as someone who still has to deal with her parents on a regular basis, I appreciated that lots of the exercises here dealt with family matters under the assumption that you're still living and dealing with your family, something that's not in many of the adult books. Guys might not like that pretty much all the pronouns are "she" and "her", but otherwise it's still a very relevant book for every teen survivor. It can be completed by yourself, in a group, or as part of therapy. Topics covered include emotions and emotional manipulation, keeping secrets, impulsive behaviors, how to get along with other people, sex, suicide, and commitment to recovery. The emphasis is not on "name your disorder" but on returning to emotional health. Even if you have to make a secret trip to the bookstore and hide this book in the back of your closet, it's worth it.

I have searched and used a multitude of workbooks for this subject and this is the best I have used on every level. A nice balance of reading and activities. Concise and direct as well as covering the whole person. Dr. Carter obviously has had the direct working experience as well as the education to create such a great workbook. Your search should end with this workbook.

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