



## EDUCATIONAL AND THERAPEUTIC CONSULTING - Mentoring and Testing Services

I have known the authors of this newly published book for several decades. Both have had practices as clinicians and both have worked in therapeutic residential programs. They now own and operate their own parent coaching practice and have had years of experience helping parents (and certainly the whole family as well) in embracing their child on his return to the home. What they have accomplished in their book, H.O.M.E. is important: it is a practical and authoritative look into the challenging, frustrating and often complicated transition of children who have been in residential treatment (short term or long term) as they return home. It offers extremely helpful advice, even verging on training, about how to approach and integrate best practices.

I can testify to this transition's challenges as I have been an educational and treatment consultant for over 40 years and know well the difficulties, problem areas, and frustrations that accompany a family's re-unification. The authors reveal immediately their credentials and their expertise by taking time in the book to address for their readers the profound and excruciating experience it is to send a child away from home into treatment. They are able to convey their humane connection to this kind of intense disruption to the family so that one reading the book, feels supported and understood. At the same time, the authors convey enough knowledge about what has been accomplished for the child... and for them...while the child is away in treatment, to support their growing skills as they bring the child back home.

The major part of the book is about developing the skills and the important self-awareness and motivation needed for the parents as they welcome the return of children back into the home. They do not minimize these efforts but they recognize that there is a need to practice them, hone them, and never give up. I liked the inclusion of examples of family experiences in which the parents are seeking help in getting through challenging situations as the child moves back home. The authors use these examples to advise and model and even cajole the struggling parents. In terms such as taking more time to react, looking at the child's perspective with more curiosity, and then problem solve with the child with less judgmentalism and more guidance. I also hold onto a major theme of this book: keep trying; don't give up; give yourself credit for small changes, etc.

I would recommend this book for the parents and counselors who are seeking help in managing the child's return home. It is a book that is comfortable to read because it feels as though the writers are talking directly to you and not lecturing. They are sharing their wisdom gained from guiding hundreds of families. Kudos for the accomplishment of this publication: part text book, part memoir, and part skill building training. It will be on my bookshelf and I will use it too.

**MIRIAM** - Miriam Bodin