



The Body Keeps the Score

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Excerpts from the book:

https://www.google.com/books/edition/The_Body_Keeps_the_Score/vHnZCwAAQBAJ?hl=en&gbpv=1&printsec=frontcover

Who is it for:

Anyone who works with kids that have experienced trauma:

Administrators, Counselors, Teachers, Para-professionals, Bus drivers, Parents

Summary:

As our years as educators continue, we are seeing more and more students that are experiencing heavy trauma in more serious doses. But why? And is there anything we can do about it? This book helps to explain some of what happens to kids and why they struggle so much as they develop into adults. These struggles come due to changes in the brain and how it impacts them on social, emotional and physical levels. It explores the history of understanding trauma, what trauma is and what can cause trauma. Engaging, real-life stories are shared to help us understand what happens to our bodies due to the situations and experiences we have gone through.

The author also discusses the development of the ACE score (adverse childhood experiences) and why this came to be. Again, there are multiple real-life stories that accompany the scientific aspect to give us examples of the relationships between the body and mind.

In the last section of the book we get to explore the variety of therapies and solutions that doctors and mental health professionals have assembled to assist individuals in overcoming their trauma. Some that are mentioned that we can incorporate into school settings include theater and movement classes, yoga, and mindfulness strategies.

Teachers that have read this indicate that they recognize even more fully why they need to have patience and be patient with students. There was also a profound understanding that the world that we grew up in doesn't exist anymore and that we can't keep judging students through our lens because we are trying to help them navigate a completely different situation.

As educators that are making decisions in our buildings and with the knowledge that is found in these pages, we can help create a healthy culture of understanding and patience. This is what will make a difference to our students now.