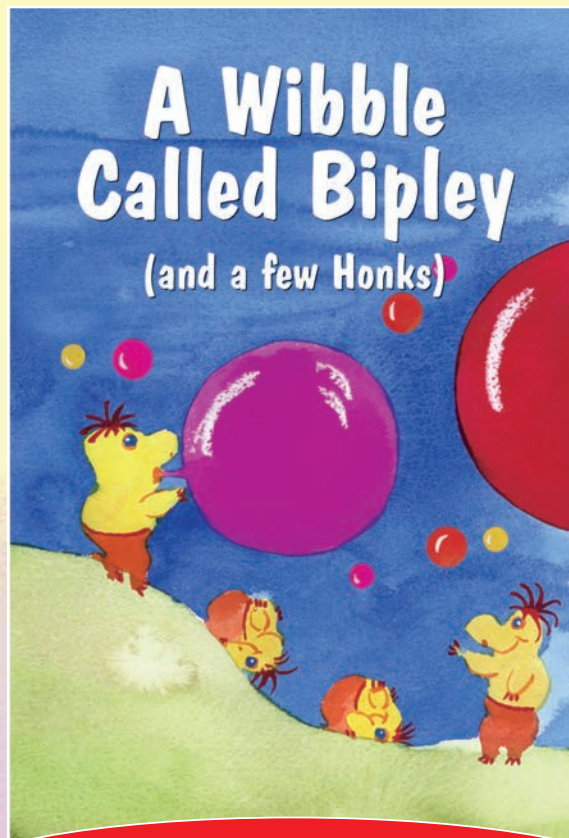


Helping Children  
with Feelings

# Helping Children who have Hardened their Hearts or Become Bullies



A Guidebook

Margot Sunderland

Illustrated by

Nicky Armstrong



A **Speechmark** Book

Helping Children  
With Feelings

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**A Guidebook**



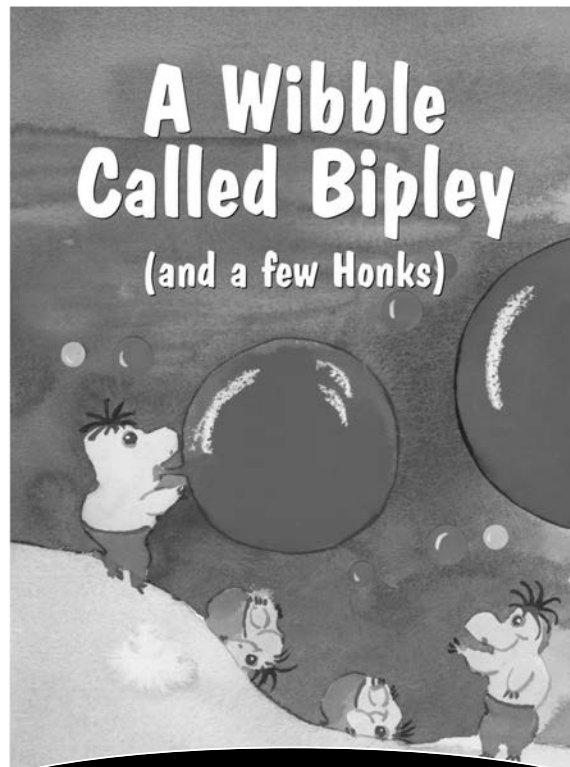
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LONDON AND NEW YORK

**Note on the Text**

For the sake of clarity alone, throughout the text the child has been referred to as 'he' and the parent as 'she'.

Unless otherwise stated, for clarity alone, where 'mummy', 'mother' or 'mother figure' is used, this refers to either parent or other primary caretaker.

**Confidentiality**

Where appropriate, full permission has been granted by adults, or children and their parents, to use clinical material. Other illustrations comprise synthesised and disguised examples to ensure anonymity.

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# Contents

<b>ABOUT THE AUTHOR &amp; ILLUSTRATOR</b>	vi
<b>ACKNOWLEDGEMENTS</b>	vii
<b>ABOUT THIS GUIDEBOOK</b>	1
<b>INTRODUCTION</b>	3
What the story is about	3
The main psychological messages in the story	3
Who the story is for	4
<b>WHAT LIFE IS LIKE FOR A CHILD WHO HAS HARDENED HIS HEART</b>	5
<b>UNDERSTANDING WHY CHILDREN HARDEN THEIR HEARTS OR TURN TO BULLYING</b>	12
<b>WHAT YOU CAN DO AFTER YOU HAVE READ <i>A WIBBLE CALLED BIPLEY (AND A FEW HONKS) TO A CHILD</i></b>	41
<b>CONSIDERING FURTHER COUNSELLING OR THERAPY FOR CHILDREN WHO HAVE HARDENED THEIR HEARTS AND/OR BECOME BULLIES</b>	57
<b>BIBLIOGRAPHY</b>	62



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MARGOT SUNDERLAND is Founding Director of the Centre for Child Mental Health, London. She is also Head of the Children and Young People Section of The United Kingdom Association for Therapeutic Counselling. In addition, she formed the research project, 'Helping Where it Hurts' which offers free therapy and counselling to troubled children in several primary schools in North London. She is a registered Integrative Arts Psychotherapist and registered Child Therapeutic Counsellor, Supervisor and Trainer.

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