

Transforming Trauma: Empowering Children and Adolescents to Heal and Thrive



Transforming Trauma in Children and Adolescents: An Embodied Approach to Somatic Regulation, Trauma Processing, and Attachment-Building by Elizabeth Warner

★★★★☆ 4.7 out of 5

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TRANSFORMING TRAUMA IN CHILDREN AND ADOLESCENTS



An Embodied Approach to Somatic Regulation,
Trauma Processing, and Attachment-Building

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Trauma is a serious issue that can have a lasting impact on the lives of children and adolescents. It can affect their physical, mental, and emotional health, and can lead to a variety of problems, including anxiety, depression, and post-traumatic stress disorder.

Transforming Trauma in Children and Adolescents is a comprehensive resource for helping children and adolescents heal from trauma and build

resilience. This book provides evidence-based strategies for therapists, counselors, and other professionals who work with traumatized youth.

What's Inside the Book?

- An overview of trauma and its impact on children and adolescents
- Assessment and diagnosis of trauma
- Treatment planning and interventions
- Trauma-informed care
- Self-care for professionals who work with traumatized youth

Why You Need This Book

- You are a therapist, counselor, or other professional who works with traumatized youth
- You are a parent or caregiver of a child or adolescent who has experienced trauma
- You are interested in learning more about trauma and its impact on children and adolescents

What Others Are Saying



“ "This book is an invaluable resource for anyone who works with traumatized youth. It provides a comprehensive overview of trauma and its impact on children and adolescents, and offers evidence-based strategies for treatment and intervention." - Dr. Jane Doe, PhD, LCSW”



“ "As a parent of a child who has experienced trauma, I found this book to be incredibly helpful. It gave me a better understanding of my child's experience and provided me with strategies for helping them heal." - John Smith, parent”

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