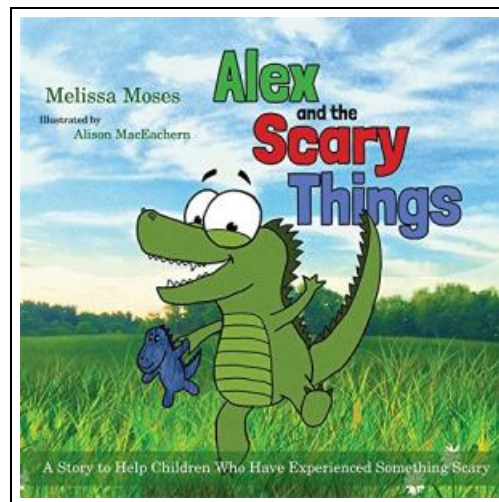


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JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2015. Hardback. Condition: New. Alison MacEachern (illustrator). Language: English . Brand New Book. Alex is an alligator who has experienced scary things. In this charmingly illustrated story, he talks about how this affects him and how he copes. By reading about the different parts of Alex that come out because of the scary things he has experienced, such as The Destroyer when he is angry, Spacey when he dissociates, and Puddles when he is sad, children will learn to recognise when they experience these emotions themselves and find solutions for overcoming them. Alex talks about the different coping strategies he uses to get back to being himself, such as breathing techniques, a counting game, painting, and finding a safe space he can go to, encouraging children to think about when they can do to help themselves handle difficult feelings. An essential resource for professionals working with children who have experienced trauma, including social workers, counsellors, therapists, and child psychologists, as well as for parents and foster carers. Suitable for children aged approximately 4 to 8 years.



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