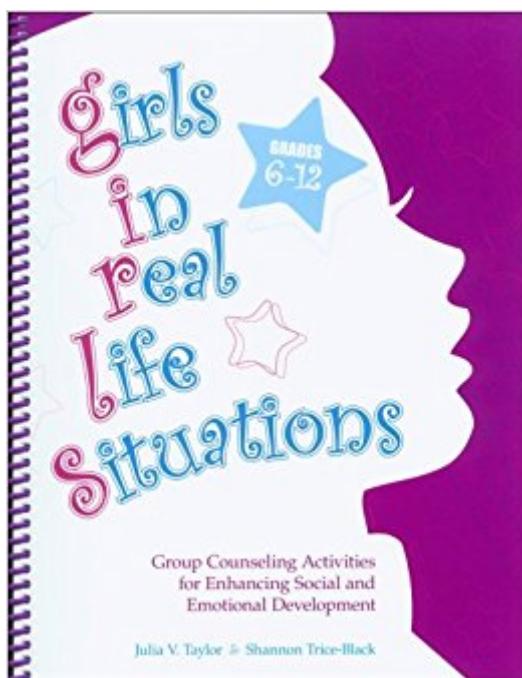


The book was found

# **Girls In Real Life Situations, Grades 6-12: Group Counseling Activities For Enhancing Social And Emotional Development (Book And CD)**



## **Synopsis**

Grades 6-12. This unique group counseling curriculum provides over 90 activities divided into twelve session themes: Who Am I? Body Image, Choices, Communication, Emotions, Friendships, Relationships, Self-Esteem, Stress, Reaching Out, Tough Times, and Who I Am! During group lessons, girls are encouraged to share feelings and struggles as they openly discuss important issues in a safe and supportive environment. They are given the opportunity to feel empowered, gain self-awareness, develop coping strategies, improve problem-solving skills, understand that they are not alone, and learn to make healthy decisions. Girls in Real Life Situations is designed for use by educators and mental health professionals in schools and other settings.

## **Book Information**

Spiral-bound: 240 pages

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Average Customer Review: 4.8 out of 5 starsÂ  See all reviewsÂ (31 customer reviews)

Best Sellers Rank: #30,296 in Books (See Top 100 in Books) #26 inÂ Books > Textbooks > Social Sciences > Gender Studies #28 inÂ Books > Medical Books > Psychology > Adolescent Psychology #38 inÂ Books > Textbooks > Education > Special Education

## **Customer Reviews**

This book is all you need to lead a girls group in middle or high school. It's full of activities, thoughtful discussion questions and journal topics. Each section has more activities than you can complete during a group session. Required materials can be easily found in your own home (magazine pictures, index cards, string, etc.) Other counselors I know have used this in schools and I've used it with 8th-10th graders at church. It's up-to-date content and language make it relevant to present day girl situations. I highly recommend this!

I am a therapist and group coordinator for a private practice. When I started our office's group therapy program last year I knew I wanted to have a group that helped girls understand themselves better and be more prepared for developing a richer character and better social skills. GOLD MINE!!

This is IT! It has been such a huge success that we continue to offer it ever session. Schools, parents, other mental health therapist and professionals are calling my office to refer their clients to our group. Hands down a must have for anyone planning on leading a girls group.

I bought this book to be used for a Girls Group that I am running at the middle school age level. The activities have been really good. One of my real qualms with this book is that it only refers to girls having boyfriends. I know that a lot of middle school aged kids are really experimental and aren't sure who they prefer sexually. I think that it would be better to use a more neutral word like "partner" in the activities. But, I will say that the book is designed in a way that you can make custom changes if you are willing to do a little extra work.

I am a middle school counselor and ordered this book for several girls group working on self-esteem. This activity book has already made an impact. Love the CD included to print out clean, hard copies of worksheets/activities on my printer.

I am using this in high school and it is working well. The font however, is a little childish for junior and senior girls.

I have begun to use this book with my 6th grade girls group and they love it! I also have the 3-5th grade book which is great because I can modify lessons based on the group's needs. I find that it is difficult to locate a psychoeducational book that is not boring and believe me this one has plenty of fun activities that teacher thought provoking lessons.

The layout of the lessons and the ease of use. Also, the option to choose from 4 lessons per area makes it easy to select based on time and the message you want to portray. I also like having a CD with reproducible documents. The information can also be used with boys as well--just need to change your lingo.

I bought this book hoping to be able to use a few of the interventions as I do ALOT of girls' groups working as a therapist at a school. I have been able to use all of these interventions. They are realistic, do not require lots of extra purchases of materials to complete the activities, and have been very effective. I have made some minimal changes with some of the exercises, such as, the one based on fears and anxieties in order to work for males in the group. This is a very good book. It is

concise, realistic, and still creative without a lot of jargon and unnecessary supplies. I have bought the other edition for younger children, which has also been a tremendous help with my groups.

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