

BOOK REVIEW

Jake's Journey

Author: Lisa Holland

Reviewed by: Montse Casado, Ph.D., LMFT,
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The September 11, 2001, tragedy is still felt by children and adults alike, and for some its impact will be stronger and deeper than for others. As we try to make sense of a senseless act and the loss we have all experienced, children may come to us for comfort and ways to help them understand the confusing feelings they may be experiencing. "Jake's Journey", written by Lisa Holland, is a sketchbook that offers adults a unique way to help children work through unresolved emotions.

Written in a metaphor format, Jake the dog tells elementary school children stories of how he learned to understand his feelings about the September 11 attacks on the United States. Jake's eight "journeys" resemble many of the same feelings children exhibit when they are coping with trauma. Each journey is followed by an idea to draw a picture of a particular feeling on the paw print sketch pages provided in the sketchbook. It also encourages children to talk to their parents and other adults as they draw their pictures. Although this book is not a substitute for therapy, it is a strong tool for parents, teachers and counselors or any adult who loves and works with children.

The profits from the sale of this book will be donated to the Families of Freedom Scholarship Fund and is currently available at www.amazon.com. Jake's "human mom" is Lisa Holland of Atlanta, Georgia. She is a licensed marriage and family therapist, currently completing her doctorate in family psychology. Lisa specializes in the treatment of children with chronic medical illness and is a member of the American Association of Marriage and Family Therapy and the American Psychological Association.

This review was sent to us by Sandra Frick-Helms, South Carolina Association for Play Therapy.