



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.

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