



Real Life Heroes



**Resiliency-Focused Treatment for Children and Families
with Traumatic Stress**

REVIEWS AND COMMENTS ON USE OF *REAL LIFE HEROES* AND RLH TRAINING PROGRAMS

Children's Comments on Working with *Real Life Heroes*:

"A year ago I never thought I would have anyone in my life who was my hero and now I have one."

"I have so many more people in my life that can help me now, I am not alone anymore."

"Heroes has inspired me to be something I did not think I could be 10 months ago. I thought I was going to give up, fall into a hole, have kids . . . And now I will be someone and I hope to inspire others!"

Caregiver Comments:

"I really like the centering activities you use (as part of the HEROES Project). I have used them in my own recovery, and I have noticed a big difference they have made in my son's anger."

"I gave her (clinician) a hard time about doing it (*Real Life Heroes*) in the beginning, but once I did it, I really liked it!"

Practitioner Comments:

"I have to share with you how helpful the curriculum has been. . . I use "My Thermometers" with ALL of my clients - they even request it - . . . Thank you for this fantastic tool."

". . . I've witnessed how your Real Life Heroes program truly does assist children and their caretakers in processing their trauma and strengthening their relationship with each other. . . ."

". . . This is a fabulous workbook for kids, particularly kids in foster care. It incorporates emotion regulation skills, trauma narrative, a family tree, etc. "

“I am going through the workbook w/ a kid of mine who has had a very complicated permanency situation for quite some time and this book is a great way for him to talk about it (write, draw, etc.). . . .I highly recommend it.”

“It's my real first attempt to implement and I am very very pleased with how quickly your format emphasizes safety and trust. Thank you Dr. Kagan for giving us this vehicle to help families rebuild their bonds. . . . I was deeply moved earlier today with interactions between siblings and between child and parent-and all through the open doors your book allowed. . . .”

“I am writing to you to let you know of a family that I am currently working with . . . who has found so much help and happiness through *Real Life Heroes*, although we have only completed the first chapter! Both parents and the child have really engaged in the process, and explained that they feel so blessed to have these activities helping to foster "true" communication between them. They are having so much fun with the activities, and have all participated above and beyond. I just wanted to let you know how happy they are with Real Life Heroes, and that it has truly meant a lot to them. Thank you!!”

“Dr Kagan had a very nice way of presenting material that is playful and engaging. I have been given more ‘tools’ to use in this presentation than any other thus far (4th day of 5 day conference)

“Great presentation with provision of wonderful tools to use with children who are victims of any kind of trauma. . . .”

“Excellent participatory experiences. Clear, sequential—incorporated all essential ingredients”

“. . . I truly enjoyed your trauma training and I honestly think it was one of the most valuable things I learned here. I can take the skills and strategies you taught us into the next chapter of my career and I am very appreciative of that. Thank you”

“Great experiential exercises”

“. . . really awesome”

“I wanted to write you a quick note to say again how much I appreciated your presentation of "Real Life Heroes" last week. . . . I worked for over 22 years . . . and for many years I coordinated development of trauma recovery groups. I am impressed by the "Real Life Heroes" treatment and tool kit and want to thank you for your passion and work. “

“The creative activities were awesome!”

“Fantastico!!!”

Citations from Executive Directors, Program Directors, and Supervisors of National Associations and Child Welfare Agencies

“I wanted to say again how much we enjoyed the training . . .(the practitioners) said after you left that it was one of the best trainings they have ever had. . . . I am seeing a lot of Real Life Heroes in progress notes!”

“It’s not ‘one more thing’, it’s ‘the thing.’ - regarding adding RLH treatment for traumatic stress.

“Everyone is talking about how much they enjoyed the training and how well it applies to our population. You did a wonderful job.”

“. . . the evaluations . . . were very positive, and I was thrilled that staff were able to identify so many useful strategies and activities that they can use with the children and families.”

“It was beyond wonderful to have you here. Thank you so much for an amazing training and for bringing us together around this work.”

“Your training was interesting, inspiring (and fun!). I have to figure out a way to fit in some part time clinical practice!!”

“Your keynote presentation was well received and inspiring. We have received rave reviews for this conference and we owe a large part to your willingness to speak both as a keynote and workshop presenter.”

“Your presentation was excellent---and you covered a lot of material very clearly and succinctly.”

“Wonderful model . . . Thanks for the presentation.”

“The clinicians have enjoyed utilizing the workbook with their clients and have found it to be very successful in working with our children and families. . . .”

“I have has ONLY very positive feedback from folks that attended RLH last week. Thank you so much!!”

“It was beyond wonderful to have you here. Thank you so much for an amazing training and for bringing us together around this work. . .”

“Dr Kagan had a very nice way of presenting material that is playful and engaging. I have been given more ‘tools’ to use in this presentation than any other thus far (4th day of 5 day conference)

“Great presentation with provision of wonderful tools to use with children who are victims of any kind of trauma. . .”

“Excellent participatory experiences. Clear, sequential—incorporated all essential ingredients”

“Great experiential exercises”

“Your presentation was excellent---and you covered a lot of material very clearly and succinctly.”

“Wonderful model Thanks for the presentation.”