Table of Contents

oreword	\
Velcome	'n
efore You Begin	
ART I: The Basics	
Chapter One: What is my parent going through? The facts about trauma and PTSD	3
Chapter Two:	1
Chapter Three:	3
Chapter Four:	9
Chapter Five:	7
Chapter Six:	5
Extra pages for writing]

PART II: Life with a Parent Who Has Experienced Trauma	53
Chapter Seven: Are all of my feelings normal? Understanding my strong emotions	55
Chapter Eight:	71
Chapter Nine:	.81
Chapter Ten:	87
Chapter Eleven:	93
Extra pages for writing	99
PART III: Wrap-Up	01
Chapter Twelve: Final Thoughts and Lessons Learned	103
Chapter Thirteen: Commonly Asked Questions	109
Chapter Fourteen: Resource List	113
List of Feelings	119
Glossary	121
*Note for Professionals	123
*Note for Parents/Caregivers	125
Acknowledgments	127
About the Authors	129

^{*} The Note for Professionals and Note for Parents / Caregivers offer guidance and suggestions on how this book might be used with teenagers.