



Helping Children Affected by Parental Substance Abuse: Activities and Photocopiable Worksheets

Tonia Caselman

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This practical resource provides a wealth of activities and photocopiable worksheets to use with children and young people affected by parental substance misuse.

Children living in substance abusing homes are at risk of many different negative outcomes, such as behavioral problems, low academic achievement, depression and anxiety, low self-esteem, as well as self-blame for their parent's substance abuse. The activities and worksheets in this book have been designed to assist counselors, therapists and other professionals to facilitate group sessions for children of addicted parents. Each chapter reviews a different issue related to children living in substance abusing homes, and gives step-by-step instructions for leading a group session, accompanied by the latest research and suggestions for discussions based on best practices. Children will learn to reduce feelings of shame and isolation, better understand the nature of addiction, increase self-care and create healthy interactions.

This is an essential resource for professionals working with children affected by parental substance misuse, including counselors, child psychologists, therapists, and youth workers.

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