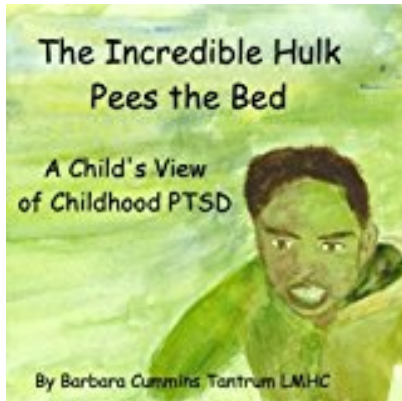


The Incredible Hulk Pees the Bed A Childs View of Childhood PTSD



BOOK DETAILS

- Author : Barbara Cummins Tantrum LMHC
- Pages : 26 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1508812934



BOOK SYNOPSIS

Sam looks like a normal kid, but secretly he is the Incredible Hulk. This book describes, from Sam's point of view, the experience of being a foster child with a traumatic background (and a diagnosis of PTSD) joining a permanent family. Sam describes his rages, vulnerabilities, power struggles, and simple strategies by his new parents to help him feel safe. Sam has the automatic "fight" response (think fight/flight/freeze) when he feels threatened, even though his new family is safe. This book normalizes therapy, common fears and behaviors, the experience of a traumatic past, trying to be comfortable in a new family, and using tools to help regulate emotions. This book is useful for family use as well as use in a therapeutic setting.

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