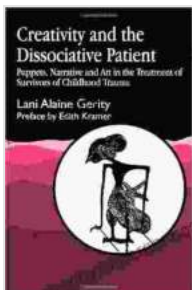


Puppets: A Narrative and Art Therapy Tool for Childhood Trauma Survivors

Childhood trauma is a serious problem that can have lasting effects on survivors. Trauma can lead to a variety of psychological problems, including anxiety, depression, PTSD, and dissociation. Traditional therapy approaches can be helpful for trauma survivors, but they can also be challenging and re-traumatizing. Puppets can be a powerful tool for helping trauma survivors process their experiences and heal.

How Puppets Can Help Trauma Survivors

Puppets can help trauma survivors in a number of ways. First, puppets can provide a safe and non-threatening way for survivors to express their feelings and experiences. Second, puppets can help survivors to externalize their trauma and to gain a sense of control over their experiences. Third, puppets can help survivors to develop new coping mechanisms and to learn new ways to interact with the world.



Creativity and the Dissociative Patient: Collected Papers: Puppets, Narrative and Art in the Treatment of Survivors of Childhood Trauma by Lani Alaine Gerity

★★★★☆ 4.5 out of 5

Language : English

File size : 1911 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Word Wise : Enabled

Print length : 150 pages



Using Puppets in Therapy

There are a number of different ways to use puppets in therapy. Some therapists use puppets to create stories that help survivors to process their experiences. Others use puppets to help survivors to role-play different situations and to practice new coping mechanisms. Still others use puppets to help survivors to create art projects that express their feelings and experiences.

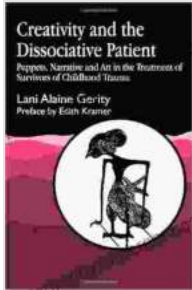
The Benefits of Puppet Therapy

Puppet therapy has been shown to be an effective treatment for trauma survivors. Research has shown that puppet therapy can help to reduce symptoms of anxiety and depression, and to improve self-esteem and coping skills. Puppet therapy can also help survivors to process their trauma and to move on with their lives.

Puppets are a powerful tool for helping trauma survivors process their experiences and heal. Puppet therapy is a safe and non-threatening way for survivors to express their feelings, to externalize their trauma, and to learn new coping mechanisms. Puppet therapy can be an effective treatment for trauma survivors, and it can help them to rebuild their lives after trauma.

Free Download Your Copy Today

Puppets: A Narrative and Art Therapy Tool for Childhood Trauma Survivors is available now. Free Download your copy today and start helping your clients to heal.



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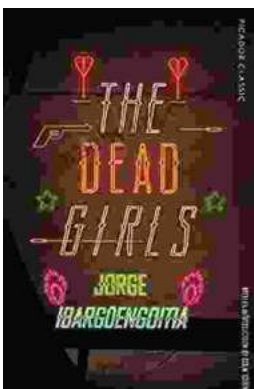
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