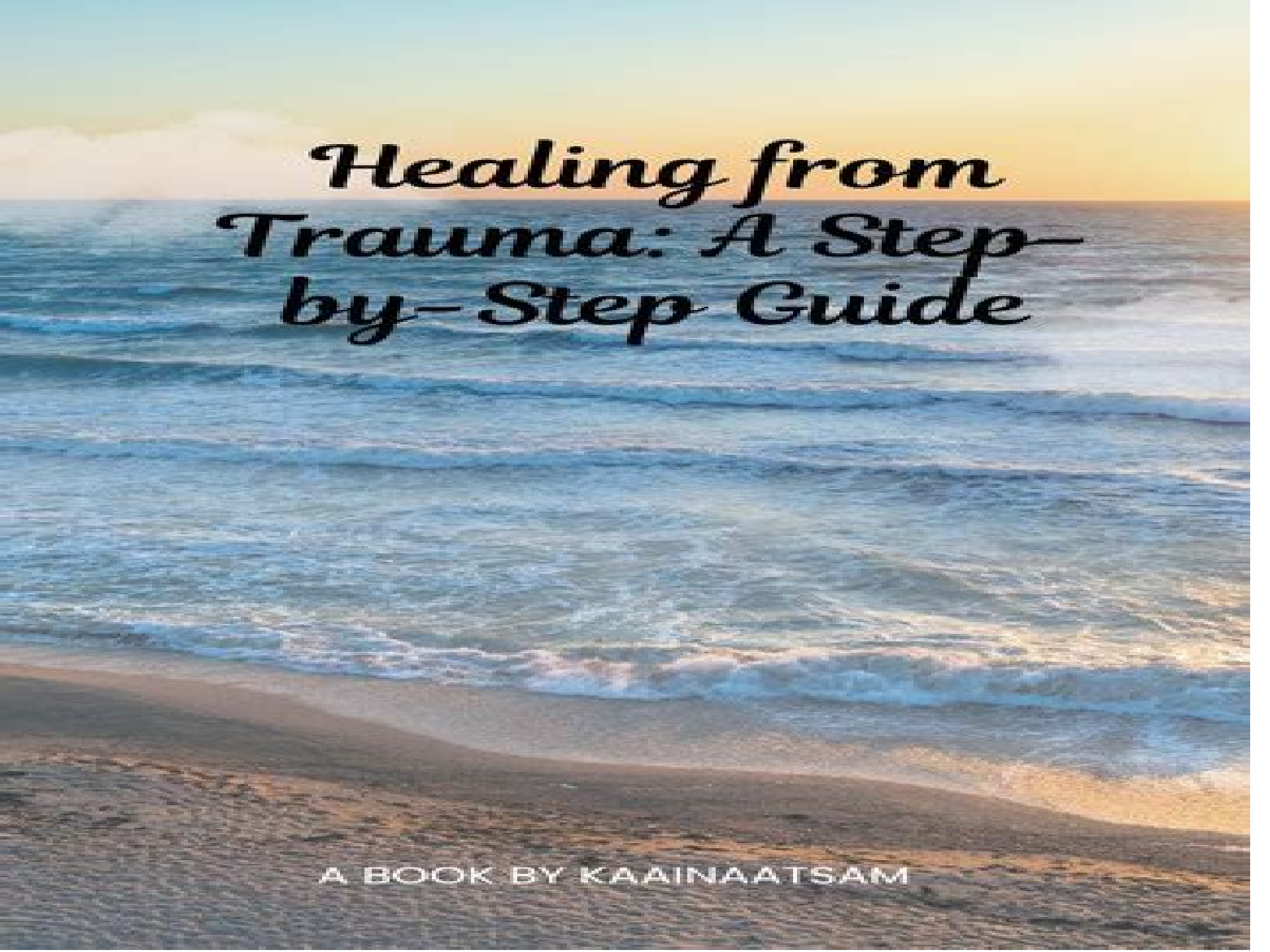




Healing from Trauma: A Step- by-Step Guide

A BOOK BY KAINAATSAM

Step By Step Healing Trauma Guide

Amanda Armstrong



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Trauma Through a Child's Eyes Peter A. Levine, Ph.D.,Maggie Kline,2010-05-18 What parents educators and health professionals can do to recognize prevent and heal childhood trauma from infancy through adolescence by the author of Waking the Tiger Trauma can result not only from catastrophic events such as abuse violence or loss of loved ones but from natural disasters and everyday incidents like 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 often 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 Trauma Through A Child s Eyes creates its own mold in a way that everyone concerned with the health and happiness of children will be grateful for Gabor Mat MD author of Hold On to Your Kids **Healing Through the Vagus Nerve** Amanda Armstrong,2024-05-07 In Healing Through the Vagus Nerve join Amanda Armstrong Rise as We for a complete guide to understanding and working with your nervous system including specific exercises and strategies to improve vagal tone [Woman's Way through the Twelve Steps Bundle](#) Stephanie Convington,2024-11-12 This is a bundle of A Woman s Way through the Twelve Steps and A Woman s Way through the Twelve Steps Workbook [The Trauma Manual](#) Andrew B. Peitzman,2002 The thoroughly updated Second Edition of this popular and widely used pocket reference guides the trauma team through every aspect of patient care after injury from prehospital care to resuscitation treatment of specific organ injuries priorities in intensive care and management of special situations Designed for rapid on the spot information retrieval The Trauma Manual Second Edition will be a staple reference in emergency departments Flow charts algorithms sequential lists and tables throughout facilitate quick clinical decision making More than 100 illustrations demonstrate specific injuries and procedures Appendices include injury scales tetanus prophylaxis recommendations commonly used formulae and values and frequently used forms This edition includes a new

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