



## **“KEEPING THE PROMISE”**

### **A Handbook of Expressive Therapy Exercises for Working with Abused Children and Youth**



The handbook was originally conceived by our staff several years ago as a means of sharing favourite therapeutic exercises when working with children and youth through different stages of therapy. As the staff discussed this idea, they realized that it would be a valuable resource for other Sexual Abuse Intervention Programs in the province. They also wanted it to be a “handbook in process” that could be revised and expanded over time.

Since the project was beyond the scope of the agency’s resources, a proposal was submitted to the University of Victoria’s “Counting on Research and Making Research Count” program. Tanya Clarke, a student in Educational Psychology and Leadership Studies, took on the project. She met with the agency’s clinical staff and collected a few of their favourite exercises, then collated the exercises into handbook format over a nine-month period. Additions, graphics and final revisions were incorporated by the agency’s staff.

OUR VISION OF A HANDBOOK OF EXPRESSIVE THERAPY EXERCISES IS NOW A REALITY, AND WE HOPE THAT THE PROJECT BENEFITS OTHER CLINICIANS WORKING WITH CHILDREN AND YOUTH. WE ENCOURAGE THOSE WHO BUY THE HANDBOOK TO PHOTOCOPY EXERCISES AS NEEDED.

THE PURCHASE COST OF THE 64 PAGE HANDBOOK IS \$24.00 WHICH INCLUDES POSTAGE COSTS OR IS AVAILABLE FOR \$20.00 IF PICKED UP AT THE MARY MANNING CENTRE.

To order the “Keeping the Promise” Handbook, contact [admin@marymanning.com](mailto:admin@marymanning.com)  
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