



Psychotherapy with Infants and Young Children: Repairing the Effects of Stress and Trauma on Early Attachment

Alicia F. Lieberman , Patricia Van Horn

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This eloquent book presents an empirically supported treatment that engages parents as the most powerful agents of their young children's healthy development. Child–parent psychotherapy promotes the child's emotional health and builds the parent's capacity to nurture and protect, particularly when stress and trauma have disrupted the quality of the parent–child relationship. The book provides a comprehensive theoretical framework together with practical strategies for combining play, developmental guidance, trauma-focused interventions, and concrete assistance with problems of living. Filled with evocative, "how-to-do-it" examples, it is grounded in extensive clinical experience and important research on early development, attachment, neurobiology, and trauma.

Psychotherapy with Infants and Young Children: Repairing the Effects of Stress and Trauma on Early Attachment Details

Date : Published March 14th 2011 by The Guilford Press (first published April 8th 2008)

ISBN : 9781609182403

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Format : Paperback 366 pages

Genre : Psychology, Social Science, Social Work

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Heidi says

I really am going to read this all the way through this time. I'm reading it for CEUs for my license.
