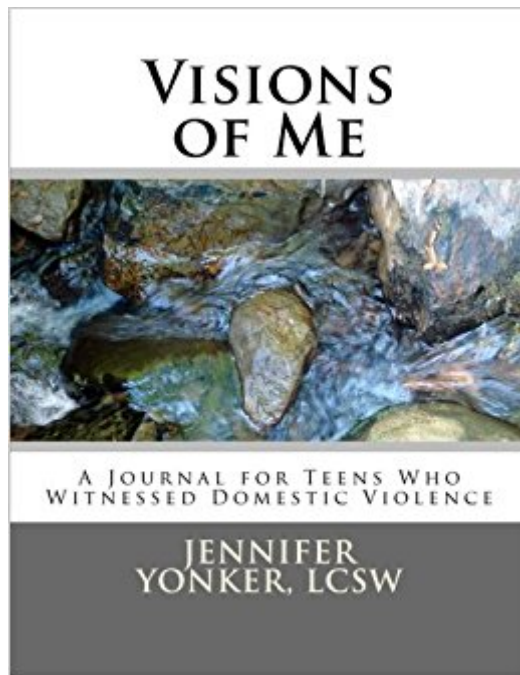


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# Visions Of Me: A Journal For Teens Who Witnessed Domestic Violence (Journals For Teens)



## Synopsis

A journal formatted psycho-educational workbook designed to assist teens in working through the feelings associated with domestic violence. Using easy to understand headers such as "The abuse affected relationships with members of my family" and "This is how I coped with the abuse in my home" writers are guided through the process of healing from witnessing domestic violence. An educational component contains safety planning, education on the cycle of violence, types of abuse, and warning signs of an abusive personality. It may be used for writing, poetry, or artwork. This journal is perfect as an extra tool for therapists and providers who work with teens. It has an easy to use and understand format enabling it to be used with younger teens and with teens of varying abilities and skill levels. It is filled with reproducible pages allowing therapists to copy chosen pages for use in therapy. It is ideal for youth who process emotions best through writing and can be used as a tool for art therapists as well.

## Book Information

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