



The attic is a wondrous place. It is a place to fix things: Dad's workshop is there, and Henry's special corner, which hides his secret supply of building blocks. When his soldier father comes back changed, Henry's fantastic block towers are threatened by Dad's sudden outbursts.

But in the attic inspirations come, and repairs of all kinds are made...

Time, Love and Licorice is a story of pain and hope. This *Healing Coloring Storybook* is illustrated with drawings of Henry's optimistic, creative and imaginative world — a safe space in which children and families can face and try to heal from the disruptions caused by Post-Traumatic Stress Disorder (PTSD).

Time, Love and Licorice is also a tool for professionals who are intent on helping those suffering from PTSD. The artwork creates a transpersonal space, a dream space. There are no images of angry fathers or frightened children to impose emotions upon the reader. The story is visually expressed through the familiar rooms and objects in the child's life.

There are many ways that a child might helpfully approach this book: coloring within the lines is not required here. The child's chosen method is the healing one. If several copies of *Time, Love and Licorice* are available to the child, it may be found that their chosen method changes with time.

Time, Love and Licorice

a healing coloring storybook

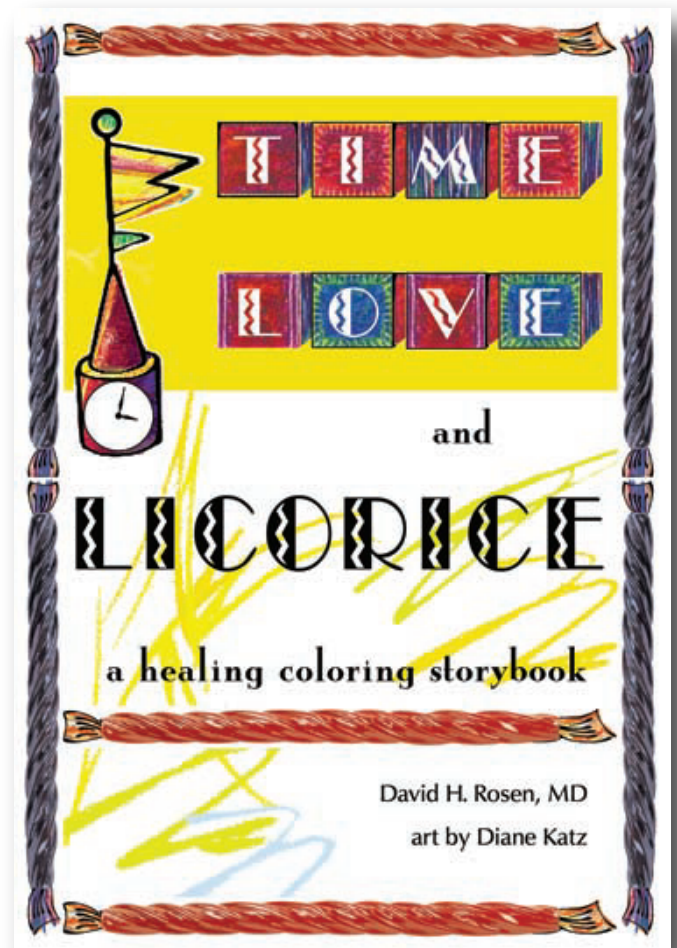
David H. Rosen, MD
art by **Diane Katz**

Dr David H. Rosen is a physician, psychiatrist, and Jungian analyst. The vast array of his interests include finding meaning in suffering; spirituality as it relates to healing; dreams; all kinds of creativity, especially visual art and haiku; "egocide" as a meaningful alternative to killing oneself; and practicing what he preaches.

The initial holder of the McMillan Professorship in Analytical Psychology at Texas A&M University, Rosen is Affiliate Professor in Psychiatry at the Oregon Health & Science University.

Diane Katz has seen the value of emotional transformation through artistic expression. She uses a high-energy, emotion-releasing technique to draw with creamy blocks of beeswax crayons. The result is a cross between printing, drawing and monument rubbing, in which hidden images magically reveal themselves on the surface of the paper.

Diane lives with her husband in the woods of North Carolina among the fox squirrels, rabbits, deer, and green anole lizards. Interested in the curative properties of herbs, she is delighted to discover that candy made from real licorice root can be used to help heal adrenal exhaustion and stress.

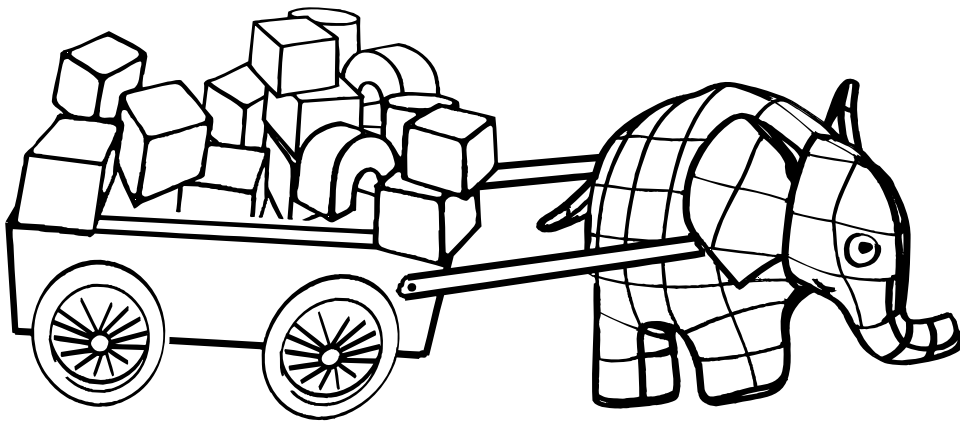


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TIME,
LOVE
and
LICORICE



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HOW TO USE THIS BOOK

Time, Love and Licorice is created to be a safe space in which children and families can face, process and try to heal from the disruptions caused by Post-Traumatic Stress Disorder (PTSD).

There are many ways that a child might helpfully approach this book, crayons in hand. While listening to the story, she may wish to color the decorative borders only, allowing the emotional story to process subconsciously while giving her conscious attention to coloring ordered patterns.

One child might discover that he and his family are missing from the pictures. This child may wish to draw himself into the pictures where another child may use his crayon to scribble emotional energy all over the page.

Coloring within the lines is not required here, unless that is what suits the personality of the child. The child's chosen method is the healing one, and if several copies of *Time, Love and Licorice* were available to the child, it may be found that his or her chosen method changes with time.

For Aidan & Benjamin

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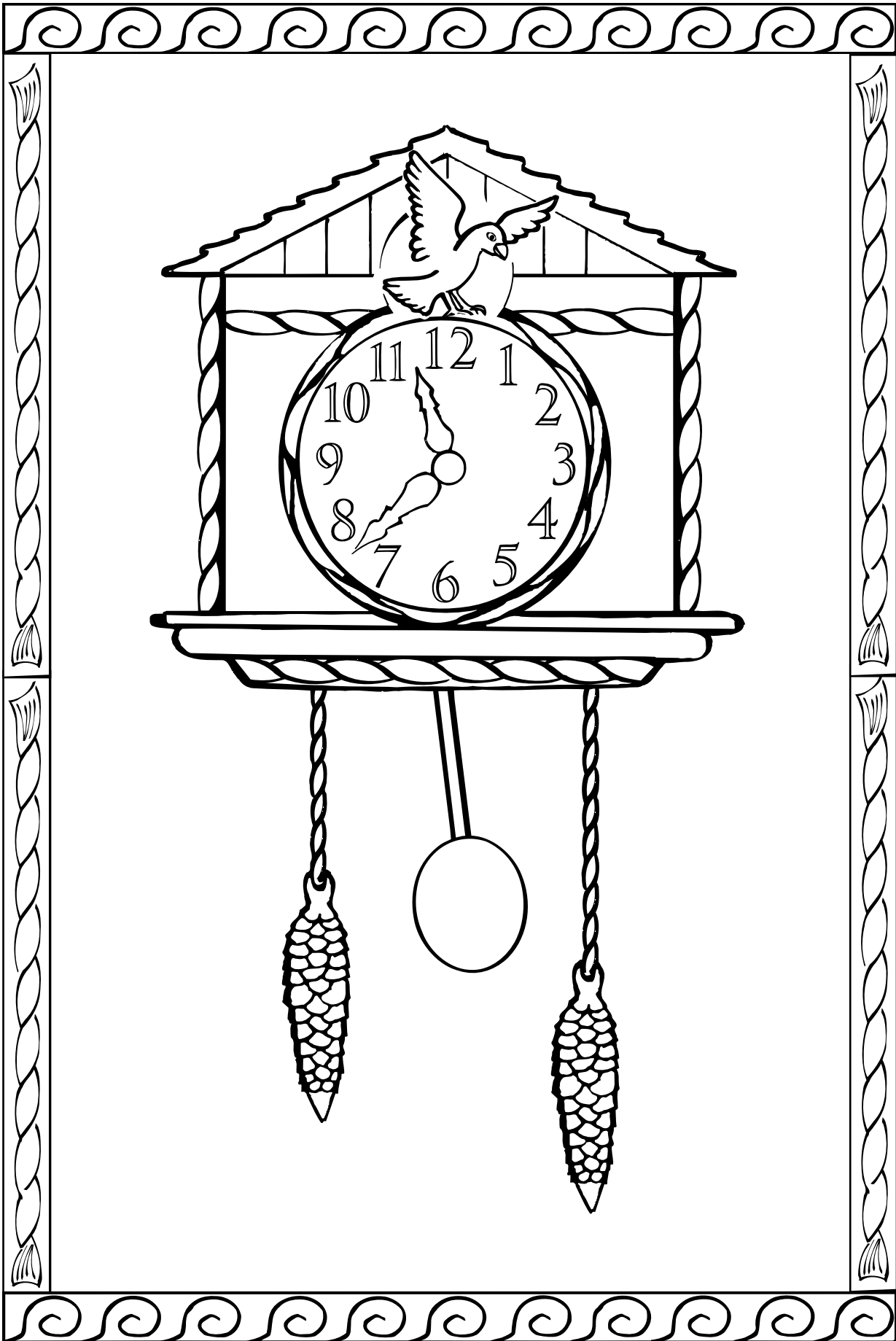
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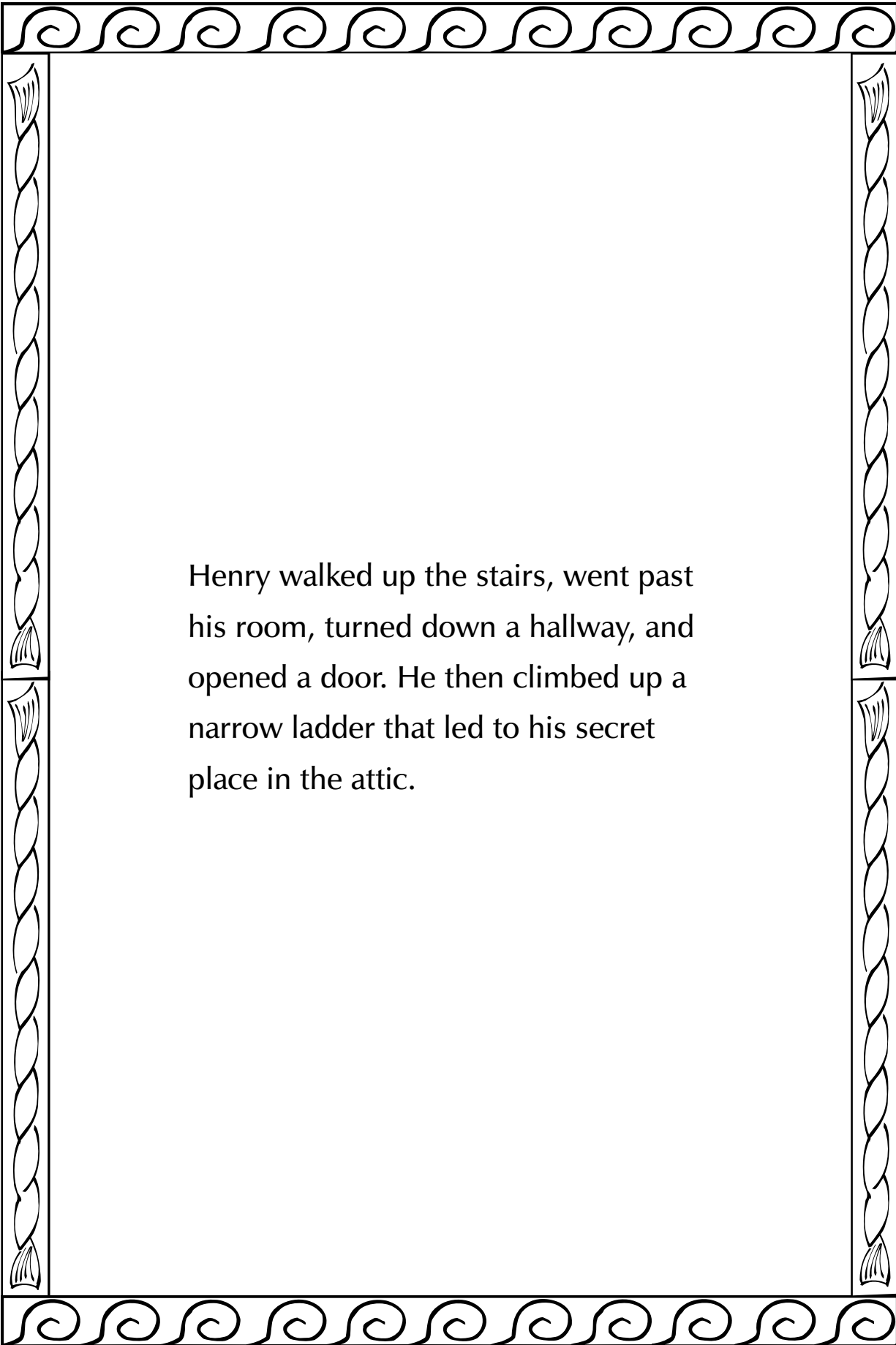
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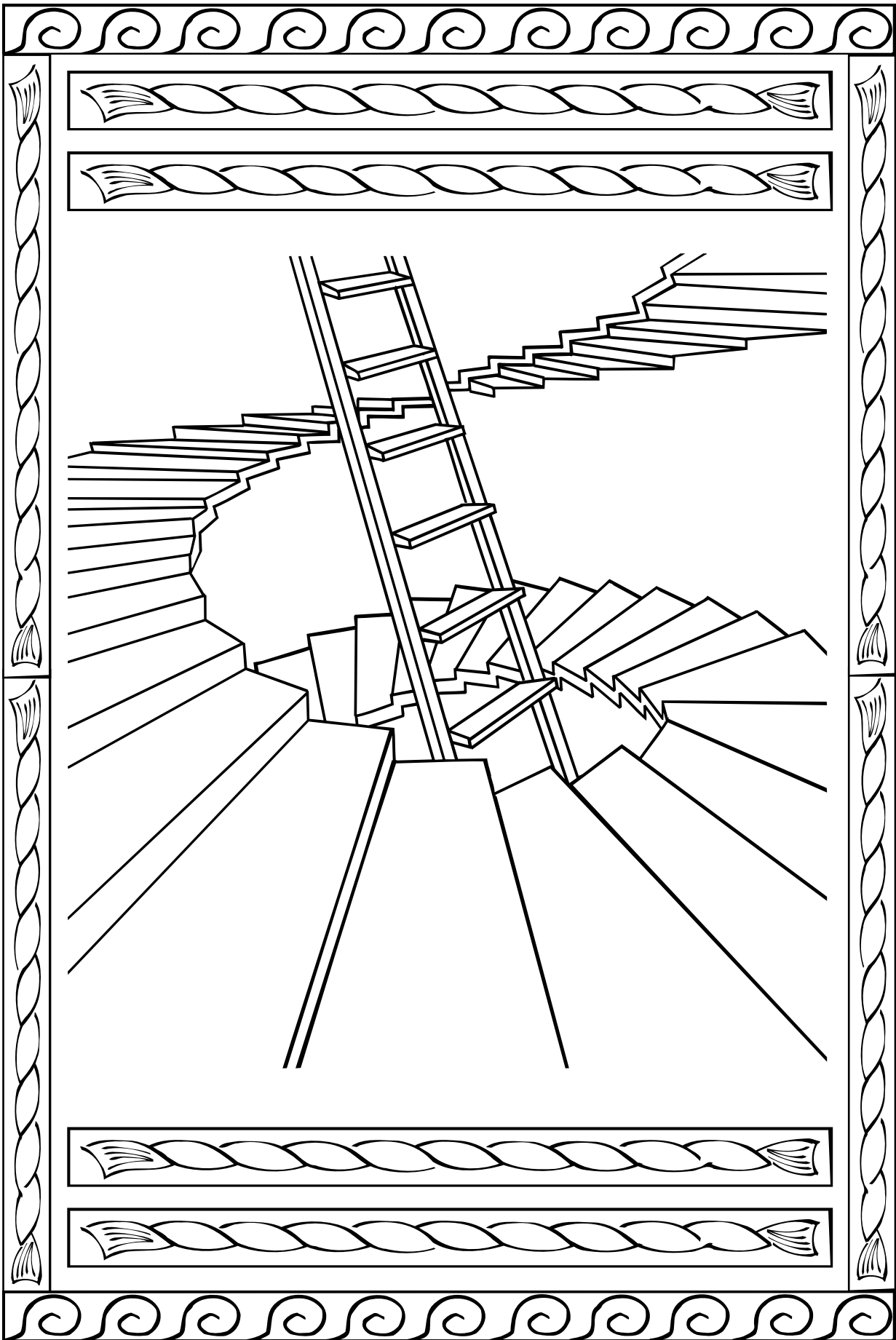
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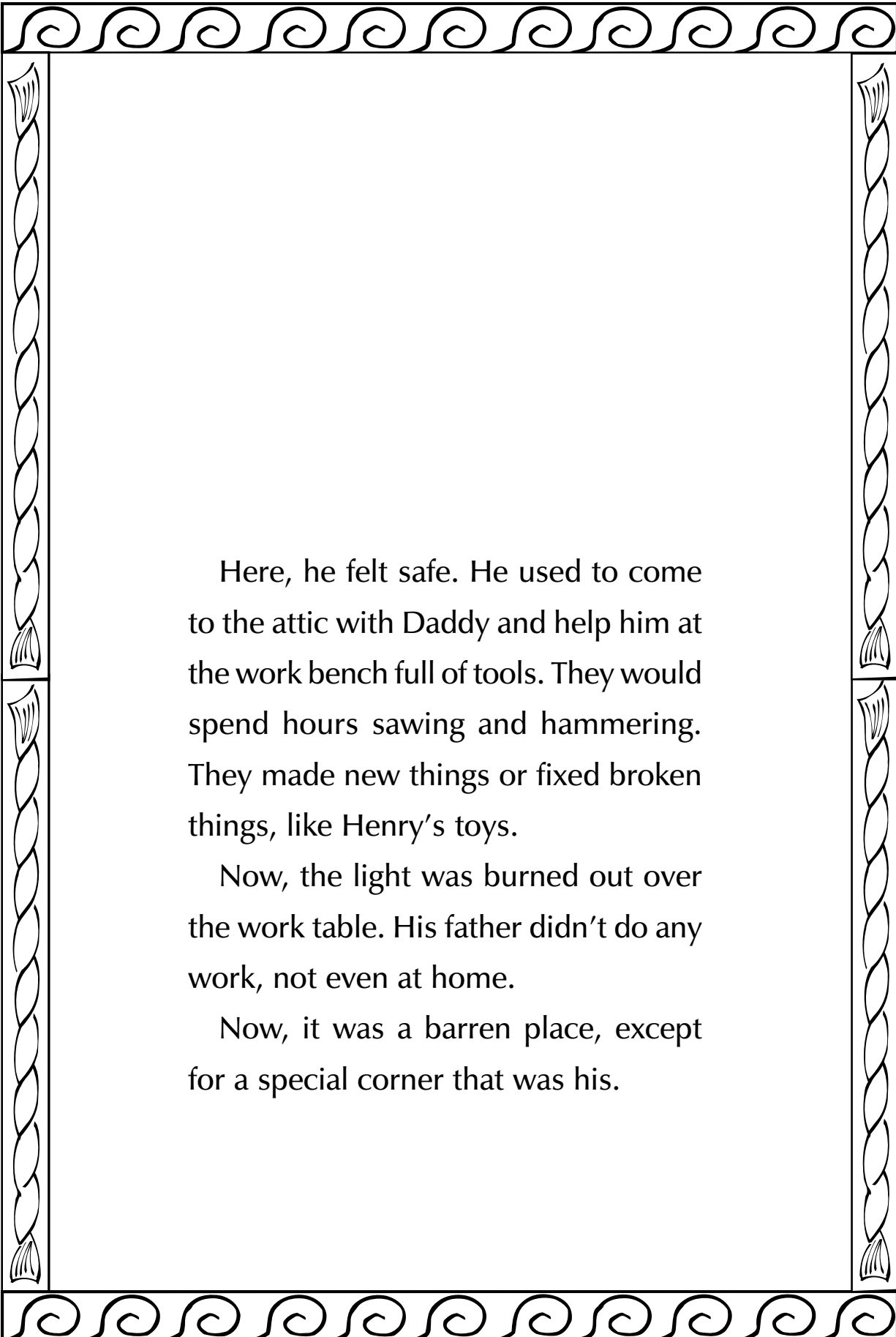
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Henry walked up the stairs, went past his room, turned down a hallway, and opened a door. He then climbed up a narrow ladder that led to his secret place in the attic.

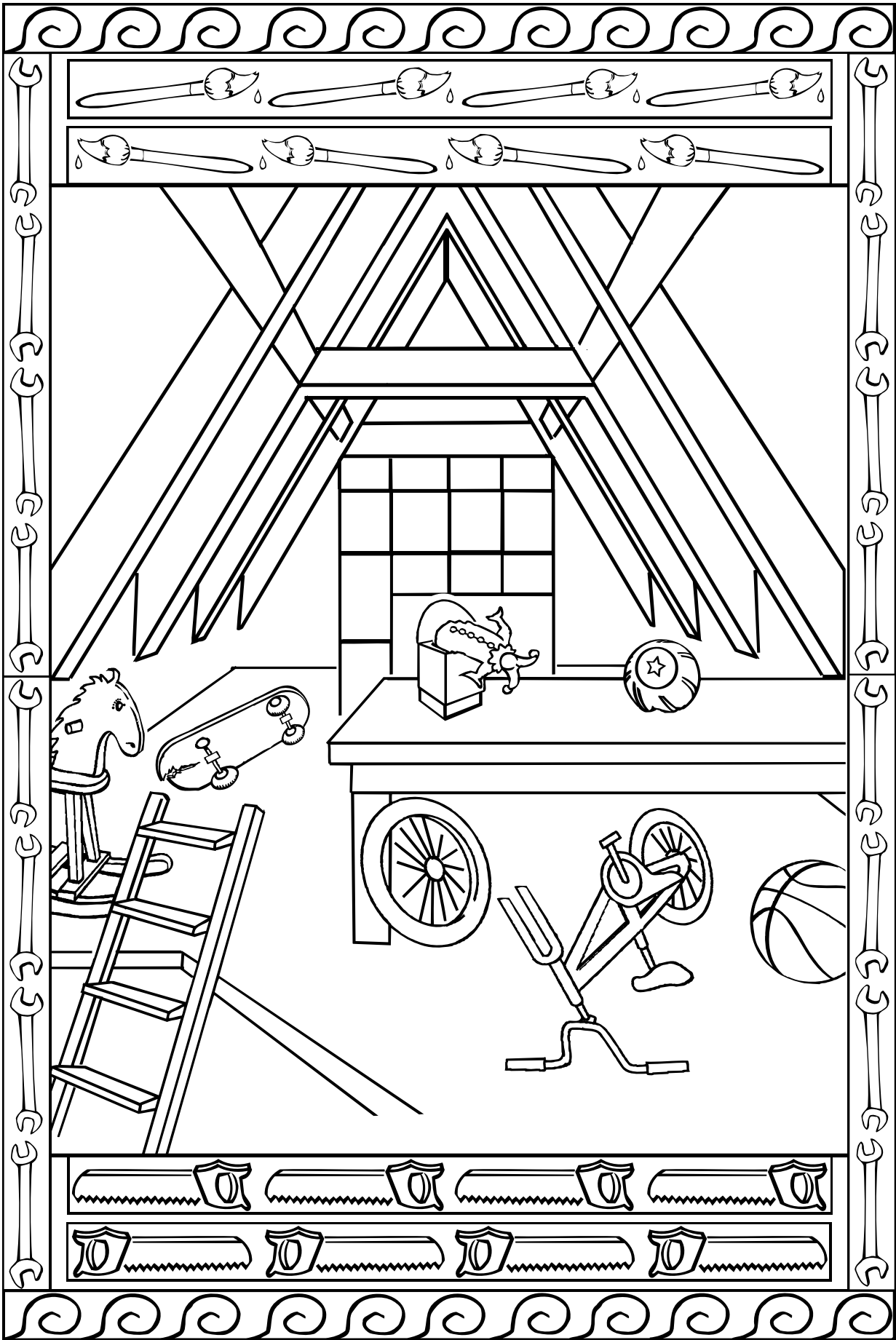


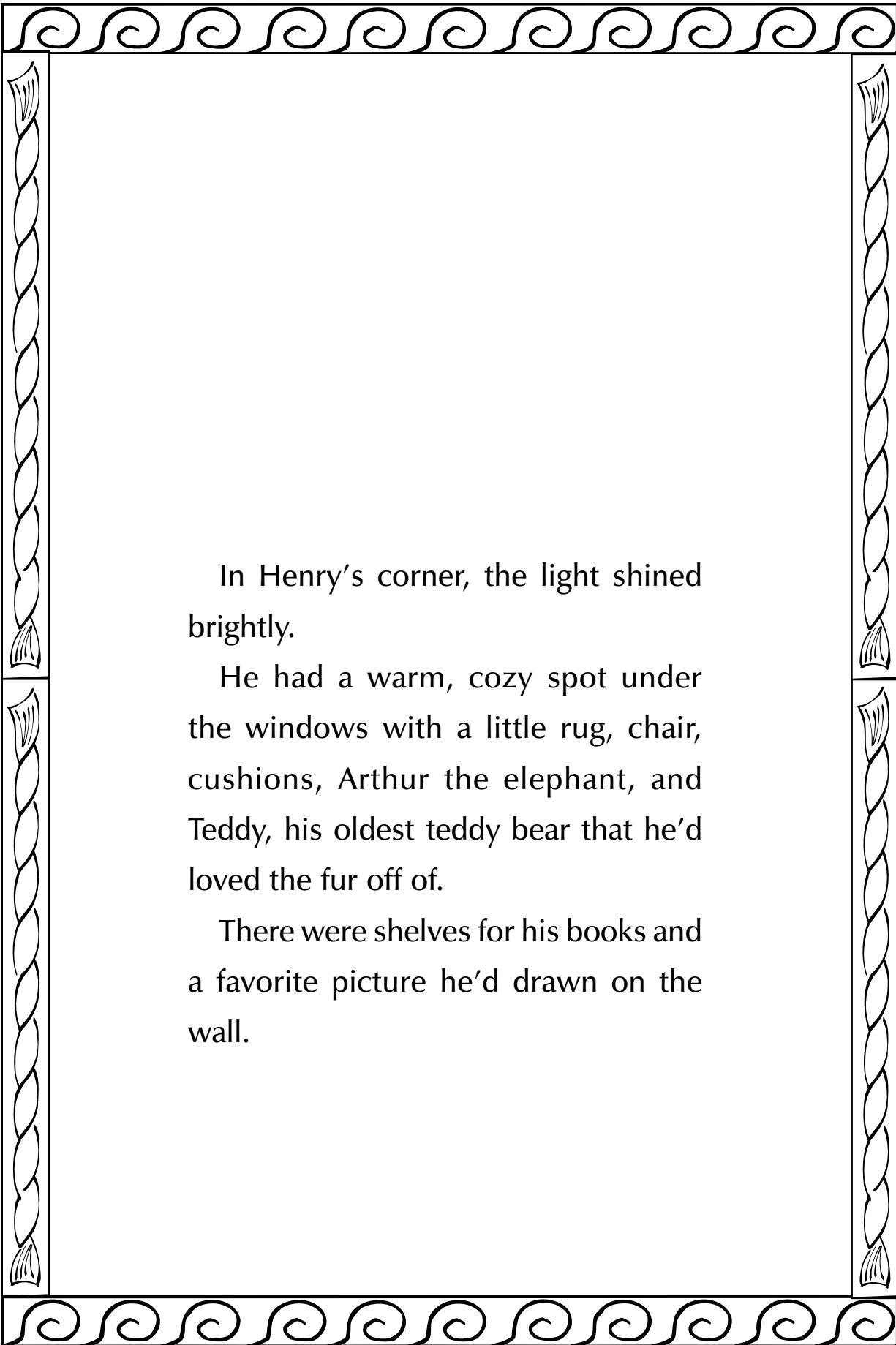


Here, he felt safe. He used to come to the attic with Daddy and help him at the work bench full of tools. They would spend hours sawing and hammering. They made new things or fixed broken things, like Henry's toys.

Now, the light was burned out over the work table. His father didn't do any work, not even at home.

Now, it was a barren place, except for a special corner that was his.

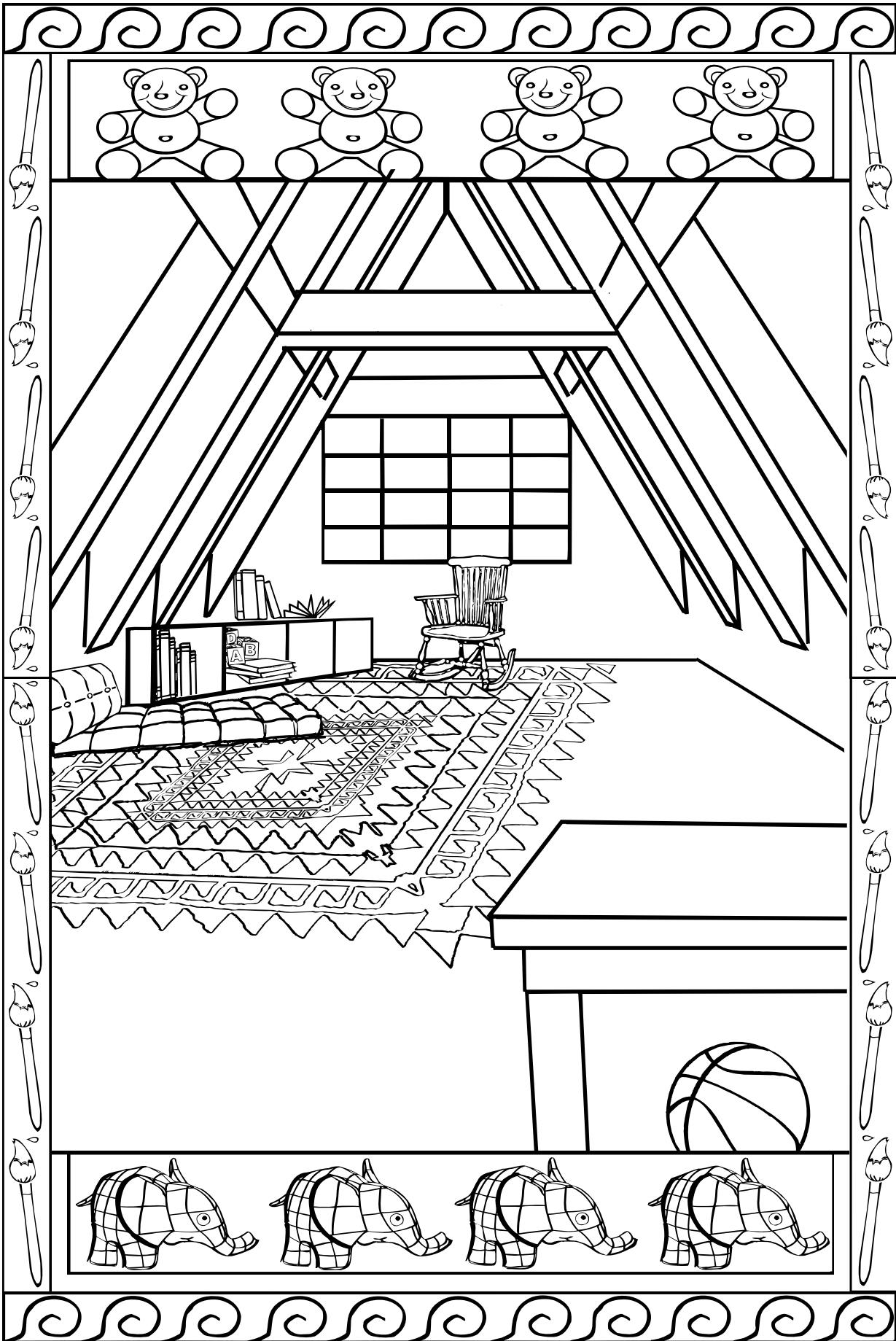


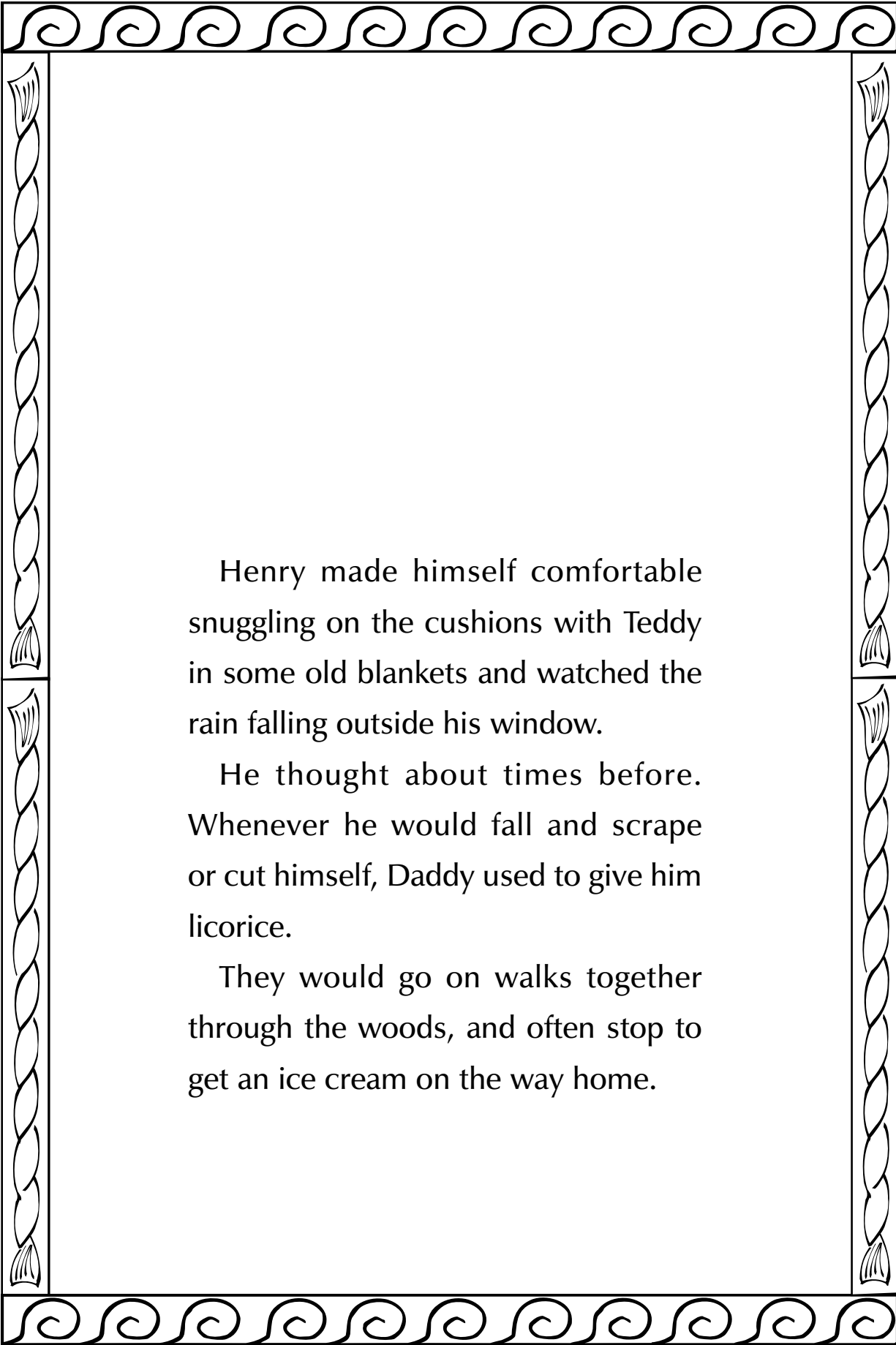


In Henry's corner, the light shined brightly.

He had a warm, cozy spot under the windows with a little rug, chair, cushions, Arthur the elephant, and Teddy, his oldest teddy bear that he'd loved the fur off of.

There were shelves for his books and a favorite picture he'd drawn on the wall.





Henry made himself comfortable snuggling on the cushions with Teddy in some old blankets and watched the rain falling outside his window.

He thought about times before. Whenever he would fall and scrape or cut himself, Daddy used to give him licorice.

They would go on walks together through the woods, and often stop to get an ice cream on the way home.