

Understanding our children with awareness



Gunda Frey **Giving Children What They Need**

[Kindern geben, was sie brauchen]

How children can develop freely and develop themselves consciously

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Gunda Frey is a successful child psychotherapist and trauma educator with her own practice. She is also the founder and director of a training institute for trauma therapists and trauma educators. She is a coach and speaker, gives lectures on the subject of children and education, and holds school and educational counselling workshops.

The well-regarded child psychotherapist Gunda Frey explains how the world of children functions and what roles we adults play in it. She endeavours to give children strength, dispel preconceptions, and make new perspectives available. The focus here is chiefly on the realms of feelings and needs and how to manage them in a healthy way. The author is convinced that in order to find our way through the jungle of differing opinions on the methods and challenges in raising children, we need the relevant background knowledge about what children truly need and feel.

She has observed that children develop problems because they are hampered in their development by adults. She investigates the causes of these disorders, and she offers solutions. The author's goal is to create a social awareness about the needs of our children so that ultimately, with great depth of feeling, we can say, "Life with children is easy, and even fun!"

- The successful child psychotherapist, revealing what really matters in bringing up children
- A fervent plea for respecting the individuality and needs of children
- With many case studies from her psychotherapy practice

