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Offering Support and Healing to a Traumatized Child



Dr. Jane A. Simington, PhD.

The child trapped in a hostile environment must learn to adapt to a world that is untrustworthy, find ways to be safe in circumstances that are unsafe, and discover strategies to control situations that are unpredictable. The effects of childhood trauma are experienced physically, mentally, emotionally and spiritually. They impact the child's education and social relationships and can leave the child feeling helpless and powerless.

Offering Support and Healing to a Traumatized Child will advance your knowledge about trauma and the specific ways in which trauma impacts a child's life and learning. You will gain basic skills to help the child feel safe and more secure, and you will learn strategies to help the child heal the effects of trauma and thus prevent long-term and chronic responses.

During our time together you will:

- 1) Advance knowledge of the physical, mental, emotional, spiritual and behavioral effects of childhood trauma.
- 2) Recognize the social implications of childhood trauma.
- 3) Discuss the impact of trauma on the brain and nervous system and how it affects a child's education and learning.
- 4) Gain skills to create safety and offer support to a traumatized child.
- 5) Discover ways to help the child build friendships and other social supports.
- 6) Explore strategies to increase self-worth and a sense of empowerment in a traumatized child.
- 7) Acquire basic skills to help a child heal the effects of trauma.