



Children sense everything. This is why we must talk with them about the reality they are a part of – also when it comes to what is painful
— **Karen Glistrup**

KAREN GLISTRUP

Karen Glistrup is a social worker and a psychotherapist who has specialized in family and couples-counseling for over three decades. Glistrup's work continues along the path forged by renowned family therapist Jesper Juul, and, from this tradition, she has carved out entirely new approaches to topics such as children's mental health and family life.

Today, Glistrup runs a clinic in Denmark where she counsels families and children as well as supervises and teaches professional psychotherapists. Glistrup is active in the international professional community and is a much sought after speaker at conferences around the world concerning child-care and family counseling

KAREN GLISTRUP

HVAD BØRN IKKE VED ... HAR DE ONDT AF

BRYD TAVSHEDEN



3. UDGAVE

HANS REITZELS FORLAG

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Danish title:
*Hvad børn ikke ved... har
de ondt af*

English title:
*What Children Don't
Know... Hurts*

Complete English &
German translation
available

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Germany: Verlagsgruppe
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*This book is nothing short of a miracle — especially for
the children and parents who are coexisting with mental
illness as a significant member of their families.*

— Jesper Juul

WHAT CHILDREN DON'T KNOW... HURTS

Children are always involved in what is going on around them. That includes what is not being talked about. This book is for those who are seeking a practical, inspiring approach to talking with children and families about difficult subjects, such as when parents suffer from mental illness.

Avoiding a topic is not good for children, who are trying to understand themselves and make sense of their world. Common justifications given for remaining silent are: “We want to protect our children,” followed by: “They’re too young to understand.” Developmental psychology, neuropsychology, children themselves, and plain common sense have taught us that children have need of clear, empathetic communication about what is going on in their lives. This is especially true when it involves their families.

This book guides and inspires professionals and parents alike to enter conversations that create a new relationship between children and parents, characterized by trust. The book is full of examples from the author’s countless family discussions with mentally ill parents and their children.

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Danish title:
Snak om det... med alle børn — en bog om angst, depression, stress og traumer

English title:
Talk About It... With Every Child — A Book About Anxiety, Depression, Stress and Trauma

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Rights sold:
Germany: Verlagsgruppe Beltz, **Holland:** In de Wolken, **Japan:** Kongo Shuppan, **Norway:** Kommuneforlaget

talk about it ... with every child

- a book about anxiety, depression, stress and trauma

by Karen Glistrup



Foreword by Her Royal Highness Crown Princess Mary of Denmark

TALK ABOUT IT... WITH EVERY CHILD

According to the World Health Organization, depression is, on a global scale, the most common mental disorder afflicting over 300 million people worldwide; in the US alone, the number is a staggering 9.5% of the adult population. Depression can lead to numerous other mental illnesses, such as anxiety or stress.

Mental illnesses are often kept hidden from children to protect them. *Talk About It...* however, argues that shielding children from the reality of mental illness does more harm than good. Children are quite capable of understanding the emotional realities of adults but are often not able to comprehend exactly what is going on. They may, for example, confuse the distress of the adults in their lives, as something they have caused.

Talk About It... amends this error, our tendency to shield children, and provides children with knowledge and insight into the fact that it is never the child's fault if adults become ill. The book is both meant to be read by adults alone and together with children. *Talk About It...* discusses anxiety, depression, stress and trauma and carefully unfolds, through engaging text and drawings, these illnesses, furthering both child and parents' understanding of mental disease.

PRAISE FOR TALK ABOUT IT...

Her Royal Highness Crown Princess Mary of Denmark

Extract from the foreword

This book 'Talk about it...' is informative and very helpful. The illustrations and text discuss issues that might seem difficult to share with children. The book is also a tool that makes it easier for us to talk about our thoughts and feelings – and this, is so important for both children and adults." Her Royal Highness Crown Princess Mary of Denmark Extract from the foreword

Karin Van Doesum

Phd. Psychologist Researcher: Mindfit and Radboud University Nijmegen

I strongly agree with the way in which this book approaches both the children and their parents. It can be helpful in our practice and it can help parents as well as mental health workers to talk to children. I am pleased to recommend the book to my networks here in Europe as well as worldwide.

Jesper Juul

Family therapist, author of Your Competent Child

This book creates a foundation of a new tradition which many of us have never known within the families who raised us. A tradition of increasingly stronger fellowship between children and their adults opposite to pain, secrets and worries draining everyone of energy and vitality.

Poul Nyrup Rasmussen

Prime Minister in Denmark 1993-2001

Where Karen Glistrup's work shows its strength, is its ability to open up for the dialogue between the adult and the child about feelings. I will strongly recommend this book to everyone, no matter how affected you are of mental disorders in the family.

Lisbeth Zornig Andersen

Chairman of the Danish National Council for Children, 2009-2012

It requires adults to talk to if you need to understand life and elusive, tabooed issues such as mental diseases. Therefore, Karen's book is an important tool towards greater understanding – for adults as well as for children.

Poul Videbech

Professor, Dr.Med.SC, Consultant

When you fight depression, treatment is not enough. Information is also vital. Hence, books which demystify are needed. Therefore, this book meets a very large and important need.

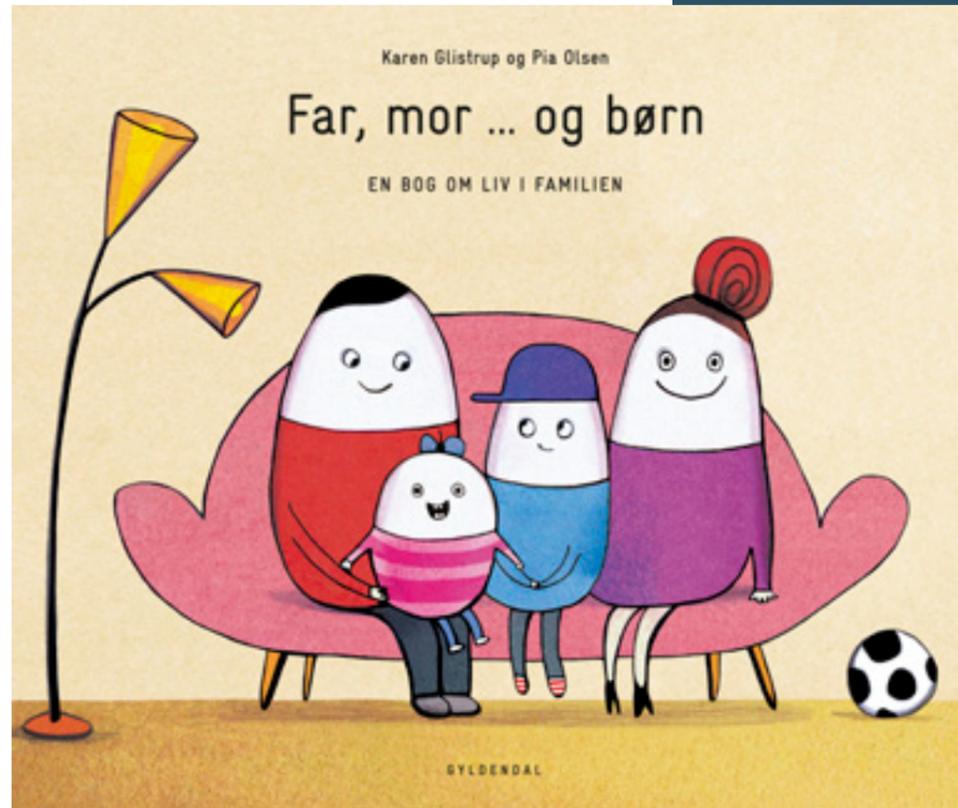
Elizabeth Nestlerode

Thank you very much for writing the book *Talk about it...with every child*. I am an adult with mental illness but when I read the book I felt the child in me who grew up with parents who had untreated mental health challenges was being acknowledged by someone. Now I am a parent who is trying my best to be a good parent and manage my own mental illness. I appreciated how you approached this challenging but important topic.

Published by: Gyldendal
(DK) in 2016.

60 pages.

English sample available



Dad, mom... and Children

Family life is complicated. *Dad, Mom...* is an invitation to parents to engage their children in all aspects of family life. Both when things are good and difficult. When parents argue children often shy away from the conflict, unsure if they should participate. Are they arguing about me? Have I done something wrong? Is it my fault?

Children flourish when they grow up in an environment that builds on love and respect. Yet, despite everyone's good intentions conflicts are inevitable. *Dad, Mom...*, which is intended to be read together by parents and their younger children, unfolds various scenes of family life. Through dialogue parents can discuss with their children why adults sometimes fight or why for example, mom is sometimes very stressed.

Like Inside Me... these emotional scenes are depicted through simple, yet captivating drawings by Pia Olsen accompanied by a short explanatory text as well as questions that are to be explored together. Children are very aware of the emotional realities that they find themselves in, and, writes Glistrup, it is vital for healthy family life that we include them in these emotions and help them understand.

Published by: Gyldendal
(DK) in 2016.

60 pages.

English sample available



Inside me... and Others

Children who are good at understanding their own emotions are better at understanding the emotions of others. Empathy is the foundation for good and healthy relationships. *Inside Me...* engages children in discussions of the emotional lives of themselves and of others in order to encourage and help their empathetic abilities grow.

Inside Me... is a picture book aimed at children aged 2 to 9. Rich emotional scenes are elegantly portrayed through a series of drawings by Pia Olsen that are accompanied by short texts and questions designed to inspire fruitful conversations between parent and child. *Inside Me...* covers light-hearted feelings but does not shy away from depicting uncomfortable emotional scenes.

It is essential, writes Glistrup, that children are introduced to and are able to understand tough emotional realities. Glistrup has found, through many years of counselling, that children who have been taught to navigate complex feelings are less likely to suffer from insecurity, anxiety or stress throughout their own lives.

Foreword to *What Children Don't Know... Hurts* by Jesper Juul

This book is nothing short of a miracle – especially for the children and parents who are coexisting with mental illness as a significant member of their families.

Karen Glistrup did her groundbreaking work with families within a traditional psychiatric institution at a time and in a professional culture, which would have kept most people from even trying. Not only has adult psychiatry generally been very conservative but also the common attitude toward mental illness in society tends to be tainted by secrecy, shame and denial. This book and the authors latest books (German titles) are facilitating important changes in this respect.

This book is not about using family therapy within the psychiatric world – although this would be a splendid idea as well. It's about conversations with and within families, carefully monitored by professionals for the benefit of all involved – including the patient and her cares. These conversations often become very therapeutic.

It has been evident for many years, how family secrets are having a strong

negative influence on many levels. They make the relationships between everybody distant; they make everybody feel guilty – especially children – whereas adults can justify keeping a secret by convincing themselves that it is better for the child. Eventually – when the secret is revealed – the adults will feel guilty as well; guilt attenuates the vitality and healthy development of children's self-esteem. This book explains how these general effects tend to become even more poignant when the relationship in question is one between a child and a mentally ill parent.

Because this kind of secret is so painful for all involved it is a big relief when an experienced professional helps the whole family with starting the conversation – a series of dialogues which are not aimed at the diagnosis of the patient but at improving everybody's well-being. Karen Glistrup's book is an excellent guide for any professional who wants to facilitate openness and demystification.

This book is however not only for mental health professionals but a valuable source of knowledge, experience and inspiration for all adults – pedagogues, teachers, parents and grandparents.