

# **SUPERHERO THERAPY**



JANINA SCARLET, PhD

Illustrated by WELLINGTON ALVES

**Mindfulness Skills to Help Teens & Young Adults Deal with Anxiety, Depression & Trauma**

Janina Scarlet PhD and

## Superhero Therapy: Mindfulness Skills to Help Teens and Young Adults Deal with Anxiety, Depression, and Trauma



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"Psychologist Scarlet, a childhood survivor of the Chernobyl nuclear explosion, draws in the techniques of acceptance and dedication therapy (Work) in this innovative method of helping visitors with emotional and psychological difficulties." By learning to face up to their inner villains and monsters, these individuals will motivate you to get over your problems aswell. —I have a slew of fresh tools you can use—This fun, unique, and "outside-the-package" For the first time ever, psychologist Janina Scarlet and Marvel and DC Comics illustrator Wellinton Alves get together to create Superhero Therapy—BooklistWinner of the US Association's Eleanor Roosevelt Human being Rights Award! A hero's journey always starts with a struggle—what's yours? —a dynamic, illustrated introduction to acceptance and commitment therapy (Work) to help you vanquish your inner monsters, explore your unique superpowers, and become a Superhero questing for what counts to you.Haven't you ever wished to be considered a Superhero? Wished that you could have amazing superpowers, such as super-strength, the opportunity to fly, or the ability to heal people? Or maybe you wished that you could travel through time and space, experiencing the many adventures that you' ll encounter along the way? With this fun and exclusive direct under your belt, nothing at all will stand in your way.especially when extremely villains like anxiety, depression, anger, or shame make an appearance.Eye-catching artwork and a concentrate on setting simple, achievable daily goals, makes this a promising alternative to more conventional self-help applications."to help you conquer whatever existence throws your way. Within these colorful pages, you'll synergy with a group of troubled heroes—inspired by both fictional people and real-existence people—enlisted at the Superhero Training Academy. When you're finished, you'Publishers Weekly "like mindfulness, self-compassion, and values— self-help guide provides everything you need to begin your own superhero training using evidence-based ACT and mindfulness skills.Sometimes existence is hard, and it takes super inner super strength to succeed and reach your goals. A lot of us wish we'd special abilities to greatly help us navigate through life—



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Genuine and Powerful Stories, Very Helpful This is an excellent introduction to ACT and includes exercises that one may use for oneself or recommend to clients. The publication is created in a way that is easy to read and understand, and the implementation is certainly superheroes and getting your very own powers is, well, extremely powerful. It's a great way for folks to reframe the things that they are struggling with. I can't wait to read more and I'm so happy to have this in my library. Scarlet's reserve gave me much needed strategies to improve my mental wellness during a complicated period in my life. So amazing. I motivate everyone to have a couple of days and examine this informative book. Although it is admirable to write a story applicable to mental illness, we have plenty of superheroes in pop tradition. We don't need more. Skip this reserve and opt for the author's Harry Potter therapy book. Wise, warm insight with a delightfully nerdy twist For many individuals, it's difficult to start emotionally to go over what's bothering them; Dr. The strategies here also have helped me in my own work with individuals dealing with addiction and poverty-related traumas. Superhero Therapy, with its razor-sharp artwork and positive wisdom, is a good book for anybody struggling to understand and handle their own emotional problems and for anyone who would like to increase their very own skills of empathy. Fun, Flexible Take Handles a number of neuro-atypical problems and tendencies that don't always fit perfectly into the DSM or children of comic-lovers. Five Stars great book - very useful and very funny Bam! Another amazing function and helpful book! This uses original heroes made up because of this book. As a pop lifestyle and personal proclaimed superhero nut I'm therefore excited to have a copy of Dr. Scarlett's work! It clarifies about PTSD and demons people struggle with after traumatic experiences. Many thanks SO MUCH for composing! It's a great combination of personal help, fiction, and phenomenal understanding. Dr. Self-help book made to help heroes who struggle with anxiety, despair, anger, shame and trauma. Fun and Informative. Superhero Therapy was a great and easy read. I've experienced the privilege of hearing her speak in person over Harry Potter and the Psychology behind it and I've loved her take. This is an excellent, joy-inspiring Dr. I was under the impression that this book was going to use existing heroes from pop tradition to help people progress therapeutically. This was a fun book because they made the character types superheroes that just require a little help to get over mental barriers. Scarlet is normally genuine in her description of her very own struggles, which helps the reader connect with their personal "monsters" and begin to function toward building compassion for themselves. Scarlet's use of pop lifestyle in her approach to therapy provides a new avenue for people to use when trying to navigate the complexities of their psychological turmoil. This is an excellent, joy-inspiring, playful undertake how to consider yourself from a mental wellness deficit, to baseline, and - if you maintain the procedures in this publication! - to a state of wellbeing. That is an incredible book and just a piece of her library in her wonderful catalogue of work.



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