



Trauma Through a Child's Eyes: Awakening the Ordinary Miracle of Healing

By Peter A. Levine Ph.D., Maggie Kline

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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.

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Editorial Review

Review

"*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

From the Publisher

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About the Author

Dr. Peter A. Levine, author of the best-selling *Waking the Tiger* and of *Healing Trauma*, has a background in medical biophysics, stress, and psychology. He developed Somatic Experiencing®, and serves as a consultant to the Meadows, a leading residential addiction recovery center. He lives on the banks of the St. Vrain River in the Rocky Mountains.

Maggie Kline, MS, MFT, has more than thirty years of experience as a teacher, family and child therapist, school psychologist, and parent. She is a senior faculty member for Dr. Levine's Professional Training Program and resides by the sea in southern California with her therapy dog, Beijo.

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