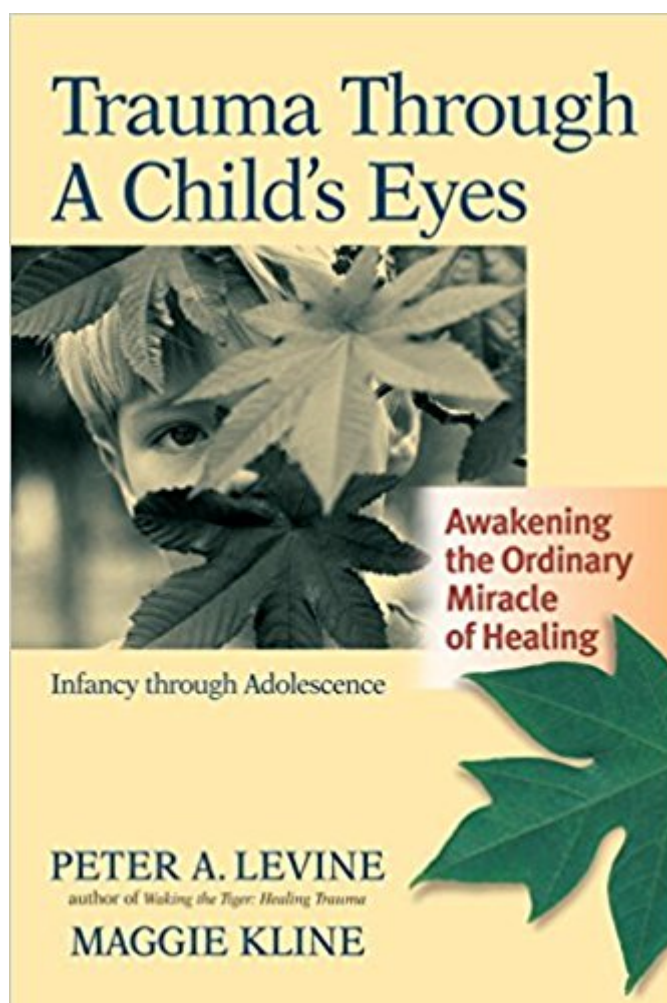


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# Trauma Through A Child's Eyes: Awakening The Ordinary Miracle Of Healing



## Synopsis

An essential guide for recognizing, preventing, and healing childhood trauma, from infancy through adolescence—what parents, educators, and health professionals can do. Trauma can result not only from catastrophic events such as abuse, violence, or loss of loved ones, but from natural disasters and everyday incidents such as auto accidents, medical procedures, divorce, or even falling off a bicycle. At the core of this book is the understanding of how trauma is imprinted on the body, brain, and spirit, resulting in anxiety, nightmares, depression, physical illnesses, addictions, hyperactivity, and aggression. Rich with case studies and hands-on activities, *Trauma Through A Child's Eyes* gives insight into children's innate ability to rebound with the appropriate support, and provides their caregivers with tools to overcome and prevent trauma.

## Book Information

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## Customer Reviews

"Trauma Through A Child's Eyes is an extraordinary body of work. Healing ourselves and our children of the effects of trauma is of the utmost importance. The more aligned we are inside ourselves and with our outer world, the more we will be able to create peace." —Debbie Robins, bestselling author of *Where Peace Lives* "Some books are said, in their originality, to 'break the mold.' Trauma Through A Child's Eyes goes one further: it creates its own mold in a way that everyone concerned with the health and happiness of children will be grateful for."

—Gabor Maté, MD, author of *Hold On to Your Kids: Why Parents Need to Matter More Than Peers* "A truly remarkable book that captures the essence of what it is to be a traumatized

child, while simultaneously helping us understand, appreciate, and facilitate their natural capacity to heal. Written with a deep sense of compassion and wisdom, this book offers clear insight to those who care for and about children." – John Stewart, PhD, author of *Beyond Time Out*; clinical director, Maine Medical Center; consultant to public schools, Child Psychiatry Fellowship Faculty

"Some books are said, in their originality, to 'break the mold.' *Trauma Through A Child's Eyes* goes one further: it creates its own mold in a way that everyone concerned with the health and happiness of children will be grateful for." - Gabor Mata, MD, author of *Hold On to Your Kids: Why Parents Need to Matter More Than Peers* "A truly remarkable book that captures the essence of what it is to be a traumatized child, while simultaneously helping us understand, appreciate, and facilitate their natural capacity to heal. Written with a deep sense of compassion and wisdom, this book offers clear insight to those who care for and about children." - John Stewart, PhD, author of *Beyond Time Out*; clinical director, Maine Medical Center; consultant to public schools, Child Psychiatry Fellowship Faculty

Fantastic book! Peter Levine and Maggie Kline did a wonderfully with putting this book out there. It's so well written and very accessible. I have a few of Peter Levine's book and this is by far one of my favorites. I love how many real life examples it includes to bring the ideas home. It's well balanced between science, cases, and exercises making it a book for practitioners, pediatricians, parents, educators, and other adults that would like to understand trauma better and know how to help their children's nervous system recover to reduce the impact of trauma. Thanks again Levine and Kline!

This book is a remarkable resource of information for anyone who has any experience or contact with children. It is not a heady read. Completely and utterly accessible to those who have no formal training in psychology (yet still riveting for those who do), it has many step-by-step guides (creative, physical, and emotional) for dealing with and assisting children through a myriad of life's trials and traumas, including random falls and accidents, loss of a pet, abuse, death, & bullying to name a few. This book also offers numerous skill-building guides to help a child develop their senses, mindfulness, awareness and boundaries, and several basic cases are presented of children they have come in contact with over the years with various presenting problems. Terribly informative, moving, healing, thought provoking and profoundly educational, this book will be one you'll recommend again and again. Not said tongue in cheek, if you were ever a child, you need to read this book.

This book was highly recommended to me by a friend. Although I did not read most of it, what I have read already is very good! I'm sure that it is a great book as my friend said...Her words exactly where, "It's a must have"!

recommended to all social workers to help them understand the trauma that children experience things in their life that can help us as professionals understand how moving a foster child from one home to another can effect them in more ways than one and we sometimes do not understand that what we think is helping to keep them safe is actually causing them more pain and grief

This is such an enlightening and interesting subject, and Peter Levine masters it and translates the research and data into very readable and engaging language. Helpful for anyone in contact with kids- from teachers, to therapists, and of course parents. Great book.

This book helped me understand what may be going on with a troubled teenager that I am concerned about. I shared it with the girl's grandmother and she also found it very helpful. It specifically helps one understand the types of trauma that can affect a child and how unresolved trauma can have a major impact on the behavior of a person well into adulthood. Although it helped me understand the situation, I don't think it provided enough guidance to me of how to help a person or interact with a person who has been deeply affected by trauma.

A very interesting and helpful book to recognize and avoid situations that may traumatize a person, specially children of course. It is also a self help book to recognize, understand and get rid of certain patterns repeated in our own life without knowing where they came from.

This work is clear and concise, minimizing esoteric technical jargon making it easy for the average reader to take in. The expansive bibliography will allow the individual to dig as deep as they would like. For many, I suspect, this will become a workbook to help expand the sorting out process of dealing with personal trauma. Dr. Levine's contributions over time have been greatly appreciated by many, to that I add my voice.

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