

PANS, PANDAS and Trauma - Understanding and Healing



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Books you might find helpful

The Body Keeps the Score: Mind, Brain and Body in the Transformation of Trauma

– Bessel van der Kolk

This is a general book about how trauma is held in the body. It isn't about children specifically.

Trauma-Proofing your Kids: A Parents' Guide for Instilling Joy, Confidence and Resilience

– Peter Levine and Maggie Kline.

This is a book for parents which outlines a technique for helping children express their feelings through the bodies.

The Whole-Brain Child; 12 Proven Strategies to Nurture Your Child's Developing Mind

– Daniel Siegel.

This is a book for parents which talks about using stories (and other ways to help children deal with difficult events).

How To Talk So Kids Will Listen and Listen So Kids Will Talk

– Adele Faber and Elaine Mazlish

This is a book for parents which talks about how to respond empathically to children.