

Paper Dolls and Paper Airplanes: Therapeutic Exercises for Sexually Traumatized Children

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This resource is to be used by mental health professionals who work with sexually abused children in individual or group treatment. This book provides activities and ideas that can be integrated into any sexual abuse treatment framework. The intent of this book is to act as an adjunct to the therapist's existing treatment plan.

Strengths: The layout is useful in that it specifies which age group is best matched with the given activity. Each activity has an objective which assists in writing case notes. The book incorporates abuse-focused activities with self-esteem and personal safety exercises. The chapters may be used in any order depending on the treatment plan or program.

Weaknesses: Many of the activities have to be restructured for individual therapy. Some of the activities seem to be obscure and difficult for kids to grasp. Most of the activities focus on children ages 6-12. Many of the "teen" activities have not been as useful with my teenage clients. It would be helpful in

reproducing the exercises if a workbook with activity sheets was available.

Summary: Each chapter begins with a brief overview of the treatment issues related to a particular theme. The book includes many activities for each treatment theme so the therapist can select interventions that are relevant to the child's trauma assessment and help fulfill treatment goals. The activities include paper and pencil exercises, therapeutic games, role playing, puppet shows, stories, music, and art activities. Each activity outlines its suitability as to age and modality and provides goals. There is a material listing at the beginning of each activity. The authors of this book explicitly state that their activities are **not recommended** for pre-disclosure cases. The activities have been designed to appeal to children and to lower the threat level of the treatment process.