



Trauma and Loss in Teens and Pre-Teens: A Parent's Guide (Dr. T's Living Well Series)

Dr. Richard L. Travis

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In today's world we are faced with wars in the Middle East, terrorist attacks around the world, and mass murders and shootings even in the United States. The tragedies and traumas of today are far more violent than what used to shock us. Yet each trauma is felt and responded to differently by different people. Our children aged 5 to 18 years old don't have the emotional maturity or life experience to process these tragedies, traumas and losses like we do, and yet we as adults still have our own difficult time dealing with tragedy. This book explains the kinds of tragedies, traumas, and losses that our children experience. It also spells out the effects these losses have on our children, whether physical, emotional, social, or academic. Tragedy, trauma and loss that are experienced by children and are not treated when experienced can cripple a child's ability to develop healthy relationships. It can also lead to anxiety disorders, depressive disorders, and abandonment and trust issues. We need to be proactive in helping our children recover and heal from the effects of these traumas. This book outlines several treatment approaches so that you can develop a treatment plan for your child. This book is filled with many resources, such as links and apps to help you be more informed about a very important topic. This is a great resource and a must read for any parent who has concerns about their child experiencing PTSD symptoms from a tragedy, trauma, or loss.

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