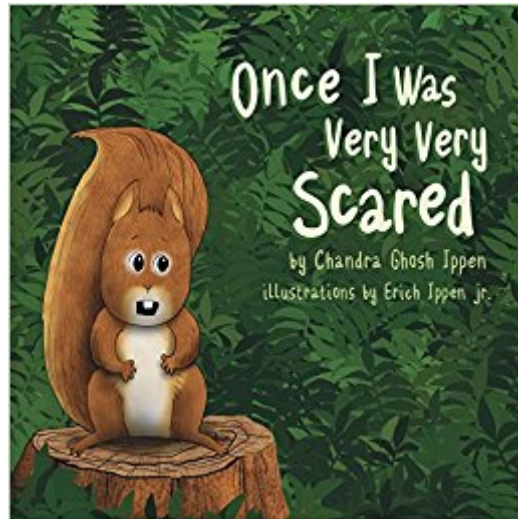




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Once I Was Very Very Scared



Synopsis

A little squirrel announces that he was once very, very, scared and finds out that he is not alone. Lots of little animals went through scary experiences, but they react in different ways. Turtle hides and gets a tummy ache, monkey clings, dog barks, and elephant doesn't like to talk about it. They need help, and they get help from grown-ups who help them feel safe and learn ways to cope with difficult feelings. This story was written to help children and grown-ups understand how stress can affect children and ways to help them.

Book Information

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Customer Reviews

"This wonderful book is unique in its sensitive portrayal of how we respond to fear and how supportive relationships can help. Children of all ages will relate to the beautiful words and expressive pictures. The compelling story offers children and the adults that care for them the perfect medium to explore the universal feeling of being afraid and the gift of creating safety together." Alicia F. Lieberman, Ph.D. Irving B. Harris Endowed Chair of Infant Mental Health, Professor, UCSF Department of Psychiatry "This beautifully illustrated book will undoubtedly help children to find the presence of mind necessary to put their feelings into language, and to help them by-pass the universal experience of hurt kids: to blame themselves and to carry the scars inside. A wonderful tool to help hurt kids heal!" Bessel van der Kolk, MD, Medical Director Trauma Center at JRI, Professor of Psychiatry, Boston University School of Medicine. New York Times Best Seller: The Body Keeps the Score: Mind, Brain, and Body in the Healing of Trauma.

Chandra combines her love of story and cute creatures with her training in clinical psychology. She received her doctorate in Clinical Psychology from the University of Southern California in 1999 and has worked as the Associate Director of the Child Trauma Research Program at the University of California, San Francisco and the Director of Dissemination for Child-Parent Psychotherapy (CPP). She has co-authored over 20 publications related to trauma and diversity-informed practice, including *Don't Hit Mommy: A Manual for Child-Parent Psychotherapy with Young Children Exposed to Violence and Other Trauma*. She has over 10 years of experience conducting trainings nationally and internationally. She also has a lifetime mission to bake 1000 pies and a pie in all 50 states.

This is far and away the best children's book on trauma that I have ever seen. As a therapist working with children who experienced chronic trauma and loss in the first years of life, I love the way Chandra Ghosh Ippen's book makes room for all kinds of traumatic experiences, remembered and unremembered, one-time or chronic. The representation of the dissociative response resonates with the kids I work with, as does the character who claims not to be afraid. There's even a character who doesn't want to talk about it, which gets kids talking who ordinarily refuse. In the first day I used this book in sessions, two kids who had never sat through an entire book before were completely engaged and present, identified their own typical reactions, and could think about things that might help them feel calmer. Erich Ippen's illustrations bring the story to life and help children feel safe enough to talk about their own experiences and feelings. Highly recommended for therapists, parents, teachers, OTs, and anyone working with childhood trauma. Although it looks like a little kids' book and is certainly appropriate for very young children, I've witnessed older elementary school kids engage deeply with it.

Dr. Ghosh Ippen writes a masterful piece that takes children from the moment of disclosure, through processing and working through and resolution of trauma. She skillfully integrates the cutting edge work of luminaries such as Alicia Lieberman and Bessel van der Kolk into a tale that can be read to toddlers through latency age children. The illustrations are beautiful and she does a wonderful job of helping children (and their caregivers) understand the myriad of ways we respond to trauma (e.g. Elephant doesn't want to talk, rabbit is hyperactive, dog acts out). This is by far the best book I have found to help children talk about trauma they have been exposed to. I also like that it is not trauma-specific so can be used for a range of events that the child may have been exposed to. I am

a therapist and this book will be my new go-to but it can be used equally well in a school setting and with my own children.

As a child psychologist and parent, I have just about every children's book related to trauma. This is by far the best. It is applicable for any trauma related event. The animal characters express a wide variety of potential responses to trauma, reminding adults as well that at times the acting out child (or very withdrawn one) is indeed letting us know they are actually frightened. In this way, the book offers children (and their caregivers) a sense of dignity and hope as they move through difficult experiences. Illustrations of the animals are so expressive and lovely. I am finding they really captivate the young reader or listener. Strongly recommend.

A splendid book to help children express their fears, learn to overcome them and heal! Wish I had this book years ago when I worked with troubled children.

Written by a skilled therapist and teacher. We need these resources to help young children and parents overcome early adversities

Great book. My grandkids as to read it all the time. This book also jump started many emotional and behavioral conversations with them. I highly recommend it.

Excellent book to process feelings related to trauma or grief.

Very helpful in starting a conversation about scary things.

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