

MAY 2023

DEALING WITH GRIEF AND TRAUMA

EMMA STEWART RESOURCES CENTRE





HOURS OF OPERATION

Regular Hours

(mid-August to June 30)

8:30 a.m. – 5:00 p.m.

Monday to Friday

Summer Hours

(July 1 to mid-August)

8:30 a.m. – 4:00 p.m.

Monday to Friday

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Please note: Annotations have been excerpted and/or adapted from descriptions provided by the publishers.

152.4 L231

Lamia, Mary

Grief isn't something to get over: finding a home for memories and emotions after losing a loved one

Washington, D.C.: American Psychological Association, 2022.

Subjects: Bereavement. Grief. Loss (Psychology).

Summary: The loss of a loved one can be overwhelming. How do we endure grief? Can we simply forget, or "get over it?" This book explains the science behind bereavement, from emotion to the persistence of memory, and shows readers how to understand and adapt to death as a part of life. Responses to loss are typically associated with negative emotions, traumatic memories, or separation distress, but we grieve because we care. This book demonstrates how negative emotional responses experienced in grief often follow experiences with positive emotional memories. Dr. Lamia emphasizes an understanding and acceptance of post-loss emotions. This book aims to expand our understanding of bereavement, placing it in alignment with how emotions work. Using numerous case examples and personal vignettes, this book helps readers recognize the ways in which emotions are connected to memories and influence our experiences of loss.

152.4 R813

Rosen, Michael

Michael Rosen's sad book

Cambridge, MA: Candlewick Press, 2005.

Subjects: Emotions—Juvenile literature. Sadness—Juvenile literature.

Curriculum Notes: Health education grade 3 (2010).

Summary: A man describes the emotions that accompany his sadness over the death of his son, and how he tries to cope. This book may help students to comprehend their own feelings of sadness and to cope with them in constructive ways.

153.13 L665

Levine, Peter A.

Trauma and memory: brain and body in a search for the living past: a practical guide for understanding and working with traumatic memory

Berkeley, CA: North Atlantic Books, 2015.

Subjects: Post-traumatic stress disorder. Psychic trauma. Episodic memory. Memory disorders.

Summary: This book discusses different types of memory formation, especially traumatic memory, and how somatic or body-based memory can be utilized in the therapeutic process.

155.24 S728

Southwick, Steven M.; Charney, Dennis S.

Resilience: the science of mastering life's greatest challenges

New York, NY: Cambridge University Press, 2012.

Subjects: Adaptability (Psychology). Resilience, Psychological.

Summary: This book identifies 10 key ways to weather and bounce back from stress and trauma. It is a practical guide to building emotional, mental and physical resilience, and provides a vital and successful roadmap for overcoming the adversities we all face at some point in our lives.

155.4124 H752

Holmes, Margaret M.

A terrible thing happened

Washington, DC: Magination Press, 2000.

Subjects: Emotions—Juvenile fiction. Anger in children—Juvenile fiction. Emotional problems—Juvenile fiction.

Summary: After Sherman sees something terrible happen, he becomes anxious and then angry, but when a counselor helps him talk about these emotions, he feels better.

155.4124 S371

Schonfeld, David J.; Quackenbush, Marcia

The grieving student : a guide for schools. Second edition

Baltimore, MD : Paul H. Brookes Publishing Co., 2021. Second edition

Subjects: Grief in adolescence. Grief in children. Teacher-student relationships.

Summary: Drawing on both empirical research and extensive professional experience, the authors have enhanced this edition with up-to-date information on grief in the context of school crisis and trauma, suicide loss, social media, and other timely topics. School staff will get real-world tips, strategies, vignettes, and activities to help them skillfully support students as they cope with grief and work their way back to full participation in academic and social life.

155.9042 R397

Rendon, Jim

Upside: the new science of post-traumatic growth

New York, NY: Touchstone, 2015.

Subjects: Life changing events—Psychological aspects. Post-traumatic stress disorder.

Summary: Drawing on interviews with researchers and trauma survivors, a journalist delves into the study of post-traumatic stress disorder, using accessible language, prescriptive takeaways, and tools to promote positive responses to trauma.

155.93 C719

Coloroso, Barbara

Parenting through crisis: helping kids in times of loss, grief, and change

Toronto, ON: Penguin Books, 2000.

Subjects: Grief in children. Loss (Psychology). Life change events.

Summary: Inevitably, all families are faced with suffering, adversity, chaos and loss. But how can parents help their children through some of life's difficult times? By acknowledging the volatility of feelings while offering ideas for managing them, this book teaches readers how to parent with their heads and their hearts.

155.93 C719

Deits, Bob

Life after loss: a practical guide to renewing your life after experiencing major loss

Cambridge, MA: Lifelong, 2004.

Subjects: Loss (Psychology). Bereavement—Psychological aspects. Grief.

155.93 D495

Devine, Megan

It's ok that you're not ok: meeting grief and loss in a culture that doesn't understand

Boulder, CO: Sounds True, 2017.

Subjects: Grief. Loss (Psychology).

Summary: In this title, the author offers a profound new approach to both the experience of grief and the way we try to help others who have endured tragedy. Having experienced grief from both sides--as both a therapist and as a woman who witnessed the accidental drowning of her beloved partner--Megan writes with deep insight about the unspoken truths of loss, love, and healing. She debunks the culturally prescribed goal of returning to a normal, "happy" life, replacing it with a far healthier middle path, one that invites us to build a life alongside grief rather than seeking to overcome it.

155.93 G883

Grover, Robert

Helping those experiencing loss: a guide to grieving resources

Santa Barbara, CA: Libraries Unlimited, 2011.

Subjects: Grief—Information resources. Grief.

Summary: This book provides a guide for grieving youth and adults as well as extensive descriptive lists of recommended professional literature resources.

155.93 H878

Hubl, Thomas

Healing collective trauma : a process for integrating our intergenerational and cultural wounds

Boulder, CO : Sounds True, 2020.

Subjects: Intergenerational relations. Post-traumatic stress disorder. Psychic trauma—Social aspects. Psychic trauma—Social aspects. Social psychology.

Summary: The author explains the most recent science of trauma and shares the principles of his Collective Trauma Integration Process (CTIP), a protocol he has facilitated for groups in the US, Germany, Israel, and elsewhere. He examines collective trauma both from the perspective of the latest research and through a spiritual lens informed by 15 years as a meditation teacher. Including contributions from renowned experts from across the field of trauma treatment, as well as meditative practices to support both counselors and clients, this book presents a fresh perspective on trauma integration along with practical tools for beginning the journey to wholeness.

155.937 B878

Brown, Lauren Krasny

When dinosaurs die: a guide to understanding death

Boston, MA: Little, Brown, 1996.

Subjects: Bereavement in children—Juvenile literature. Death—Juvenile literature.

Summary: This resource explains in simple language the feelings people may have regarding the death of a loved one and the ways to honor the memory of someone who has died.

155.937 E55

Emswiler, Mary Ann

Guiding your child through grief

New York, NY: Bantam Books, 2000.

Subjects: Grief in children. Grief in adolescence. Children and death. Teenagers and death.

Summary: This guide offers advice to help a child grieve the death of a parent or sibling. Based on their experience as counselors - and as parents of grieving children - the authors help readers to understand: the many ways children grieve, often in secret; changes in family dynamics after death; ways to communicate with children about death and grief; how to cope with the intense sorrow triggered by holidays; the signs grief has turned to depression; and more insights, information, and advice that can help a child heal.

155.937 E55

Fitzgerald, Helen

The grieving child: a parent's guide

New York, NY: Simon & Schuster, 1992.

Subjects: Bereavement in children. Grief in children. Children and death.

Summary: This book offers advice for helping a child cope with the death of a parent or other loved one. Parents of children from preschool age to the teen years will find guidance, covering: helping a child visit the seriously ill or dying; using language appropriate to a child's age level; selecting useful books about death; handling especially difficult situations, including murder and suicide; and deciding whether a child should attend a funeral.

155.937 F553

Fitzgerald, Helen

The grieving teen: a guide for teenagers and their friends

New York, NY: Simon & Schuster, 2000.

Subjects: Teenagers and death. Loss (Psychology) in adolescence. Bereavement in adolescence. Grief in adolescence.

155.937 F828

Frank, Kim

Good grief: a kid's guide for dealing with change and loss: including the reproducible story called William's Great Loss

Chapin, SC: YouthLight, 2004.

Subjects: Grief in children—Juvenile literature. Loss (Psychology) in children—Juvenile literature. Children—Counseling of.

Summary: This book is intended to aid children who are dealing with grief after the loss of a loved one.

155.937 K46

Kids talkin' about death [DVD]

Montreal, QC: National Film Board of Canada, 2005.

Subjects: Death. Children and death.

Summary: DVD format. Closed-captioned. For ages 9-12.

An insightful look into how kids see and interpret death, from coping with the loss of a parent to helping a grieving friend.

155.937 K96

Kumar, Sameet M.

Mindfulness for prolonged grief: a guide to healing after loss when depression, anxiety, and anger won't go away

Oakland, CA: New Harbinger Publications, 2013.

Subjects: Grief. Loss. Meditation—Therapeutic use.

155.937 L763

Liotta, Alfred J.

When students grieve: a guide to bereavement in the schools

Horsham, PA: LRP Publications, 2003.

Subjects: Grief in children. Grief in adolescence.

155.937 P936

Prestine, Joan Singleton

Someone special died

Columbus, OH: McGraw-Hill Children's Pub., 2002.

Subjects: Grief—Juvenile literature. Death—Juvenile literature. Loss (Psychology)—Juvenile literature.

155.937 S257

Saunders, Laura

What we don't discuss: a teacher's guide to death and dying

Gabriola, BC: Pacific Edge Publishing, 2006.

Subjects: Children and death. Bereavement and children. Grief in children.

Summary: This book helps teachers feel more comfortable when approached with the topic and feel assured in their responses to questions that may arise.

155.937 T461

Thomas, Pat

I miss you: a first look at death

Hauppauge, NY: Barron's Educational Series, 2001.

Subjects: Children and death—Juvenile fiction. Grief in children—Juvenile fiction.

155.937 W855

Wolfelt, Alan D.

A child's view of grief: a guide for parents, teachers, and counselors

Fort Collins, CO: Companion Press, 2004.

Subjects: Bereavement in children. Grief and children. Children—Counseling of.

Summary: Exploring the six reconciliation needs of mourning, this resource recognizes that grieving children are especially deserving of an emotional environment of love and acceptance. Including a historical perspective on children and death, this handbook helps adults recognize the importance of empathy toward a grieving child, and provides guidelines for involving children in funeral services.

155.937083 C536

Children and grief. Children teaching children about grief [DVD]

Bend, OR: Professor Child, 2013.

Subjects: Grief—Juvenile films. Children and death—Juvenile films.

Summary: Ten children share their personal stories of what it is like to experience the death of a family member.

They discuss grief and loss, and how they are coping and healing.

Alternate title: Children teaching children about grief.

155.973 L654

Lutenberg, Ester R. A.; Zamore, Fran

Griefwork for teens healing from loss: reproducible interactive & educational handouts

Duluth, MN: Whole Person, 2012.

Subjects: Grief in adolescence. Bereavement.

155.937083 P945

Price, Deborah; Barnard, Clair

Supporting young children experiencing loss and grief: a practical guide

Abingdon, Oxon, UK: Routledge, 2021.

Subjects: Bereavement in children. Children--Services for. Loss (Psychology) in children.

Summary: Providing answers to the key question of how to support children who have feelings of loss and grief, this title is a must-read text for all those working with young children in caring environments who are looking to provide children with the tools they need to talk about their emotions.

158.12 S745

Spencer, Natalie F.

Mindful practices for helping troubled teens. Grades 6-12

Chapin, SC : YouthLight Inc., 2018.

Subjects: Anger. Anxiety. Grief in adolescence. Mental health—Teenagers. Mindfulness (Psychology). Self-mutilation.

Summary: This book provides 20 activity-based lessons that combine mindfulness and cognitive behavioral approaches. These can be used flexibly in small groups or with individual students. It includes activities that incorporate mindful practices to help teens with self-harm, grief and loss, anger and frustration, anxiety, impulse control and decision making, bouncing back.

248.866 D877

Duke, Susan

Grieving forward: embracing life beyond loss

New York, NY: Warner Faith, 2006.

Subjects: Grief—Religious aspects—Christianity. Consolation. Duke, Susan. Children--Death--Religious aspects--Christianity. Bereavement--Religious aspects--Christianity.

248.866 W576

Whiston-Donaldson, Anna

A hug from heaven

Herndon, VA : Mascot Books, 2018.

Subjects: Bereavement—Juvenile fiction. Christian life—Juvenile fiction. Death—Juvenile fiction. Grief—Juvenile fiction. Stories in rhyme.

Summary: What if grieving children could hear uplifting words from a loved one who died? It's challenging to know how to support and comfort a child who is grieving, yet this book does just that. Written as a simple poem of love from the person who died, this book reminds children – and adults alike – that it is okay to hurt, to live a positive life, and to find special ways to honor the ones we love. The author delivers a simple and comforting message: love is stronger than death, and hugs from heaven are waiting for you.

305.906914 T377

Theisen-Womersley, Gail

Trauma and resilience among displaced populations: a sociocultural exploration

Cham, Switzerland: Springer, 2021.

Subjects: Ethnopsychology. Refugees--Psychology. Refugees.

Summary: This open access book provides an enriched understanding of historical, collective, cultural, and identity-related trauma, emphasising the social and political location of human subjects. It therefore presents a socio-ecological perspective on trauma, rather than viewing displaced individuals as traumatised passive victims. The vastness of the phenomenon of trauma among displaced populations has led it to become a critical and timely area of inquiry, and this book is an important addition to the literature. It gives an overview of theoretical frameworks related to trauma and migration exploring factors of risk and resilience, prevalence rates of PTSD, and conceptualisations of trauma beyond psychiatric diagnoses; conceptualises experiences of trauma from a sociocultural perspective (including collective trauma, collective aspirations, and collective resilience); and provides applications for professionals working with displaced populations in complex institutional, legal, and humanitarian settings. It includes case studies based on the author own 10-year experience working in emergency contexts with displaced populations in 11 countries across the world. This book presents unique data collected by the author herself, including interviews with survivors of ISIS attacks, with an asylum seeker in Switzerland who set himself alight in protest against asylum procedures, and women from the Murle tribe affected by the conflict in South Sudan who experienced an episode of mass fainting spells. This is an important resource for academics and professionals working in the field of trauma studies and with traumatised groups and individuals.

306.461 M425

Maté, Gabor; Maté, Daniel

The myth of normal: trauma, illness and healing in a toxic culture

Toronto, ON: Alfred A. Knopf Canada, 2022.

Subjects: Civilization, Modern--21st century--Health aspects. Disease--Social aspects. Health--Social aspects. Social medicine.

Summary: An investigation into the causes of illness, a bracing critique of how our society breeds disease, and a pathway to health and healing. In the richest, most technically advanced, most health-obsessed society ever, all is not well. Even before the COVID-19 pandemic, chronic illnesses were on the rise. Nearly 70 percent of Americans are on at least one prescription drug; more than half take two. In Canada, every fifth person has high blood pressure. In Europe, over 30 percent of the population suffers from hypertension. And everywhere, adolescent mental illness is on the increase. So what is really 'normal' when it comes to health? Over four decades of clinical experience, Gabor Maté has come to recognize this version of 'normal' as misleading, neglecting the roles that trauma and stress, and the pressures of life in the modern world, exert on our bodies and our minds at the expense of good health. For all its expertise and technological sophistication, Western medicine often fails to treat the whole person, which in turn stresses the body, burdens the immune system and undermines emotional balance. Now, Maté brings his perspective to the great untangling of commonly held myths about what makes us sick, and connects the dots between personal suffering and the pressures of modern-day living.

306.9 B925

Buckman, Rob

I don't know what to say: how to help and support someone who is dying

Toronto, ON: Key Porter Books, 2005.

Subjects: Death--Psychological aspects. Helping behavior. Terminal care—Psychological aspects. Terminally ill.

362.20971 L757

Linklater, Renee

Decolonizing trauma work: Indigenous stories and strategies

Halifax, NS: Fernwood Publishing, 2014.

Subjects: Psychic trauma—Treatment—Cross cultural studies. Indians of North America—Mental health services—Canada.

Summary: This book explores healing and wellness in Indigenous communities on Turtle Island. Drawing on a decolonizing approach, ten Indigenous health care practitioners discuss Indigenous worldviews, notions of wellness and wholistic health, critiques of psychiatry and psychiatric diagnoses, and Indigenous approaches to helping people through trauma, depression and experiences of parallel and multiple realities. The author offers purposeful and practical methods to help individuals and communities that have experienced trauma, through stories and strategies that are grounded in Indigenous worldviews and embedded with cultural knowledge. One of the first books of its kind, this is a resource for education and training programs, health care practitioners, healing centres, clinical services and policy initiatives.

362.28 O61

Opalewski, Dave

Answering the cry for help : a suicide prevention manual for schools and communities

Chattanooga, TN: National Center for Youth Issues, 2008.

Subjects: Teenagers—Suicidal behavior. Suicide—Prevention.

362.28089 S948

Kirmayer, Laurence J.

Suicide among Aboriginal people in Canada

Ottawa, ON: Aboriginal Healing Foundation, 2007.

Subjects: Native Peoples—Suicidal behavior—Canada. Native Peoples — Canada — Social conditions. Suicide—Risk factors—Canada. Suicide—Prevention.

362.74 M377

Martens, Tony

The spirit weeps: Characteristics and dynamics of incest and child sexual abuse

Edmonton, AB: Nechi Institute, 1988.

Subjects: Incest. Child abuse. Child molesting. Indians of North America.

Summary: Cover title: The spirit weeps.

Curriculum Notes: Native Studies Grade 11.

362.76 F171

Fairholm, Judi

Walking the prevention circle : our children, our future : understanding child/youth maltreatment for Aboriginal communities

Ottawa, ON: Canadian Red Cross, 2010.

Subjects: Native Peoples—Mental health—Canada. Child abuse—Prevention. Family violence—Prevention.

Summary: This complete guide addresses the history, challenges and potential of Aboriginal individuals and communities by examining issues relating to abuse, neglect and interpersonal violence.

362.8292 D668

Haugen, David M.

Domestic violence : opposing viewpoints

San Diego, CA: Greenhaven Press, 2005.

Subjects: Family violence.

Curriculum Notes: Psychology 20. Life Transitions 20/30.

362.83089 M556

Mercredi, Morningstar

Morningstar : a warrior's spirit

Regina, SK: Coteau Books, 2006.

Subjects: Recovering addicts—Biography. Chipewyan Indians—Biography. Adult child sexual abuse victims—Biography. Mercredi, Morningstar.

Summary: Morningstar and her family cope with the intergenerational impact of the residential school experience.

Curriculum Notes: English language arts 20 (2012).

370.1534 V161

Valenzuela, Jorge

Raising equity through SEL: a framework for implementing trauma-informed, culturally responsive teaching and restorative practices

Bloomington, IN: Solution Tree Press, 2023.

Subjects: Affective education. Educational equalization. Emotional intelligence. Multicultural education. Psychic trauma in children. Social justice and education.

Summary: Social and emotional learning has been proven to advance equity, but many educators still do not have the resources actively engage with it. In his new book Raising Equity Through SEL, Jorge Valenzuela unveils his five step Equity and SEL Integration framework and dives into research-backed strategies for engaging with students of all backgrounds and building classrooms safe for all learners. Using ideas like restorative justice and culturally responsive teaching, educators will learn how to help students develop emotional intelligence, improve students' knowledge, and confront personal biases in order to help all learners succeed.

370.86914 O52

O'Loughlin, Judith B.; Custodio, Brenda K.

Supporting the journey of English learners after trauma

Ann Arbor, MI: University of Michigan Press, 2020.

Subjects: English language--Study and teaching--Foreign speakers. Immigrant students. Political refugees. Psychic trauma--Refugees.

Summary: One of the hottest topics in education today is trauma-informed pedagogy. Much of what has been written in this area comes from counselors, therapists, and other experts in this field, but there is very little written specifically about the effects of trauma on English learners. This book has been written to address this need. The authors have sifted through the literature on trauma and social-emotional learning (SEL) to provide the material that applies directly to English learners. This book was written mainly for teachers of students with immigrant backgrounds and for the building administrators who support them, including counselors, paraprofessionals, and social workers. This book is designed to provide a practical resource to help educators better understand the possible traumatic backgrounds of their students and how that could be affecting their academic, social, and emotional lives. It also focuses on how school personnel can create a safe environment in

schools and classrooms to help students recognize, nurture, and expand the internal resilience that has enabled them to weather past situations and that will allow them to continue the healing process.

371.4046 S959

Supporting and educating traumatized students: a guide for school-based professionals

New York, NY: Oxford University Press, 2013.

Subjects: Psychic trauma in children—Treatment. Students—Mental health. Students—Mental health services.

Educational psychology. Psychic trauma in children.

Summary: Combining knowledge of the cognitive and behavioral effects of trauma, evidence-based interventions, educational best practices, and the experiences of veteran educators, this book presents a new framework for assisting students with a history of trauma.

371.58 B938

Bullying and suicide: think about it [DVD]

Orangeville, ON: McIntyre Media Inc., 2014.

Subjects: Bullying in schools. Suicide.

Summary: Bullying is not "just a rite of passage." According to the National Crime Prevention Council it's a leading factor in suicide among kids 11 to 16 years of age. And although bullying is only one of a number of suicide-related risk factors impacting tweens and teens, the fact that the term "bullycide" has entered the lexicon is a telling sign of how closely linked bullying and suicide are perceived to be. Structured around two scenarios in which a boy and a girl commit suicide after repeatedly being bullied, this video offers valuable insights into bully and victim psychology, types of bullying, and anti-bullying behavior. In addition, alternate scenarios are included that illustrate how bystanders to bullying can help neutralize some of the cumulative psychological effects of bullying that could, and too frequently do, push students to take their own lives.

371.7 061

Opalewski, Dave

Confronting death in the school family: guidelines and tools for adding a tragedy component to your crisis response team

Chattanooga, TN: Gryphon House Inc., 2014.

Subjects: School employees—Death—Psychological aspects. Students—

Death—Psychological aspects. School crisis management.

Summary: This book provides guidelines and tools for adding a tragedy component to your crisis response team to help you respond to the death of a student or staff member in a consistent and compassionate manner. It includes procedures for response, samples of announcements, comprehensive classroom plans and worksheets for parents and teachers. A suicide prevention component is also included.

371.713 E65

Erbacher, Terri A.; Singer, Jonathan B.

Suicide in schools : a practitioner's guide to multi-level prevention, assessment, intervention, and postvention

New York, NY: Routledge, 2015.

Subjects: Educational counseling. Students—Suicidal behavior. Youth—Suicidal behavior. Suicide—Prevention.

71.713 K65

Kline, Maggie

Brain-changing strategies to trauma-proof our schools: a heart-centered movement for wiring well-being

Berkeley, CA: North Atlantic Books, 2020.

Subjects: Affective education. Brain--Effect of stress on. Students--Mental health. Whole brain learning.

Summary: Stop trauma in its tracks, address disruptive behaviors, and create a safe and thriving environment with a neuroscience-backed approach to running your classroom. Supported by evidence-based tools and neuroscience-backed ideas, you'll learn a whole-brain approach to trauma-informed teaching, including: How trauma rewires kids' brains, and how that shows up in the classroom How to integrate trauma-informed practices and social-emotional learning into your curriculum and classroom management Trauma-sensitive concepts, relational skills, and somatic interventions How to build inner stability and create feelings of safety, connectedness, competence, and joy.

371.713 P485

Peterson, Karen L.

Helping them heal: how teachers can support young children who experience stress and trauma

Lewisville, NC: Gryphon House Inc., 2014.

Subjects: Stress in children. Students—Mental health.

371.782 R177

Newman, Katherine S. (Ed.)

Rampage: the social roots of school shootings

New York, NY: Basic Books, 2004.

Subjects: Youth and violence—United States. School violence—Social aspects—Arkansas. School violence—Social aspects—Kentucky.

Summary: School shootings appear to be the spontaneous acts of disconnected teens, but this book argues that the roots of violence are deeply entwined in the communities themselves. It challenges the loner theory of school violence and shows why so many adults and students miss the warning signs that could prevent it.

371.82694 C912

Creating inclusion and well-being for marginalized students : whole-school approaches to supporting children's grief, loss, and trauma.

London, England : Jessica Kingsley Publishers, 2017.

Subjects: Grief in children. Psychic trauma in children. Students with social disabilities—Counseling of. Students—Mental health services. Students—Mental health.

Summary: This book is an overview of the loss, grief, trauma and shame that marginalized students encounter and the effects on personal learning and success. Covering a range of issues faced by young people, the analyses of case studies suggest means for change with strategies for effective practice.

371.82997 D325

Deiter, Constance

From our mothers' arms : the intergenerational impact of residential schools in Saskatchewan

Etobicoke, ON: United Church Pub. House, 1999.

Subjects: Indians of North America—Cultural assimilation—Saskatchewan. Indians of North America—Education—Saskatchewan. Indians of North America—Saskatchewan—Residential schools.

Summary: A legacy of struggle and survival has been left to First Nations communities. This book unveils the stories of women and men, across the generations, who attended residential schools in Saskatchewan. Personal

interviews and moving reflections expose the intergenerational impact these schools had on First Nations people and their communities.

Curriculum Notes: Native Studies 10. Aboriginal Resource List. English language arts 20.

371.82997 F678

Fontaine, Theodore

Broken circle : the dark legacy of Indian residential schools : a memoir

Surrey, BC: Heritage House, 2010.

Subjects: Adult child abuse victims—Canada—Biography. Indians of North America—Canada—Residential schools. Indians of North America—Canada—Biography. Healing. Native leaders—Canada—Biography.

Fontaine, Theodore,—1941-

Curriculum Notes: English language arts 30 (2013).

371.93 D442

Desautels, Lori L.

Intentional neuroplasticity: moving our nervous systems and educational system toward post-traumatic growth

Deadwood, OR: Wyatt-MacKenzie Publishing, 2023.

Subjects: Behavior disorders in children--Education--Handbooks, manuals, etc. Cognitive neuroscience.

Neuroplasticity.

Summary: Educator fatigue and burnout are at an all-time high. Students are carrying their mental and emotional exhaustion into the classroom. Intentional Neuroplasticity explores the plasticity of the brain and nervous system, while learning how adversity and trauma impact a student's developing nervous system to affect behaviors-- which ultimately changes the way educators approach discipline and engagement. When we empower and relieve our nervous systems with the language of science and deepened understanding of why we sense, feel, and behave the ways we do, we are preparing for a lifetime of possibility through the knowledge of brain and body architecture and plasticity.

371.93 G619

Golding, Kim S.; Phillips, Sian

Working with relational trauma in schools: an educator's guide to using dyadic developmental practice

London, UK: Jessica Kingsley Publishers, 2021.

Subjects: Dyadic analysis (Social sciences). Problem children--Education. Psychic trauma in children.

Summary: DDP is an intervention model for children and young people who have experienced trauma in past relationships. Safety and security is increased through offering emotional connection in a variety of ways. The model gives children the opportunity to experience the relationships necessary for healthy development, emotional regulation and resilience, and can be adapted to support pupils at all levels.

371.94 028

Oehlberg, Barbara

Reaching and teaching stressed and anxious learners in grades 4-8: strategies for relieving distress and trauma in schools and classrooms

Thousands Oaks, CA: Corwin Press, 2006.

Subjects: Stress in children—Treatment. Anxiety in children—Treatment. Mentally ill children—Education (Middle school).

Summary: This resource helps educators understand how trauma and stress interfere with cognitive skills, and how classroom and school activities can be used to restore feelings of safety, empowerment, and well-being.

Topics include: neurobiology of the developing child and how cognitive lock-out from the neocortex occurs during stress responses; strategies for reactivating cognitive skills, memory, and the ability to learn following stress responses; how acting-out behaviours are linked to stress and trauma; and how to generate a united effort on school safety and violence prevention issues.

371.94 S714

Sorrels, Barbara

Reaching and teaching children exposed to trauma

Lewisville, NC: Gryphon House, 2015.

Subjects: Educational psychology. Children with mental disabilities—Education. Teacher participation in educational counseling. Psychic trauma in children. Post-traumatic stress disorder in children.

Summary: In this book, teachers and caregivers will find the tools and strategies to connect with harmed children and start them on the path to healing. Practical strategies equip caregivers to help these littlest victims.

371.94 S721

Souers, Kristin; Hall, Pete

Fostering resilient learners: strategies for creating a trauma-sensitive classroom

Alexandria, VA: Association for Supervision and Curriculum Development, 2016.

Subjects: Post-traumatic stress disorder in children. Mentally ill children—Education.

Summary: This book will guide you in seeking solutions rather than dwelling on problems, to building relationships that allow students to grow, thrive, and learn at high levels.

372.146 028

Oehlberg, Barbara

Making it better: activities for children living in a stressful world

St. Paul, MN: Redleaf Press, 2014.

Subjects: Grief in children. Stress in children. Stress management for children.

372.1713 G729

Grace, Cathy

After the crisis: using storybooks to help children cope

Silver Spring, MD: Gryphon House, 2010.

Subjects: Art therapy for children. Psychic trauma in children—Treatment. Bibliotherapy for children.

Summary: With activities and exercises that can be used in conjunction with 52 children's books, discussion starters, writing activities, and art centres, teachers can use this book to promote children's ability to cope and heal. This resource offers suggestions on how to support children after earthquakes, epidemics and mass casualty incidents, fires and explosions, floods, hurricanes, shelter experiences, tornadoes and major storms, and volcanic eruptions.

372.21 C886

Craig, Susan E.

Trauma-sensitive schools: learning communities transforming children's lives, K-5

New York, NY: Teachers College Press, 2016.

Subjects: Psychic trauma in children. Post-traumatic stress disorder in children.

Summary: Growing evidence supports the important relationship between trauma and academic failure. Along with the failure of "zero tolerance" policies to resolve issues of school safety and a new understanding of children's disruptive behavior, educators are changing the way they view children's academic and social

problems. In response, the trauma-sensitive schools movement presents a new vision for promoting children's success. This book introduces this promising approach and provides K-5 education professionals with clear explanations of current research and dozens of practical, creative ideas to help them.

372.21 S797

Statman-Weil, Katie

Trauma-responsive strategies for early childhood

St. Paul, MN : Redleaf Press, 2020.

Subjects: Children with mental disabilities—Education (Early childhood). Children with social disabilities—Education (Early childhood). Classroom environment. Early childhood education—Psychological aspects. Psychic trauma in children. School environment.

Summary: This book offers an overview of trauma and its impact on young children, as well as specific strategies and techniques educators and administrators can use to create classroom and school communities that improve the quality of care for this vulnerable population.

372.24 B878

Brown, Lyn Mikel; Biddle, Catharine

Trauma-responsive schooling: centering student voice and healing

Cambridge, MA: Harvard Education Press, 2022.

Subjects: Education, Elementary--Psychological aspects. Education, Rural. School children--Mental health. School environment--Psychological aspects.

Summary: The authors provide complex real-life examples of student involvement in the creation and implementation of trauma-responsive and equitable practices. Their work offers readers concrete, actionable examples of such practices, which include supporting the whole child by promoting social and emotional learning (SEL) as well as academic achievement; providing access to basic needs such as food, clothing, and health care; and meeting the instructional requirements of dual-language learners. Many rural schools in the United States experience low student achievement and high absenteeism rates as their geographically isolated communities struggle with poverty, substance abuse, and other significant stressors. Yet, as the authors demonstrate, supportive learning environments, even in under-resourced rural schools, are able to mitigate adversity, stress, and trauma—and thus promote healing.

372.37 S817

Steffy, Lynne

The butterfly blanket

Renfrew, ON: General Store Pub. House, 2010.

Subjects: Grief in children—Juvenile literature. Death—Juvenile literature.

Summary: This book was created to assist children who have lost a loved one through illness. Michelle, the protagonist, feels alone and afraid following the death of her mother, but is comforted by butterflies floating together in the shape of her mother.

Curriculum Notes: Health education grade 2 (2010). Health education grade 3 (2010).

372.82 B787

Bowman, Susan

The adventure of Dakota: a friendly wolf who teaches children (grades K-4) lessons about life

Chapin, SC: YouthLight, 2004.

Subjects: Children—Conduct of life. Social skills—Study and teaching (Primary).

Summary: This book uses adventure stories about a wolf, discussion questions, role-plays, and activity sheets to teach life lessons. Topics include: spreading rumours, dealing with bullying, understanding differences, discovering personal strengths, experiencing grief and loss, resolving conflict, sharing, taking turns, learning about prejudice, and fearing the unknown.

373.788 C967

Cullen, David

Columbine

New York, NY: Twelve, 2009.

Subjects: School shootings—Colorado—Littleton. Columbine High School Massacre, Littleton, Colo., 1999.

616.0472 L665

Levine, Peter A.; Phillips, Maggie

Freedom from pain : discover your body's power to overcome physical pain

Boulder, CO: Sounds True, 2012.

Subjects: Chronic pain. Pain. Mind and body therapies.

Summary: Two pioneers in the field of pain and trauma recovery address a crucial missing factor essential to long-term healing: addressing the unresolved emotional trauma held within the body.

616.8521 C678

Cohen, Judith A.; Mannarino, Anthony P.

Treating trauma and traumatic grief in children and adolescents. Second edition

New York, NY: Guilford Press, 2017.

Subjects: Post-traumatic stress disorder in children—Treatment. Post-traumatic stress disorder in adolescence—Treatment. Cognitive therapy in children. Cognitive therapy in teenagers. Grief in adolescence—Treatment. Grief in children—Treatment.

Summary: In this second edition, clinical researchers provide a comprehensive framework for assessing post-traumatic stress disorder (PTSD), other trauma-related symptoms, and traumatic grief in 3- to 18-year-olds; building core coping skills; and directly addressing and making meaning of children's trauma experiences. Implementation is facilitated by sample scripts, case examples, troubleshooting tips, and reproducible client handouts.

616.8521 H186

Hallett, Kristina; Donelan, Jill

Trauma treatment toolbox for teens: 144 trauma-informed worksheets and exercises to promote resilience, growth and healing

Eau Claire, WI: PESI Publishing & Media, 2019.

Subjects: Anxiety disorders--Problems, exercises, etc. Post-traumatic stress disorder in adolescence. Psychic trauma in adolescence. Resilience (Personality trait) in adolescence. Stress in adolescence.

Summary: A practical workbook for clinicians working with teenagers who have experienced trauma, PTSD, and stress. Inside you'll find 144 unique trauma-informed worksheets and exercises to connect, relate and engage with teens -- and help them understand how trauma impacts the mind and body, to promote growth and healing.

616.8521 L665

Levine, Peter

Healing trauma: a pioneering program for restoring the wisdom of your body

Boulder, CO: Sounds True, 2005.

Subjects: Post-traumatic stress disorder—Treatment. Mind and body therapies.

616.8521 L665

Levine, Peter

In an unspoken voice: how the body releases trauma and restores goodness

Berkeley, CA: North Atlantic Books, 2010.

Subjects: Psychic trauma.

Summary: Based on findings from biology, neuroscience, and the emerging field of body-oriented psychotherapy, this book explains that trauma is not a disease or a disorder, but an injury caused by fright, helplessness, and loss. This wound can be healed only if we attend to the wisdom of the living, knowing body.

616.8521 L665

Levine, Peter

Waking the tiger: healing trauma: the innate capacity to transform overwhelming experiences

Berkeley, CA: North Atlantic Books, 1997.

Subjects: Mind and body therapies. Post-traumatic stress disorder—Treatment.

Summary: This book normalizes the symptoms of trauma and the steps needed to heal them. People are often traumatized by seemingly ordinary experiences. The reader is taken on a guided tour of the subtle, yet powerful impulses that govern our responses to overwhelming life events. To do this, it employs a series of exercises that help us focus on bodily sensations. Through heightened awareness of these sensations trauma can be healed.

616.8521 P175

Palmer, Libbi

PTSD workbook for teens: simple, effective skills for healing trauma

Oakland, CA: Instant Help Books, 2012.

Subjects: Cognitive therapy for teenagers. Post-traumatic stress disorder—Treatment.

Summary: In this book, a trauma and post-traumatic stress disorder (PTSD) specialist offers worksheets and exercises to help teens recover from traumatic events and symptoms of PTSD, such as insomnia, flashbacks, hypervigilance, and depression. This workbook is based on evidence-based treatments for PTSD, including trauma focused cognitive behavior therapy (CBT) and dialectical behavior therapy (DBT).

616.8521 R813

Rosenbloom, Dena

Life after trauma: a workbook for healing

New York, NY: Guilford Press, 2010.

Subjects: Psychic trauma. Post-traumatic stress disorder.

Summary: This book guides you toward reclaiming a solid sense of safety, self-worth, trust, and control, as well as the capacity to be close to others. The focus is on finding the way forward in your life today, no matter what has happened in the past.

616.8521 S337

Schiraldi, Glenn R.

The post-traumatic stress disorder sourcebook: a guide to healing, recovery, and growth

New York, NY: McGraw-Hill, 2009.

Subjects: Post-traumatic stress disorder.

Summary: Trauma can take many forms, from witnessing a violent crime or surviving a natural disaster to living with the effects of abuse, rape, combat, or alcoholism. The author offers a remarkable range of treatment alternatives and self-management techniques, showing survivors that the other side of pain is recovery and growth.

616.8521 S912

Strauss, Martha B.

Treating trauma in adolescents

New York, NY: Guilford Press, 2017.

Subjects: Adolescent Psychology. Stress in adolescence. Post-traumatic stress disorder—Treatment.

Summary: This book presents an innovative and empathic approach to working with traumatized teens. It offers strategies for getting through to high-risk adolescents and for building a strong attachment relationship that can help get development back on track.

616.8521 V766

Vinall, Deborah

Trauma recovery workbook for teens: exercises to process emotions, manage symptoms, and promote healing

Oakland, CA: Rockridge Press, 2022.

Subjects: Mental healing. Post-traumatic stress disorders. Psychic trauma. Self-realization.

Summary:

616.8521 V841

Vitelli, Romeo

The everything guide to overcoming PTSD: simple, effective techniques for healing and recovery

Avon, MA: Adams Media, 2014.

Subjects: Post-traumatic stress disorder.

Summary: Manage your trauma and move forward. You are greater and more powerful than the trauma and pain you've experienced. This title demonstrates how healing is possible, exploring what trauma is and showing you how to embrace your emotions, develop resiliency, and find strength in acceptance.

616.8521 Z39

Zayfert, Claudia

Cognitive-behavioral therapy for PTSD: a case formulation approach

New York, NY: Guilford Press, 2007.

Subjects: Cognitive therapy. Post-traumatic stress disorder—Treatment.

616.85836 L833

Lohmann, Raycelle Cassada; Raja, Sheela

The sexual trauma workbook for teen girls : a guide to recovery from sexual assault and abuse

Oakland, CA: Instant Help Books, 2016.

Subjects: Sex crimes. Sexual abuse victims. Teenagers—Crimes against. Rape.

Summary: This book offers healing, real-life stories from survivors and powerful, evidence-based tools to help you reclaim your life after sexual abuse or trauma.

616.8584 M425

Maté, Gabor

In the realm of hungry ghosts : close encounters with addiction

Toronto, ON: Vintage Canada, 2008.

Subjects: Maté, Gabor—Mental health. Substance abuse. Compulsive behavior.

Summary: The author looks at the epidemic of addictions in our society, tells us why we are so prone to them and what is needed to liberate ourselves from their hold on our emotions and behaviours.

616.89 T777

Schouler-Ocak, Meryam

Trauma and migration: cultural factors in the diagnosis and treatment of traumatised immigrants

Cham, Switzerland: Springer, 2015.

Subjects: Cross-cultural psychology. Immigrants--Psychology.

Summary: This book provides an overview of recent trends in the management of trauma and post-traumatic stress disorders that may ensue from distressing experiences associated with the process of migration. Although the symptoms induced by trauma are common to all cultures, their specific meaning and the strategies used to deal with them may be culture-specific. Consequently, cultural factors can play an important role in the diagnosis and treatment of individuals with psychological reactions to extreme stress. This role is examined in detail, with an emphasis on the need for therapists to bear in mind that different cultures often have different concepts of health and disease and that cross-cultural communication, assisted by a professionally trained and certified interpreter if necessary, is therefore essential in ensuring effective care of immigrant patients. The therapist's own intercultural skills are highlighted as being an important factor in the success of any treatment, and specific care contexts and the global perspective are also discussed.

616.89008997 D948

Duran, Eduardo

Healing the soul wound : counseling with American Indians and other Native Peoples

New York, NY : Teachers College Press, 2019.

Subjects: Indians of North America—Counseling of. Indians of North America—Mental health services. Indians of North America—Mental health. Indians of North America—Psychology. Psychotherapy.

616.8914 C672

Coenen, Claudia

The creative toolkit for working with grief and bereavement: a practitioner's guide with activities and worksheets

London, UK: Jessica Kingsley Publishers, 2020.

Subjects: Grief therapy. Mental health counseling. Psychotherapy.

Summary: This is a professional workbook for practitioners to use with clients experiencing grief. The book offers an easy to use guide to bereavement models and therapeutic approaches, with photocopiable exercises and worksheets.

616.8914 034

Ogden, Pat; Fisher, Janina

Sensorimotor psychotherapy: interventions for trauma and attachment

New York, NY: W. W. Norton & Company, 2015.

Subjects: Sensorimotor integration. Mind and body therapies.

Summary: The body's intelligence is largely an untapped resource in psychotherapy, yet the story told by the "somatic narrative"—gesture, posture, prosody, facial expressions, eye gaze, and movement – is arguably more significant than the story told by the words. The language of the body communicates implicit meanings and reveals the legacy of trauma and of early or forgotten dynamics with attachment figures. To omit the body as a target of therapeutic action is an unfortunate oversight that deprives clients of a vital avenue of self-knowledge and change. Written for therapists and clients to explore together in therapy, this book is a practical guide to the language of the body.

616.89165 B224

Baraister, Marion

Reading and expressing writing with traumatized children, young refugees and asylum seekers : unpack my heart with words

London, England: Jessica Kingsley Publishers, 2014.

Subjects: Bibliotherapy for children. Refugee children—Mental health services. Creative writing—Therapeutic use. Psychic trauma in children—Treatment.

Summary: This book guides readers through all aspects of implementing biblio/narrative therapy with children and adolescents, from the importance of cultural sensitivity and understanding the psychological needs of the child to providing more practical information on how to choose the right text and encourage expression through the spoken and written word. It includes exercises for use in sessions, an analysis of the importance of symbol when working therapeutically with children, and a complete account of the ethics of good practice.

616.89165 D391

Denborough, David

Retelling the stories of our lives: everyday narrative therapy to draw inspiration and transform experience

New York, NY: W. W. Norton & Company, 2014.

Subjects: Narrative therapy.

Summary: This book invites readers to take a new look at their own stories and to find significance in events often neglected, to find sparkling actions that are often discounted, and to find solutions to problems and predicaments in unexpected places. Easy-to-understand examples and exercises demonstrate how these ideas have helped many people overcome intense hardship and will help readers make these techniques their own. The book also outlines practical strategies for reclaiming and celebrating one's experience in the face of specific challenges such as trauma, abuse, personal failure, grief, and aging.

618.928521 C912

Malchiodi, Cathy A. (Ed.)

Creative interventions with traumatized children

New York, NY: Guilford Press, 2015.

Subjects: Art therapy for children. Post-traumatic stress disorder in children—Treatment.

Summary: This volume demonstrates a range of creative approaches for facilitating children's emotional reparation and recovery from trauma. Experts in play, art, music, movement, and drama therapy, as well as bibliotherapy, describe step-by-step strategies for working with children, families, and groups. Rich with case material and artwork, the book is both practical and user-friendly.

618.928521 D158

D'Amico, Dawn

Conversation-starters for working with children and adolescents after trauma: simple cognitive and arts-based activities

London, UK: Jessica Kingsley Publishers, 2022.

Subjects: Art therapy--Methods. Play therapy--Methods. Psychic trauma in adolescence--Treatment. Psychic trauma in children--Treatment.

Summary: Helping children and adolescents who have experienced trauma to feel safe and confident enough to talk, let alone engage in therapeutic work, can be full of challenges - for children and for adults. Conversation-Starters For Working with Children and Adolescents After Trauma aims to make this process easier for practitioners, by offering gentle, playful techniques to help children who are closed or withdrawn to start to open up. With over 80 activities tailored to different styles of communication, all requiring minimal preparation, this flexible resource provides an activity for every situation. From helping a child identify fun things around them to helping them to learn how to control unwanted thoughts, or to understand how feeling states can move from darkness to light, you will wish that you had known about these techniques sooner. Simply choose whether you would like to focus on helping a child with a coping or positive thinking activity, gather the everyday tools you need, and you are all set. Each of the activities can be used in both individual and group formats, and case studies throughout the book serve as a helpful guide on how the activities work in practice. This book is the ultimate toolkit for use with children and adolescents aged between 5 and 17. It is ideal for practitioners working with children who have experienced trauma, physical or sexual abuse, or severe neglect. Those working with children who are experiencing acute depression, anxiety and behavioural difficulties will also find it useful.

618.928521 T772

Transgenerational trauma and the Aboriginal child : healing through intervention

Lanham, MD: Rowman & Littlefield, 2015.

Subjects: Social adjustment—Australia. Child, Preschool—Australia. Psychic trauma in children—Australia. Intergenerational relations—Australia. Oceanic Ancestry Group—Australia. Post-traumatic stress disorder—Australia. Transference (Psychology)—Australia.

Summary: This book reveals ways of identifying, understanding, and healing transgenerational trauma. Gunawirra, a unique treatment project in Sydney, focuses on preschool Aboriginal children, exploring the universal structure of childhood traumatization through telling examples.

618.928521 T787

Treisman, Karen

Working with relational and developmental trauma in children and adolescents

Abingdon, Oxon, England: Routledge, 2017.

Subjects: Post-traumatic stress disorder in children—Treatment. Psychic trauma in adolescence. Psychic trauma in children—Treatment. Resilience (Personality trait) in children.

Summary: This book draws on a range of theoretical perspectives through reflective exercises, rich case studies, practical applications and therapeutic strategies. With chapters on wider organisational and systemic dynamics, strength-based practices and the intergenerational transmission of relational trauma, the author provides a holistic view of the pervasive nature and impact of working with trauma.

618.9289 P462 L665

Levine, Peter

Trauma through a child's eyes: awakening the ordinary miracle of healing

Berkeley, CA: North Atlantic Books, 2006.

Subjects: Post-traumatic stress disorder—Patients. Child mental health—Handbooks, manuals, etc.

618.9289 P462

Perry, Bruce Duncan

The boy who was raised as a dog: and other stories from a child psychiatrist's notebook: what traumatized children can teach us about loss, love, and healing

New York, NY: Basic Books, 2006.

Subjects: Child psychiatry. Psychic trauma in children—Case studies.

Summary: Child psychiatrist Bruce Perry has treated children faced with unimaginable horror: genocide survivors, witnesses, children raised in closets and cages, and victims of family violence. Here he tells their stories of trauma and transformation.

658.473 A266

Geffner, Robert (Ed.)

Aggression in organizations : violence, abuse, and harassment at work and in schools

Binghamton, NY: Haworth Maltreatment & Trauma Press, 2004.

Subjects: Violence in the workplace—Prevention. School violence—Prevention. Harassment—Prevention. Harassment in schools—Prevention. Bullying in the workplace—Prevention. Bullying in schools—Prevention. Psychological abuse—Prevention.

Summary: This book presents a wide range of research, perspectives, and approaches to violence and abuse at work and in school. Respected authorities discuss practical strategies that foster a sense of safety, dignity, growth, creativity, and social support in every organization. Topics include: the quantitative and qualitative methods that document the long-term effects of trauma and the effectiveness of interventions; the role of perceptions in gauging workplace hostility; a personality test to identify an aggressive personality; the role of organizational frustration in forming aggressive behaviours; the effects of a teacher's emotional abuse of a student; two forms of workplace abuse - bullying and mobbing; and many more.

813.6 A997

Azúa Kramer, Jackie

The boy and the gorilla

Somerville, MA : Candlewick Press, 2020.

Subjects: Bereavement—Juvenile fiction. Gorilla—Juvenile fiction.

Summary: This profoundly moving tale about a grieving boy and an imaginary gorilla makes real the power of talking about loss. On the day of his mother's funeral, a young boy conjures the very visitor he needs to see – a gorilla. Wise and gentle, the gorilla stays on to answer the heart-heavy questions the boy hesitates to ask his father: Where did his mother go? Will she come back home? Will we all die? Yet with the gorilla's friendship, the boy slowly begins to discover moments of comfort in tending flowers, playing catch and climbing trees. Most of all, the gorilla knows that it helps to simply talk about the loss – especially with those who share your grief and who may feel alone too.

813.6 N576

Nhin, Mary

Sad ninja

Place of publication: Grow Grit Press, 2021.

Subjects: Emotions in children--Juvenile fiction. Grief--Juvenile fiction. Sadness--Juvenile fiction.

Summary: Sad Ninja deals with the loss of his grandmother and his parents getting a divorce. Find out what happens in this SEL book about accepting sad feelings like loss and grief.

813.6 W552

Whaley, John Corey

Noggin

New York, NY: Atheneum Books for Young Readers, 2014.

Subjects: Death—Fiction. Family life—Missouri—Kansas City—Fiction. Identity—Fiction. Interpersonal relations—Fiction. Science fiction. Transplantation of organs, tissues, etc.—Fiction. Young adult fiction.

Summary: As 16-year-old Travis Coates is dying from leukemia, he agrees to be part of a scientific experiment in which his head is cryogenically preserved until some point in the future when science has advanced enough to allow a transplant on a donor body. Travis has a second chance at life five years later when he must come to terms with his new body and how his world has changed in the interim. Note: This novel contains profanity. Educators are advised to consult their local learning resources evaluation policy before using this resource. Curriculum Notes: English language arts 10 (2011).

971.00497 E46

Elliott, Alicia

A mind spread out on the ground

Toronto, ON : Anchor Canada, 2019.

Subjects: Canada—Race relations. Colonization—Social aspects—Canada. Indians of North America—Canada—Social conditions. Indigenous Peoples in Canada. Racism—Canada.

Summary: The Mohawk phrase for depression can be roughly translated to "a mind spread out on the ground." In this urgent and visceral work, the author explores how apt a description that is for the ongoing effects of personal, intergenerational, and colonial traumas she and so many Native people have experienced. Elliott's deeply personal writing details a life spent between Indigenous and white communities, a divide reflected in her own family, and engages with such wide-ranging topics as race, parenthood, love, art, mental illness, poverty, sexual assault, gentrification, and representation. Throughout, she makes thrilling connections both large and small between the past and present, the personal and political.

971.00497 M592

Methot, Suzanne

Legacy : trauma, story, and Indigenous healing

Toronto, ON : ECW Press, 2019.

Subjects: Colonization—Psychological aspects. Colonization—Social aspects—Canada. Indians of North America—Canada—Social conditions. Indians of North America—Health and hygiene—Canada. Indigenous peoples in Canada. Psychic trauma—Canada.

Summary: Five hundred years of colonization have taken an incalculable toll on the Indigenous Peoples of the Americas: substance use disorders and shockingly high rates of depression, diabetes, and other chronic health conditions brought on by genocide and colonial control. With passionate logic and chillingly clear prose, the author uses history, human development, and her own and others' stories to trace the roots of Indigenous cultural dislocation and community breakdown in an original and provocative examination of the long-term effects of colonization. But all is not lost. Methot also shows how we can come back from this with Indigenous ways of knowing lighting the way.

FR 155.937 Q1

Maltais, Danielle (Ed.)

Quand le deuil se complique: variété des manifestations et modes de gestion des complications du deuil

Québec, QC: Presses de l'Université du Québec, 2020.

Subjects: Disaster victims--Psychological aspects. French language materials. Grief--Psychological aspects.

Summary: Le deuil est un processus complexe. Il évolue avec le temps et il influence autant qu'il est influencé par différents facteurs liés au type de pertes encourues, aux sentiments éprouvés face à celles-ci, au contexte social ou individuel, etc. Souvent, ce processus de deuil peut être court et apaisant. Mais, parfois, certaines personnes vivent une période de deuil pouvant s'étendre sur plusieurs mois, voire de nombreuses années, qui se caractérise par des problèmes majeurs de fonctionnement social. C'est ce que l'on appelle un « deuil compliqué ». Bien que cette notion soit reconnue internationalement, elle ne fait pas l'unanimité et n'est toujours pas reconnue officiellement comme un trouble par l'American Psychological Association dans son fameux DSM-5. Cet ouvrage collectif porte un regard pluriel et multidisciplinaire sur les complications du deuil, à partir de récits cliniques et d'études empiriques réalisées dans des contextes culturels différents et lors de divers événements : le décès - inattendu ou non - d'un enfant, d'un conjoint ou d'une autre personne qui nous est chère, la perte de biens significatifs ou d'objets immatériels importants (par exemple, le sentiment de sécurité). Ce livre s'adresse aux chercheurs qui s'intéressent à cette problématique et aux intervenants de la santé et des services sociaux qui accompagnent des personnes confrontées à la perte d'un être cher ou d'un bien significatif. Il propose notamment des approches et des outils d'intervention pour donner du sens à ce qui, parfois, n'en a pas.

FR 371.92 P877

Pour une pédagogie sensible à l'impact des traumatismes sur l'apprentissage: nourrir la résilience

Ottawa, ON: Le Centre franco, 2019.

Subjects: Affective education. French language materials. Psychic trauma in children. School children--Mental health. Teaching--Psychological aspects.

Summary: Guide destiné au personnel en milieu scolaire pour accompagner les élèves dans les écoles de langue française de l'Ontario.

FR 618.928521 G372

Germain, Vanessa; Chan, Alessandra

Après le choc : surmonter un évènement bouleversant ou traumatisant : guide pour adolescents et jeunes adultes

Québec, QC: Germain, Vanessa, 2018.

Subjects: French language materials. Life change events. Post-traumatic stress disorder in adolescence.

Summary: Ce guide pratique est conçu pour accompagner les ados qui ont vécu des évènements bouleversants ou traumatisants pouvant aller jusqu'à un TSPT (trouble de stress post-traumatique). Il présente divers profils de réactions et de difficultés associés à des évènements variés : accident, vol, violence, agression, intimidation... Présenté de manière dynamique, ce livre propose des exemples concrets, des histoires de cas et plusieurs stratégies d'intervention à instaurer au quotidien.

FR 618.928521 G869

Grisé Bolduc, Marie-Ève

Le trauma complexe: chez l'enfant et l'adolescent

Quebec, QC: Éditions Midi trente, 2022.

Subjects: French language materials. Psychic trauma in adolescence. Psychic trauma in children.

Summary: Lorsqu'un enfant ou un adolescent présente un trauma complexe, c'est qu'il a été exposé de manière chronique ou répétée à des traumatismes interpersonnels (p. ex. abus, négligence, violence) impliquant habituellement un parent, un membre de la famille ou une figure significative. Souvent très difficiles à vivre, ces traumas entraînent malheureusement des conséquences complexes. Ce guide permet de mieux comprendre les jeunes qui vivent des traumas complexes en prenant en considération ce qui se cache sous leurs comportements préoccupants : des besoins non comblés, des émotions trop difficiles à gérer et la perception de menaces et de

dangers. Comme l'intervention auprès de ces jeunes comporte de nombreux défis, cet ouvrage propose plusieurs pistes d'intervention pour accompagner les jeunes touchés de manière sensible et adaptée à leurs enjeux. Il s'adresse donc aux parents, aux enseignants, aux éducateurs, aux intervenants, aux familles d'accueil et aux différents professionnels qui prennent soin d'eux en y mettant tout leur coeur et leur énergie.

FR 618.928521 R759

Romano, Hélène

L'enfant face au traumatisme. 2e édition

Paris, France: Dunod, 2020.

Subjects: French language materials. Psychic trauma in children.

Summary: Hélène Romano participe aujourd'hui à ce mouvement de recherches praticiennes qui nous expliquent qu'un événement aura des effets différents selon l'âge du blessé, selon son histoire et surtout selon son contexte familial et culturel. Grâce à ces 20 années d'expérience de terrain avec les urgentistes, cette chercheuse praticienne nous propose un tableau clair de ce que sont les enfants traumatisés et comment on peut les accompagner pour les aider à reprendre vie. Elle analyse des tableaux complets ouverts, et évolutifs, à l'opposé de l'esprit sectaire de certaines anciennes publications. Et, ce qui ne gêne rien, ce livre est agréable à lire, bien illustré par des vignettes qui permettent de comprendre aisément des idées que l'on croyait abstraites ! (Boris Cyrulnik).

FR 813.54 K97

Kusugak, Michael

Les aurores boréales. Joueurs de soccer

Saint-Boniface, MB : Éditions des Plaines, 2014.

Subjects: Auroras—Juvenile fiction. Bereavement—Juvenile fiction. Grandparent and child—Juvenile fiction.

Inuit—Canada—Social life and customs—Juvenile fiction. Mothers—Death—Juvenile fiction.

Summary: A little Inuit girl, Kataujaq, is sad when her mother dies. Kataujaq's grandmother tells her a story of the Inuit belief that when people die their souls go to live in the heavens and we see them as them as the Northern lights.

FR 843.6 B685

Boivin, Rollande

Kateri et le corbeau

Montréal, QC : Bayard Canada Livres, 2019.

Subjects: Death—Fiction. French language materials. Métis—Fiction. Peoples autochtones au Canada. Young adult fiction.

Summary: Ce roman s'inspire d'une légende algonquienne d'amour, de réincarnation et de déportation. La vie de Kateri est brusquement changée. Son peuple souffre de famine et se fait déporter de son territoire. Elle doit également gérer ses émotions après la perte de deux personnes importantes dans sa vie. Sa force de caractère et ses croyances spirituelles lui permettent de surmonter ces défis.

Curriculum Notes: Français en immersion 9 - I.

FR 843.6 B743

Bosman, Julie.

M'étendre sur l'asphalte

Montréal, QC : Leméac, 2018.

Subjects: Coming of age—Fiction. Death—Fiction. French language materials. Friendship—Fiction. Grief—Fiction. Young adult fiction.

Summary: L'intrigue de ce roman est centrée sur une fille québécoise, âgée de 12 ans, durant les années 1980. C'est écrit dans un style de journal intime. La jeune protagoniste éprouve un grand chagrin suite à la mort tragique d'un ami, les chicanes entre amies et parents, la transition à l'école secondaire et sa première peine d'amour.

Curriculum Notes: Français en immersion 7 - I. Français en immersion 8 - I. Français en immersion 9 - I.

FR 843.6 D377

Demers, Dominique

Un hiver de tourmente

Montréal, QC : Éditions Québec Amérique, 2012.

Subjects: Death—Fiction. Families—Fiction. French language materials. Love stories. Teenagers—Fiction.

Summary: Un hiver de tourmente est le premier tome d'une trilogie. Le contenu est mieux adapté aux élèves qui ont la maturité de discuter des défis du personnage principal. Dans ce roman, Marie-Lune est tourmentée par le décès de sa mère, l'isolation du Grand Nord et les émotions d'un amour adolescent intense. Elle tombe enceinte et fait face à la possibilité de faire adopter son enfant.

Curriculum Notes: Français immersion 30.

FR 843.6 H594

Heurtier, Annelise

Refuges

Brussels, Belgium : Casterman, 2018.

Subjects: Death—Fiction. French language materials. Grief—Fiction. Immigration—Fiction. Refugees—Fiction. Young adult fiction.

Summary: Ce roman traite d'une jeune fille qui retourne à la maison de son enfance avec ses parents. Là, elle doit faire face aux traumatismes subits par la famille. Cette histoire se tisse avec les parcours différents vécus par de jeunes réfugiés africains qui s'esquivent de leur pays natal à la recherche de la liberté.

Curriculum Notes: Français immersion 20 (2018). Français immersion 30 (201