

Pernicano

Using Stories, Art, and Play in Trauma-Informed Treatment

Case Examples and Applications Across the Lifespan

This book shows new and experienced therapists how to use meaningful therapeutic material in art, stories and play to facilitate shifts in outlook and behavior. Using a wide variety of case studies, Dr. Pernicano lays out a framework for problem clarification, conceptualization, trauma-informed intervention, and positive therapeutic outcome with clients across the lifespan. Case examples include working with clients suffering from dissociation, depression, anxiety, mood dysregulation, adjustment to life change, grief and loss, and/or panic attacks. Replete with client-generated illustrations as well as practical tips and strategies, *Using, Art, Stories, and Play in Trauma-Informed Treatment* teaches therapists how to think conceptually, plan systemically and intervene flexibly to improve treatment outcomes for diverse clients.

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