



# The Hopeful Brain: Relational Repair for Disconnected Children and Youth

*Paul Baker, Meredith White-McMahon*

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Over the past two decades, significant advancement has been made in understanding the role the brain plays in human behavior. Along with this new and exciting information emerges a responsibility for therapeutic professionals to have a solid understanding of the "brain basics" needed to support the lives of troubled children and youth. The Hopeful Brain authors provide a common-sense look at modern neuroscience and its application to positive youth development, psychology and educational support. Baker and White-McMahon take on the often daunting world of complex neuroscience and provide readers with practical strategies that are easy to use and apply across a variety of settings. This e-book explores the importance of using strength-based interventions and creating structured opportunities to "reimburse" troubled children and youth with positive experiences that teach and transform. A comprehensive brain-compatible approach to therapeutic transformation is presented that incorporates critical aspects that impact brain development such as: Neuroplasticity Positive and Negative Stress Relational Trauma Social Connectedness Mirror Neurons Culture Self-Regulation

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