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Helga Kohler-Spiegel

Traumatized Children in Schools

Understand – support - stabilize

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- Violence, neglect, displacement: traumatized children need competent help
- Clear and compact, with case studies and exercises
- Written by an experienced educator and therapist

Traumatization is not only the purview of children and young people who have experienced war and been refugees. The causes and experiences are many and varied, as are children's reactions. Helga Kohler-Spiegel uses graphics to explain how our brains respond to traumatic stressors and which symptoms are seen.

Case studies drawn from her practice and exercises clearly illustrate how teachers can recognize children who have been traumatized, support them in an acute situation, and help stabilize them for the longer term. This highlights options educators have to make schools a good place for children and youth.



About the author

Helga Kohler-Spiegel is university professor for Human Science and Education. She works as psychotherapist, psychoanalyst and supervisor.

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