



# Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma

*Debra Wesselmann, Cathy Schweitzer, Stefanie Armstrong*

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An accompanying parent's guide filled with effective techniques to help challenging children with traumatic pasts.

Designed as a manual to complement the clinician's guide, this book is written for birth, foster, or adoptive parents, aunts and uncles, grandparents, or anyone who may be raising a child who has experienced attachment loss and trauma. Their severe behaviors can often leave caregivers feeling confused, frightened, hurt, and overwhelmed, as they struggle to make sense of a massive amount of information—and misinformation—that exists on attachment issues.

This book provides understanding, validation, and solutions for these caregivers. In it, the authors explain their innovative model of "team" treatment that includes an EMDR therapist and a family therapist. Best used in conjunction with therapeutic help, it walks readers through an array of parenting strategies that will lead them to a deeper understanding of their traumatized child, and better enable them to calm their behavior and improve their attachment security so they can heal.

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