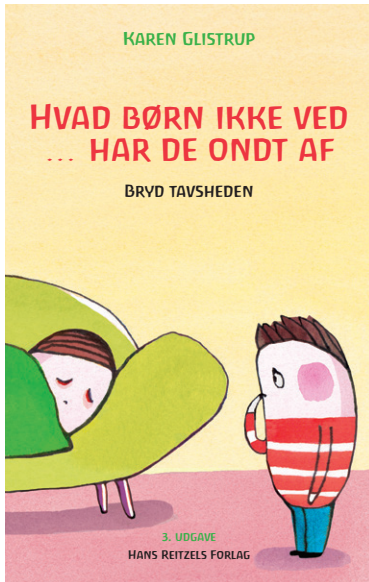




**KAREN
GLISTRUP**
Copenhagen Literary Agency

AUTHORSHIP

What Children Don't Know... Hurts by Karen Glistrup



Publisher:

Hans Reitzels Forlag (DK), 2014

Pages: 245.

Original title: Hvad børn ikke ved...
har de ondt af

Rights sold:

Germany: Verlagsgruppe Beltz

**Complete German and English
translation available.**

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.

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

PRAISE for *What Children Don't Know... Hurts*

“This is a very important book with lots of wisdom! The book will be very valuable to both adult and child therapists and can be highly recommended for everyone working with children who may be confused and concerned about their parents and are often distressed as nobody tells them what is happening. In many ways this has led to a culture of what we could call protecting but is also marginalizing children in our professional services...

What this book draws attention to, with such sensitivity, towards both the children and parent's dilemmas, is the suffering, fears and the self-blame these youngsters often develop. Reassuring them that they should have no responsibility or guilt for anything, but just to appreciate their parents love them dearly even if at the moment that maybe difficult to understand.

Karen has developed a different and potentially very important new approach breaking some of the more conventional ways of working with families when one of the parents has a mental illness.

Karen breaks some of the so-called conventional rules of family therapy by, if possible, only using a single therapist for both the adult and the child, so the child is more likely to get heard and listened to and is more able to ask question about their worries and why their Mum or Dad is behaving in an unusual way.

In this book Karen gives detailed examples of ways of approaching a parent with psychiatric problems/difficulties...

Karen's book is offering new approach breaking ways to make this change in our practice. She invites us to meet children as people whose voices we should hear and pay attention to like any others'.”

DR. ELSPETH McADAM *Child Psychiatrist*

BENEDICTE SCHILLING *Cand. psych. aut. MSc*

SIMON BURTON *MSc Systemic Psychotherapist*

“Karen offers much needed insights for parents for how to have honest, authentic and loving conversations with children about difficult topics like mental illness, addiction and other challenging circumstances. Historically, adults thought that it was best to hide these conversations from children because they thought it was better for them, but we now know that this just isn't true. We know that it not only necessary but critical for children to have these honest and trustworthy conversations within their families, one on one, or carefully monitored by a professional.

Children sense very clearly what is going on around them, and when we don't talk about the reality they are living in, they start making things up. Karen gives us the much needed knowledge and language we have been missing as parents and professionals to understand which kids need help and how to talk to them in an honest and loving way. I highly recommend this guide for families and professionals who want to create a strong connection by understanding what is going on with their children and need the tools to be able to talk about it.”

JESSICA JOELLE ALEXANDER *Bestselling author and Danish parenting expert*

FOREWORD to *What Children Don't Know... Hurts*

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 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.

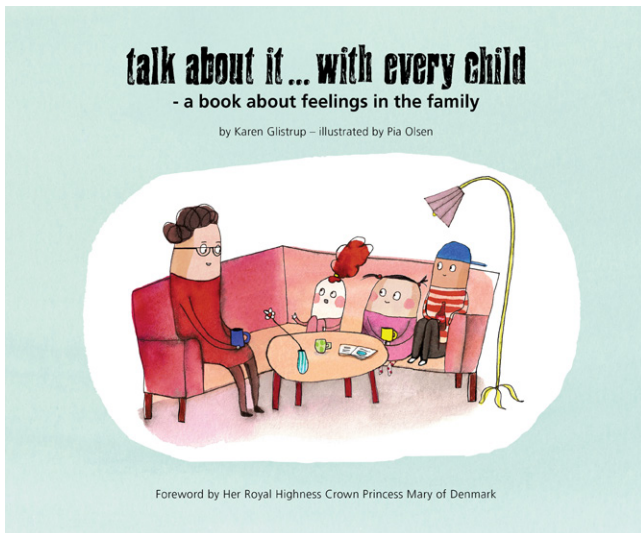
Because this kind of secret is so painful for all involved it is a big relief when an experienced professional helps the whole family with starting the conversation – a series of dialogues which are not aimed at the diagnosis of the patient but at improving everybody's well-being. Karen Glistrup's book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

JESPER JUUL

Familytherapist mpf, Author, Ashoka Fellow

Talk About It... With Every Child by Karen Glistrup



Published by: SNAK OM DET (DK) in 2021 4. edit. 56 pages

Danish title:

Snak om det... med alle børn – en bog om følelser i familien

English title:

Talk About it... With Every Child
– a Book About Feelings in the Family
Complete English translation available

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

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.

Extract from foreword by
Crown Princess Mary of Denmark

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.

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. This is precisely why we need to talk about mental health with children. Every child will, at some point, encounter mental illness, be it in their own family or through their friends.

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... With Every Child*

“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** *(from the foreward)*

“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.”

KARIN VAN DOESUM *Phd. Psychologist Researcher*

“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.”

JESPER JUUL *Family therapist, author of Your Competent Child*

“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.”

POUL NYRUP RASMUSSEN

Prime Minister in Denmark 1993-2001

“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.”

ELISABETH NESTLERODE *Portland, Oregon*

“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.”

POUL VIDEBECH *Professor, Dr.Med.SC, Consultant*

“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.”

LISBETH ZORNIG ANDERSEN *Chairman of the Danish National Council for Children, 2009-2012*

Inside me... and Others by Karen Glistrup



Published by: Gyldendal (DK) in 2016.
60 pages.

English sample available

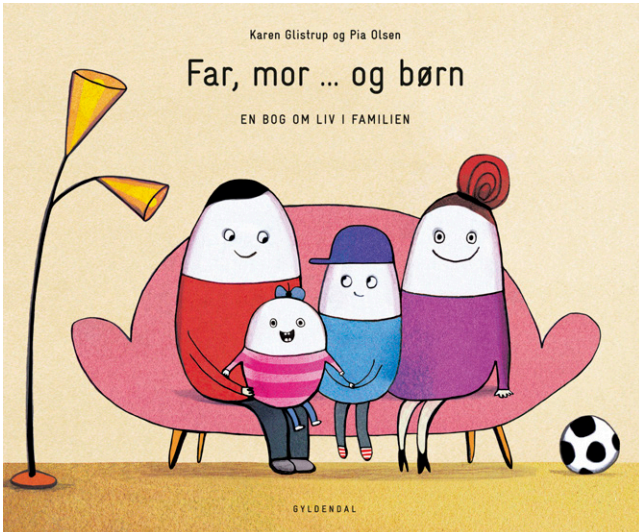
Rights sold: **Germany:** Körner Medien

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.

Dad, Mom ... and Children by Karen Glistrup



Published by: Gyldendal (DK) in 2018.
60 pages.

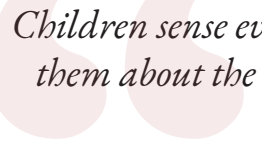
English sample available

Rights sold: **Germany:** Körner Medien

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.



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

ABOUT THE AUTHOR

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.

Glistrup's vision is that fewer children in the world should grow up lonely, with feelings of shame and wrongness. Her books provide new insights into the inner lives of children, and inspire a greater sense of trustworthiness, and thereby better relations between adults and children concerning the reality they agree on.

Her Royal Highness the Crown Princess Mary of Denmark supported Glistrup's vision with a warm forward to her bestseller *Talk About It... With Every Child – A Book About Feelings in the Family*.