



Helping Children and Young People Who Experience Trauma: Children of Despair, Children of Hope

Panos Vostanis

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This groundbreaking new book brings together policy, evidence, practice, service development and children's narrative to provide a far-reaching overview of this vulnerable and traumatised group. It combines powerfully written, moving scenarios and draws on evidence-based research to fully illustrate concepts and present practical ideas for change to interventions and services resulting in effective, sustainable practice. Theory and practice are interwoven, offering real solutions for anyone working with children. Everyone has a role and many opportunities to make a difference - at home, school and in the community. Any professional working with children will be inspired and educated by this outstanding, passionate text. The messages are universal and prove that approaches can no longer be thought of as mutually exclusive in today's complex life circumstances. 'I have learned over the last 2 to 3 years that no matter how hard life gets, there is always a way, and a very easy way, and that you should always take day by day. There might be a time when your day is bad, coz sometimes it goes wrong, but that will only change if we look for the help/support that is out there! And little steps will amaze you, how helpful they are.' SARAH PAYNE, aged 18 'Many children's stories that we will encounter are not nice, far from it; they have been brought out by abhorrent acts, and the feelings they instil are unpalatable. This is how they are meant to be. What I am seeking is connectedness and understanding, not sympathy or pity. Hearts and minds together can bring change; we desperately need both...Traumatised children's fragility and determination go hand in hand; we inevitably mirror both, as we constantly struggle to move with them from Despair to Hope.' Panos Vostanis, in the Preface

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