

## **Wishing Wellness A Workbook For Children Of Parents With Mental Illness**

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### **Wishing Wellness A Workbook For**

Wishing Wellness is a workbook for the child whose mother or father is suffering from a serious mental illness. Packed with information, interactive questions, and fun activities, it's an ideal tool for children and their therapists or other professional mental health workers, covering:

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Wishing Wellness: A Workbook for Children of Parents with Mental Illness by Lisa Anne Clarke.

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Wishing Wellness is a workbook for the child whose mother or father is suffering from a serious mental illness. Packed with information, interactive questions, and fun activities, it's an ideal tool for children and their therapists or other professional mental health workers, covering: How the brain works, Causes, symptoms, and treatment of mental illness, Feelings and what to do with them, Good relationships with parents, Talking to friends and others, Roles, rights, and responsibilities ...

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Wishing Wellness is a workbook for children who have a parent experiencing a serious mental illness. Packed with information, interactive questions, and fun activities, it's an ideal tool for children and their therapists or other professional mental health workers, covering: How the brain works. Causes, symptoms, and treatment of mental illness. Feelings and what to do with them.

### **Wishing Wellness: A workbook for children of parents with ...**

Wishing Wellness provides children with this opportunity. While we know that mental illness in parents takes many forms, research and clinical data indicate that a certain commonality of experience, psychological issues and reactions, and coping mechanisms are employed by children who have a mentally ill parent.

### **Wishing Wellness Therapist Resource Guide**

Synopsis. "Wishing Wellness" is a workbook for the child whose mother or father is suffering from a serious mental illness. Packed with information, interactive questions, and fun activities, it's an ideal tool for children and their therapists or other professional mental health workers, covering: How the brain works; Causes, symptoms, and treatment of mental illness; Feelings and what to do with them; Good relationships with parents; Talking to friends and others; Roles, rights, and ...

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Wishing Wellness - A Workbook For Children Of Parents With Mental Illness. Regular price \$32.52 Sale (Shipping & taxes calculated at checkout) Add to cart This workbook for children who have a parent with a serious mental health condition or disorder helps them to gradually process their thoughts, feelings and experiences of it, while learning ...

### **Wishing Wellness - A Workbook For Children Of Parents With ...**

Wishing Wellness is a workbook for kids ages 6-12 who need help understanding their parent's mental illness and how they can cope with the challenges it can bring. This workbook is comprehensive, and includes educational chapters like "Your Parent's Mental Illness and You" and "The Signs and Treatment of Mental Illness."

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