

About the Authors

Roger J. Klein, Psy.D.

Roger is the Co-Founder and Director of Family Resources Associates, Inc., a private practice mental health clinic. As a clinical psychologist, he has extensive experience providing therapy for children, adolescents and families. Dr. Klein also worked as a teacher and school psychologist in a public school setting for over 30 years. He taught graduate courses for Aurora University and also is the Co-Founder of Inner Coaching, specializing in products and programs to help children and teens deal with and conquer stress. He also is on the consulting staff of Rogers Memorial Hospital, a private psychiatric hospital. Dr. Klein is co-author of *Ready...Set...R.E.L.A.X., a Researched Based Program of Relaxation, Learning and Self Esteem for Children*. He authored a chapter of the same title in *Creative Interventions with Traumatized Children* (The Guildford Press, 2008, N.Y. ed. Cathy A. Malchiodi). Dr. Klein is a frequent presenter at local, state and national conferences. He has been a faculty member at The National Institute for Trauma and Loss in Children (TLC) since 2000.

Jeffrey S. Allen, M.Ed.

Jeffrey has been a special education, regular education teacher and currently serves as an elementary school principal. He has done extensive work in writing and implementing various curriculums. For many years he has organized and facilitated support groups for children experiencing death, divorce or separation. He has written numerous plays and directed musical programs for children. He has contributed articles and photographs for local and national professional publications. Jeff enjoys traveling and recently was awarded top honors from the National Catholic Press Association for his photography in Ghana, West Africa. Jeff used his professional, personal and parenting experiences in writing the majority of the scripts for the books *Ready...Set...RELAX* and *RELAX.calm*.

GET READY to... RELAX.calm

Responsibility
Empowerment
Learning
Attitudes
X-pand

Based on the success of the *Ready, Set, R.E.L.A.X.* program, *RELAX.calm* takes aim at reducing adolescent anxiety.

With many years of practical experience, Klein and Allen use the latest research and methods to help teens battle stress and focus on success.

RELAX.calm uses relaxation techniques, guided imagery and positive self talk to help teens:

- make good choices
- exhibit strong values
- be successful
- feel competent with peers
- feel supported
- increase self esteem
- feel empowered
- increase learning
- become involved
- develop test-taking strategies

RELAX.calm features over 50 scripts that are easily used by therapists, teachers, counselors, parents and teens themselves to provide an avenue for positive change.

"After reviewing the research on the effectiveness of imagery, relaxation, and music in reducing stress, *RELAX.calm* provides the clinician with scripts designed to arm adolescents with self calming and esteem enhancing positive self-talk skills. *RELAX.calm* is a valuable resource for professionals and parents aware of the power of imagery in helping teens make positive changes."

—Anees A. Sheikh, Ph.D., is Professor of Psychology at Marquette University and Clinical Professor of Psychiatry and Behavioral Medicine at the Medical College of Wisconsin. He has published thirteen books on imagery and related topics and was the founding editor of *The Journal of Mental Imagery*.

"Stress, anxiety, and depression are, unfortunately, all too common in the lives of our teens. *RELAX.calm* is a must for anyone who works with or cares for this vulnerable age group. The foundation of this book is rooted in prevention; feeding the branches of empowerment, hope and relief. From identifying the symptoms of stress and its related concerns, to developing a stronger sense of self; the techniques, strategies and practical tools for managing life's challenges will help you take a teen to a place where they are able to manage their own stressors in healthy and positive ways."

—Mary McHenry MSW, Coordinator and Professor, Child and Youth Worker Program, Lambton College, Sarnia, Ontario, Canada



Authors
Jeffrey S. Allen, M.Ed.
and Roger J. Klein, Psy.D.



Specializing in products and activities that foster positive thinking, reduce stress and build self-esteem in children.

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ISBN-13: 978-0963602794

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