

Maggie Kline, LMFT

School Psychologist & Therapist

Please contact a GDA agent for information.

Topics

- Children and Youth Health
- Family / Relationships
- Mental Health / Psychology
- Personal Growth

About Maggie Kline, LMFT

Maggie Kline, M.S. LMFT, SEP has been a marriage, family and child therapist in private practice for over 30 years. Her first two careers were as teacher and counselor in Long Beach Unified, a large, ethnically diverse public school district in California. Later, when Maggie became a school psychologist, she served youngsters, parents and student support teams from pre-school through high school. She received her marriage, child and family psychotherapy license in 1986 and opened a private practice. Not being satisfied with her University Counseling Psychology degree due to a dearth of trauma treatment education in that decade, Maggie sought knowledge "outside of the box" to help school-aged children, their teachers and their parents. She, fortunately, discovered and studied with Dr. Peter A. Levine, the originator of Somatic Experiencing, a physiologically-based trauma prevention and treatment method based on the most up-to-date neuroscience. Maggie was soon recognized as a trauma expert, integrating S.E. with art, movement, play, dream work and social engagement games.

Currently, Maggie is an international instructor for the Somatic Experiencing Trauma Institute (www.traumahealing.org). Additionally, she created "Trauma through a Child's Eyes PlayShops" taught in 35 cities on 5 continents for professionals who help children, parents and schools. Maggie led the first team of volunteers to use SE in Thailand after the Southeast Asian Tsunami and conducted an emotional first aid workshop for teachers and parents after the Norwegian massacre in 2011. She presents at Play Therapy and Trauma Conferences in the U.S. and in Europe. Maggie was awarded a grant to train social workers in Austin, Texas through Communities In Schools (CIS) sponsorship, a national organization supporting traumatized students to succeed. She is the co-author of *It Won't Hurt Forever—Guiding Your Child through Trauma* (Mothering Magazine, Jan-Feb 2002), *Trauma through a Child's Eyes—Awakening the Ordinary Miracle of Healing* (North Atlantic, Berkeley, 2007) and *Trauma Proofing Your Kids—A Parents' Guide to Instilling Confidence, Joy and Resilience*, March, 2008— all with Dr. Peter Levine. Maggie also completed a series of 15 video interviews produced and offered free to parents by www.kidsinthehouse.com to help children cope with trauma and grief. Her passion is to inspire hope by giving tools to teachers and parents to prevent and heal the symptoms of trauma, overwhelm and chronic stress. Her current project for North Atlantic Books is "HeARTwork, Bringing Kids to their Senses", an essential handbook for educators eager to teach traumatized children to become aware, embodied, focused, empathetic and successful.

Select Keynotes

- **The Five Stages of Grief**

Maggie Kline, School Psychologist and Therapist, explains what the five stages of grief are, and shares advice for parents on how to help children through the different stages of grief.

- **Trauma Through a Child's Eyes**

"Trauma through a Child's Eyes" leads educators into an awareness well beyond the typical understanding of trauma as a horrific event. Participants will learn the often overlooked ordinary, as well as, extraordinary causes that create learning, behavioral and social challenges. As a school psychologist in a large urban district, Maggie sought "outside the box" solutions to help exasperated teachers and stressed out, often mislabeled, traumatized kids with "acting-out" hurtful conduct or "acting-in" shut down, passive behaviors. Influenced by the research of Texas' own Dr. Bruce Perry and the brilliant biologically-based trauma recovery studies and clinical practice under the tutelage of Dr. Peter A. Levine, originator of Somatic Experiencing, she passionately delivers a refreshing antidote that can be easily integrated into the classroom. In addition to a new awareness of the the underlying physiological roots of trauma, attendees will learn effective tools of brain/body plasticity that reshape and transform the lives of anxious, aggressive, depressed, stressed-out students whose stuck fight/flight/freeze survival responses drive their behaviors. This talk fuses science, art, mindfulness, movement and heart. "The 8 Essentials" which are, literally, at the heart of early child



development and necessary to develop secure, focused, motivated, resilient students will be featured, along with enlightening concepts of body-based awareness presented in an easy-to-digest "Cliff Notes" of the brain/body connection. Participants will be invited to engage in simple activities involving art, sensing, rhythms, breathing and social games. These are designed to create a sense of safety, grounding, relaxed alertness, playfulness, internal peace and belonging by changing childhood trauma physiology into the physiology of triumph. Bring a few sheets of paper and coloring pens or crayons if you wish to join in!

Select Book Titles

- **2007:** Trauma-proofing Your Kids
- **2006:** Trauma Through A Child's Eyes