

# Trauma-Informed Practice: A Bibliography of Resources

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Emma Stewart Resources Centre

Saskatchewan Teachers' Federation  
2317 Arlington Avenue, Saskatoon, SK S7J 2H8  
Telephone: 306-373-1660 Email: [esrc@stf.sk.ca](mailto:esrc@stf.sk.ca)





\*Annotations have been excerpted and/or adapted from descriptions provided by the publishers.

155.41244 T436

Thierry, Betsy de

**The simple guide to understanding shame in children : what it is, what helps and how to prevent further stress or trauma**

London, England : Jessica Kingsley Publishers, 2019.

*Subjects:* Shame in children. Shame.

*Summary:* Full of helpful information and advice, this is the perfect introduction for any adult caring for or working with a child who has experienced shame. It explains what shame is, how it affects children and what adults can do to help them overcome it.

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. Psychic trauma.

*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 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.

158.12 G665

Gordon, Timothy; Borushok, Jessica

**Acceptance and mindfulness toolbox for children and adolescents : 75+ worksheets and activities for trauma, anxiety, depression, anger and more**

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

*Subjects:* Anger in adolescence—Problems, exercises, etc. Anxiety in adolescence—Problems, exercises, etc. Child mental health. Depression in children—Problems, exercises, etc. Psychic trauma in children—Problems, exercises, etc. Resilience (Personality trait) in adolescence. Stress in children—Problems, exercises, etc. Teenagers—Mental health.

*Summary:* This book offers anxiety, depression, anger and trauma-informed worksheets and exercises to help the children and adolescents better manage their behaviors and emotions.

294.33615 J54

Jennings, Pilar

**To heal a wounded heart : the transformative power of Buddhism and psychotherapy in action**

Boulder, CO : Shambhala, 2017.

*Subjects:* Buddhism and psychoanalysis. Buddhism—Psychology. Child psychotherapy. Psychotherapist and patient. Psychotherapy—Religious aspects—Buddhism.

*Summary:* Early on in her clinical practice, the author was presented with a particularly difficult case: a six-year-old girl who, traumatized by loss, had stopped speaking. Challenged by the limitations of her training to respond effectively to the isolating effect of childhood trauma, Jennings took the unconventional path of inviting her friend Lama Pema'a, a kindly Tibetan Buddhist monk who experienced his own life-shaping trauma at a very young age, into their sessions. In the warm therapeutic space they create, the young girl slowly begins to heal. The result is a fascinating case study of the intersection of Western psychology and Buddhist teachings. This story is for therapists, parents, Buddhists, or any of us who hold out the hope that even the deepest childhood wounds can be the portal to our capacity to love and be loved.

299.93 B195

Balogh, Jacquie

**The burned-out healer : a path to trauma release and reconnection to self**

Mossbank, SK : Wood Dragon Books, 2020.

*Subjects:* Burn out (Psychology). Psychic trauma. Spiritual healing.

*Summary:* This book addresses the burnout many energy workers, spiritual healers, and health care professionals experience—and provides the roadmap for healers to help themselves and become congruent with healing others. The author provides guidance and encouragement while showing healers the way out from under “energy vampires” toward spiritual and physical harmony. This book also offers valuable information for caregivers who may forget that they, too, need to put themselves first while caring for others.

305.80097 S617

Singh, Anneliese A.

**The racial healing handbook : practical activities to help you challenge privilege, confront systemic racism and engage in collective healing**

Oakland, CA : New Harbinger Publications, Inc., 2019.

*Subjects:* Race awareness. Race relations. Racism. Reconciliation—Handbooks, manuals, etc.

*Summary:* This book is a powerful and practical guide to help you navigate racism, challenge privilege, manage stress and trauma, and begin to heal.

370.114 M398

Mason, Christine; Asby, Dana

**Compassionate school practices : fostering children's mental health and well-being**

Thousand Oaks, CA : Corwin, 2021.

*Subjects:* Compassion in children. Compassion—Study and teaching. Moral education.

*Summary:* Is your school prepared to care for all the students, staff, and families in your community? Sadly, your school might be the only point of care for many students. Be already ready—establish a compassionate cultural foundation for strong relationships and holistic skills to weather stress, trauma, and promote well-being for your entire school population by leaning into this approach to leadership and social emotional learning.

370.15 T866

Truebridge, Sara

**Resilience begins with beliefs : building on student strengths for success in school**

New York, NY: Teachers College Press, 2014.

*Subjects:* Academic achievement—Psychological aspects. Resilience (Personality trait) in adolescence. Resilience (Personality trait) in children. Success—Psychological aspects. Teachers—Attitudes.

370.1534 J54

Jennings, Patricia A.

**The trauma-sensitive classroom : building resilience with compassionate teaching**

New York, NY : W. W. Norton & Company, 2019.

*Subjects:* Affective education. Emotional intelligence—Study and teaching. Psychic trauma in children. Stress in children—Prevention.

*Summary:* This book shares research and experiential knowledge about the practices that support students' healing, build their resilience, and foster compassion in the classroom. In Part I, the author describes the effects of trauma on body and mind, and how to recognize them in students' behavior. In Part II, she introduces the trauma-sensitive practices she has implemented in her work with schools. And in Part III, she connects the dots between mindfulness, compassion, and resilience. Each chapter contains easy-to-use, practical activities to hone the skills needed to create a compassionate learning environment.

370.1534 P563

Phillips, Sian; Melim, Deni

**Belonging : a relationship-based approach for trauma-informed education**

Lanham, MD : Rowman & Littlefield, 2020.

*Subjects:* Affective education. Attachment disorder in children.

*Summary:* This book focuses on three important and comprehensive areas of theory and research that provide a theoretical, clinical, and integrated intervention model for developing the relationships and a sense of safety for children with developmental trauma need.

370.1534 P695

Pizzo, Peggy Daly

**Teaching and leading with emotional intelligence : a dilemma-based casebook for early care and education**

New York, NY : Teachers College Press, 2018.

*Subjects:* Affective education—Case studies. Emotional intelligence—Study and teaching (Early childhood)—Case studies.

*Summary:* This book provides dilemma-based teaching cases that teachers and early childhood leaders can analyse and discuss to build problem-solving and decision-making skills. Readers will reflect on challenges they are likely to experience, addressing issues such as linguistically and culturally isolated children, high-energy children struggling to develop self-regulation, and children experiencing trauma.

371.1 C318

Carrington, Jody; McIntosh, Laurie

**Teachers these days : stories and strategies for reconnection**

San Diego, CA : IMPress, 2021.

*Subjects:* Teacher-student relationships. Teachers—Job stress. Teachers—Mental health. Teachers.

*Summary:* Teachers show up in different forms and in many chapters of a child's life. Teaching is literacy and numeracy but, most importantly, it's showing up with your whole heart. It's walking kids—and yourself—through the hardest conversations about trauma, loss, grief, racism, or violence. As we work to piece together our education system in the fallout from the global pandemic, the focus must be on the teachers. If the people in charge—those teachers—aren't OK, the students don't stand a chance.

371.10019 H495

Hendershott, Dardi; Hendershott, Jen

**Supporting the wounded educator : a trauma-sensitive approach to self-care**

New York, NY : Routledge, 2020.

*Subjects:* Stress management. Teachers—Health and hygiene. Teachers—Job stress. Teachers—Mental health. Teaching—Psychological aspects. Well-being.

*Summary:* Educators today are facing challenges and demands like never before. The tensions between an educator's calling and the reality of the profession can create a growing sense of compassion fatigue, burnout, and job dissatisfaction. In light of this context, this book brings firsthand knowledge alongside research to encourage, equip, and empower educators to find relief and hope. Taking a trauma-sensitive approach, this important resource will help you navigate the pressures of being an educator, whether you entered your profession carrying wounds with you, have felt wounded from your work environment, or you are simply someone trying to support others. Packed with doable strategies and suggestions for personal and professional self-care, this book will help you discover a personal journey towards holistic health and job satisfaction.

371.10019 S967

Sutter, Daryl B.

**The day I reached my tipping point : compassion fatigue and educators**

Victoria, BC : Friesen Press, 2019.

*Subjects:* Burn out (Psychology). Empathy. Secondary traumatic stress. Teachers—Job stress. Teachers—Mental health.

*Summary:* Teachers are found in every geographical region of the world. What they don't

realize, is that through policies, procedures, technology upgrades, parental and administrative as well as government expectations, their psychological well-being is slowly being depleted. The erosion of their compassion and empathy over time leads to anxiety, stress, depression, and burnout which are the themes of this book. This depletion can result in qualified, skilled individuals leaving the profession early; others, to seek different career opportunities, or stay in the system just "going with the flow"; potentially eroding their personal values, belief system and principles. The key outcome from this book is understanding what compassion fatigue (CF) or Occupational Stress Injury (OSI) is and how it can impact an educator.

371.1024 F514

Finney, Sandra Cecile

**Strong spirits, kind hearts : helping students develop inner strength, resilience, and meaning**

Lanham, MD : Rowman & Littlefield Education, 2013.

*Subjects:* Activity programs in education. Affective education. Classroom management. Reasoning—Study and teaching. Resilience (Personality trait) in children. Spirituality—Study and teaching.

*Summary:* This is the first practical teacher resource to provide comprehensive coverage of all aspects of developing strong spirits and caring young people. It is focused on middle years students but most lessons can be adapted for older and younger students as well. This resource describes ways to incorporate emotional and spiritual supports into daily routines and interactions with students and provides ready-to-use activities, lessons and units that can be integrated into subject area teaching.

371.46 A997

Azri, Stephanie

**Healthy mindsets for super kids : a resilience programme for children aged 7-14**

London, England : Jessica Kingsley Publishers, 2013.

*Subjects:* Anger management. Anxiety in children. Resilience (Personality trait). Self-esteem in children. Stress management for children.

*Summary:* This imaginative resource is a complete programme, ideal for teachers, counsellors, therapists, social workers and youth workers.

371.5 B893

Brummer, Joe; Thorsborne, Margaret

**Building a trauma-informed restorative school : skills and approaches for improving culture and behavior**

London, UK : Jessica Kingsley Publishers, 2021.

*Subjects:* Psychic trauma in children. Psychic trauma. School psychology.

*Summary:* Covering both theory and practice, this book will teach educators everything they need to know about developing restorative practices in their education settings, in a way that is also trauma-informed. The first part of the book addresses the theory and philosophy of restorative approaches, and of trauma-informed and trauma-sensitive schools. The second part outlines the five restorative skills (mindfulness, honest expression, empathy, the art of asking questions and the art of requests), what they look like in practice (including using circles, respect agreements and restorative dialogue), and how to implement them. Every strategy is clearly

explained and adapted to be appropriate for children and adults who have experienced trauma. Everything the book discusses has been especially designed to be adapted for different school settings and their particular challenges.

371.782 R741

Roig-DeBellis, Kaitlin

**Choosing hope : how I moved forward from life's darkest hour**

New York, NY : G. P. Putnam's Sons, 2015.

*Subjects:* Mental healing. Psychic trauma. Roig-DeBellis, Kaitlin. Sandy Hook Elementary School Massacre, Newtown, Conn., 2012. School shootings—Connecticut—Newtown. Teachers—Connecticut—Newtown—Biography.

*Summary:* This book is a lot of things. A written witness to a tragedy that will never be forgotten. A gripping firsthand testament to the power of good over the power of destruction. An inspirational memoir by a brave young woman whose story is one of courage, heroism, faith, and resilience. And a celebration of all the people who make the choice to pass along their hope and positivity to young ones—parents, mentors, and especially teachers. There is no moving on, but there is always moving forward. And how we move forward is a choice.

371.82694 C912

Goldman, Linda (Ed.)

**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 provides 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.

371.9 R763

Romero, Victoria E.; Robertson, Ricky

**Building resilience in students impacted by adverse childhood experiences : a whole-staff approach**

Thousand Oaks, CA : Corwin, 2018.

*Subjects:* Abused children—Education. Children with social disabilities—Education. Post-traumatic stress disorder in children. Psychic trauma in children.

*Summary:* This workbook-style resource shows K-12 educators how to make a whole-school change, where strategies are integrated from curb to classroom. Readers will learn how to integrate trauma-informed strategies into daily instructional practice through expanded focus on the different experiences and unique challenges of students impacted by ACEs in urban, suburban, and rural schools, including suicidal tendencies, cyberbullying, and drugs; behavior as a form of communication and how to teach new behaviors explicitly; how to mitigate trauma and build innate resilience through a read, reflect, and respond model.



371.92 A376

Alexander, Jen

**Building trauma-sensitive schools : your guide to creating safe, supportive learning environments for all students**

Baltimore, MD : Paul H. Brookes Publishing Co., 2019.

*Subjects:* Children with mental disabilities—Education. Psychic trauma in children. School environment.

*Summary:* This book is a practical, accessible guide to building learning environments that ensure safety, develop regulation skills, and grow caring relationships for all students, including those who have experienced trauma.

371.92 O62

Steele, William (Ed.)

**Optimizing learning outcomes : proven brain-centric, trauma-sensitive practices**

New York, NY : Routledge, 2017.

*Subjects:* Cognitive learning. Cognitive neuroscience. Psychic trauma in children—Treatment. School children—Mental health.

*Summary:* This book provides answers for the most pressing questions that mental health professionals, teachers, and administrators are facing in today's schools. Chapters provide a wide array of evidence-based resources—including links to video segments—that promote understanding, discussion, and successful modeling. Accessible how-to training provides readers with multiple sensory-based practices that improve academic success and promote behavioral regulation. Clinicians and educators will come away from this book with a variety of tools for facilitating brain-based, trauma-sensitive learning for all, realizing improved learning outcomes, improving teacher satisfaction, and reducing disciplinary actions and suspensions.

371.92 V457

Venet, Alex Shevrin

**Equity-centered trauma-informed education**

New York, NY : W. W. Norton & Company, 2021.

*Subjects:* Children with mental disabilities—Education. Psychic trauma in adolescence. Psychic trauma in children. School environment—Psychological aspects.

*Summary:* In this fresh look at trauma-informed practice, the author urges educators to shift equity to the center as they consider policies and professional development. Using a framework of six principles for equity-centered trauma-informed education, this book offers practical action steps that teachers and school leaders can take from any starting point, using the resources and influence at their disposal to make shifts in practice, pedagogy, and policy. Overthrowing inequitable systems is a process, not an overnight change. But transformation is possible when educators work together, and teachers can do more than they realize from within their own classrooms.

371.928 C886

Craig, Susan E.

**Trauma-sensitive schools for the adolescent years : promoting resiliency and healing, grades 6-12**

New York, NY: Teachers College Press, 2017.

*Subjects:* Children with mental disabilities—Education (Secondary). Community and school. Educational psychology. Post-traumatic stress disorder in children. Psychic trauma in children. Teacher-student relationships.

*Summary:* This book provides secondary school teachers and administrators with practical ideas for how to improve students' achievement by implementing a trauma-sensitive approach to instruction. Along with clear explanations of the role that childhood adversity and trauma play in determining academic success, readers will find dozens of concrete strategies to help them.

371.93 S594

Simon, Gabe

**Building student resilience, K-8 : strategies to overcome risk and adversity**

Thousand Oaks, CA : Corwin, 2013.

*Subjects:* Problem children—Education. Resilience (Personality trait). Underachievers—Education.

*Summary:* The author provides numerous strategies for helping students rebound from risk. Included are: compelling descriptions of research on the link between resiliency and academic achievement; the most important steps educators can take to build students' resiliency; game plans for creating caring school-wide teams and classroom structures that engage students, including positive peer influences; and comments and perspectives from students considered to be at risk.

371.94 E45

Eller, John F. ; Hierck, Tom

**Trauma-sensitive instruction : creating a safe and predictable classroom environment**

Bloomington, IN : Solution Tree Press, 2021.

*Subjects:* Children with mental disabilities—Education. Classroom environment—Psychological aspects. Post-traumatic stress disorder in children. Psychic trauma in children.

*Summary:* The impact of trauma on learning can be significant and long lasting. Learn how you can confidently and meaningfully support your trauma-impacted students and foster trauma-informed schools with this accessible resource. The authors draw from their personal and professional experiences with trauma, mental health, and school culture to provide real insight into what you can do now to help learners build resilience, cope with adverse situations, and achieve at high levels.

371.94 F533

Fisher, Douglas; Frey, Nancy

**Teaching hope and resilience for students experiencing trauma : creating safe and nurturing classrooms for learning**

New York, NY : Teachers College Press, 2020.

*Subjects:* Effective education. Mentally ill children—Education. Psychic trauma in children. School environment—Psychological aspects. Teachers—Training of.

*Summary:* Huge numbers of our students are caught in storms of trauma—whether stemming from abuse, homelessness, poverty, discrimination, violent neighborhoods, or fears of school shootings or family deportations. This practical book focuses on actions that teachers can take to facilitate learning for these students. Identifying positive, connected teacher-student relationships

as foundational, the authors offer direction for creating an emotionally safe classroom environment in which students find a refuge from trauma and a space in which to process events.

371.94 S719

Souers, Kristin; Hall, Pete

**Relationship, responsibility, and regulation : trauma-invested practices for fostering resilient learners**

Alexandria, VA : ASCD, 2019.

*Subjects:* Behavior modification. Children with mental disabilities—Education. Post-traumatic stress disorder in children. Psychic trauma in children. Teacher-student relationships.

*Summary:* Educators have a unique opportunity to influence students' learning, attitudes, and futures. This book will invigorate your practice and equip you to empower those you serve—whatever their personal histories.

371.94 S721

Souers, Kristin; Hall, Pete

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

Alexandria, VA : ASCD, 2016.

*Subjects:* Educational psychology. Mentally ill children—Education. Post-traumatic stress disorder in children. Psychic trauma in children.

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

371.94 Z13

Zacarian, Debbie; Alvarez-Ortiz, Lourdes

**Teaching to strengths : supporting students living with trauma, violence, and chronic stress**

Alexandria, VA : ASCD, 2017.

*Subjects:* Mentally ill children—Education. Stress in children—Study and teaching.

*Summary:* This book outlines a comprehensive, collaborative approach to teaching students living with trauma, violence, and chronic stress that focuses on students' strengths and resiliency.

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:* Effective education. Community and school. Educational psychology. Learning, Psychology of. Post-traumatic stress disorder in children. Problem children—Behavior modification. Problem children—Education (Early childhood). Psychic trauma in children. Stress in children. Teacher-student relationships.

*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.

372.21019 N626

Nicholson, Julie; Perez, Linda

**Trauma-informed practices for early childhood educators : relationship-based approaches that support healing and build resilience in young children**

New York , NY: Routledge, 2019.

*Subjects:* Child mental health. Early childhood education—Psychological aspects. Psychic trauma in children.

*Summary:* This book helps childcare providers and early educators working with infants, toddlers, preschoolers, and early elementary aged children to understand trauma as well as its impact on young children's brains, behavior, learning, and development. The book introduces a range of trauma-informed teaching and family engagement strategies that readers can use in their early childhood programs to create strength-based environments that support children's health, healing, and resiliency. Supervisors and coaches will learn a range of powerful trauma-informed practices that they can use to support workforce development and enhance their quality improvement initiatives.

372.6044 D978

Dutro, Elizabeth

**The vulnerable heart of literacy : centering trauma as powerful pedagogy**

New York, NY : Teachers College Press, 2019.

*Subjects:* Language arts (Elementary). Literacy—Study and teaching (Elementary). Psychic trauma in children—Treatment.

*Summary:* This book takes readers into classrooms and literacies across genres to show what can unfold when teachers committed to compassionate, critical, and relational practice focus on those questions. Weaving her own challenging experiences into chapters brimming with children's writing and voices, the author emphasizes that issues of power and privilege matter centrally to how attention to trauma positions children. The book includes questions and prompts for discussion, reflection, and practice and describes pedagogies and strategies designed to provide opportunities for children to bring the varied experiences of life, including trauma, to their school literacies in positive, meaningful, and supported ways.

372.86 G795

Green, Jarrod

**I'm OK! : building resilience through physical play**

St. Paul, MN : Redleaf Press, 2017.

*Subjects:* Physical education for children. Resilience (Personality trait) in children.

*Summary:* How do you allow for the physicality required to build resilience while you are tasked with children's safety? This guide provides the tools and strategies for creating a culture of resilience, including families in the process, and keeping safety front-of-mind.

612.82 M465

Maxwell, Shannon

**Big boss brain : learning about traumatic brain injuries**

Bowie, MD : E L Kurdyla Pub., 2012.

*Subjects:* Brain—Wounds and injuries|—Juvenile literature.

*Summary:* This book explains how a traumatic brain injury has changed the life of a little girl after her father is wounded in the war. Also the victim of a traumatic brain injury from a bike accident, the little girl guides you through the story with her questions, actions and narrative. While the father in the story is combat wounded, the book doesn't focus on the military aspect and would be good for explaining any brain injury from car accident to stroke.

615.85154 B415

Beer, Laura E.; Birnbaum, Jacqueline C.

**Using music in child and adolescent psychotherapy**

New York, NY : Guilford Press, 2019.

*Subjects:* Adolescent psychotherapy. Child psychotherapy. Music therapy.

*Summary:* Written for a broad audience of mental health professionals, this is the first book to provide accessible ways of integrating music into clinical work with children and adolescents. Case vignettes show how to use singing, drumming, listening to music, and many other strategies to connect with hard-to-reach children, promote self-regulation, and create opportunities for change. The book offers detailed guidelines for addressing different clinical challenges, including attachment difficulties, trauma, and behavioral, emotional, and communication problems. Each chapter concludes with concrete recommendations for practice; an appendix presents a photographic inventory of recommended instruments.

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

*Summary:* In this second edition, clinical researchers provide a comprehensive framework for assessing posttraumatic 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 E22

Edelman, Robert

**Trauma : teaching kids all about trauma**

Lexington, KY : CreateSpace Independent Publishing, 2015.

*Subjects:* Children—Conduct of life. Crisis intervention (Mental health services). Parent and child. Post-traumatic stress disorder in children—Prevention. Post-traumatic stress disorder. Psychic trauma in children. Psychic trauma—Treatment. Stress, Psychological.

*Summary:* This book discusses how trauma affects our thoughts, feelings and behavior to help children recognize and express how they might have been, or might be, affected by stressful events in their lives. Ways of coping with trauma are suggested as well as the message that kids are survivors and can overcome things that might have been traumatic in their lives. The book includes vivid illustrations, keywords, simple explanations, open-ended questions as well as a fun “Can you spot it?” game throughout the book to keep children engaged and refocus if they become distracted or anxious due to the nature of the topic being discussed. Review questions, a word search and useful on-line resources are also provided. NOTE: The book contains some real-life illustrations of traumatic events which could be upsetting to young children, and/or children who might have experienced a recent trauma and should be read with a responsible adult.

616.8521 G686

Gottman, John M.; Gottman, Julie

**Couples therapy for treating trauma : the Gottman Method approach [DVD]**

Eau Claire, WI : PESI Inc., 2018.

*Subjects:* Post-traumatic stress disorder—Treatment. Psychic trauma—Treatment. Psychotherapy.

*Summary:* Trauma treatments have largely ignored the interpersonal symptoms of PTSD. But whether caused by early abandonment, childhood abuse, military combat, or other traumatic experiences, the impact of trauma on committed relationships is commonly encountered in everyday practice. Watch John and Julie Gottman and discover therapy that interweaves individual PTSD treatment with the interpersonal orientation of Gottman Method Couples Therapy. Explore the negative ways that PTSD can enter a couple’s relationship and determine the best intervention for your couples with PTSD. Audience: Psychologists, Addiction Counselors, Counselors, Social Workers, Marriage and Family Therapists, Nurses, and other Behavioral Health Professionals.

616.8521 L665

Levine, Peter A.

**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 and that this wound can be healed only if we attend to the wisdom of the living, knowing body.

616.8521 M678

**Mistissini healing : two stories of intergenerational trauma [DVD]**

Place of publication: Stephanie Vizi, 2017.

*Subjects:* Nonfiction films. Psychic trauma. Secondary traumatic stress.

*Summary:* This DVD tells the story of two Cree young women who are healing from the intergenerational trauma they experience living in the isolated James Bay Cree community of Mistissini, Quebec. Survivors Maryjane and Dayna rise from unfortunate circumstances and find hope, inspiring them to work to improve their community for future generations on a reserve still struggling to cope with the appalling legacy left behind by Canada's Residential School system.

616.8521 P175

**The 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 P462

Perry, Bruce D.; Winfrey, Oprah

**What happened to you? : conversations on trauma, resilience, and healing**

New York, NY : Flatiron Books, 2021.

*Subjects:* Adult child abuse victims. Life change events—Psychological aspects. Mental healing. Psychic trauma. Resilience (Personality trait). Self-realization.

*Summary:* Many of us experience adversity that has a lasting impact on our physical and emotional health. Through deeply personal conversations, the authors explore how what happens to us in early childhood influences the people we become. By understanding our past, we can open the door to resilience and healing in a proven powerful way.

616.8521 S814

Steele, William

**Critical considerations : TLC recovery interventions following traumatic incidents**

Clinton Township, MI : National Institute for Trauma and Loss in Children, 2013.

*Subjects:* Post-traumatic stress disorder in adolescence—Treatment. Post-traumatic stress disorder in children—Treatment.

*Summary:* This book presents a framework detailing twenty critical trauma-informed approaches to support the primary dictate of trauma-informed practices: Do No Harm.

616.8521 S912

Straus, Martha B.

**Treating trauma in adolescents : development, attachment, and the therapeutic relationship**

New York, NY: Guilford Press, 2017.

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

*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 T787

Treisman, Karen

**A therapeutic treasure box for working with children and adolescents with developmental trauma: creative techniques and activities**

London, England : Jessica Kingsley Publishers, 2018.

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

*Summary:* This essential resource for anyone working with children or teens who have experienced trauma provides an overview of the latest theory, good practice and a treasure trove of activities and handouts.

616.8521 V228

Van der Kolk, Bessel A.

**Trauma, attachment and neuroscience: brain, mind & body in the healing of trauma [DVD]**

Eau Claire, WI : PESI Inc., 2017.

*Subjects:* Educational films. Meditation. Mindfulness-based cognitive therapy. Psychic trauma—Treatment.

*Summary:* This special program represents current research findings about how people's brains, minds and bodies are affected by traumatic experiences and illustrate the principles of post-traumatic therapy. Effective treatment of post-traumatic problems needs to include addressing the imprint of trauma on the physical experience of the self as being helpless and in danger. Recovery needs to incorporate dealing with defensive efforts that helped ensure survival, incorporate physical experiences that contradict feelings and sensations associated with helplessness and disconnection. This DVD is intended for: counselors, social workers, psychologists, psychotherapists, therapists, marriage & family therapists, addiction counselors, occupational therapists, case managers, nurses, and other helping professionals.

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.

616.858223 F534

Fisher, Janina

**Shame and self-loathing in the treatment of trauma [DVD]**

Eau Claire, WI : PESI Inc., 2016.

*Subjects:* Educational films. Psychic trauma—Treatment. Psychotherapeutic Processes. Psychotherapy.



*Summary:* Shame often prevents your traumatized clients' recovery and hampers their ability to find relief and perspective despite effective treatment. Don't miss this opportunity to learn effective experiential exercises. Dr. Fisher will show you how to help clients relate to their symptoms with mindful dual awareness and curiosity rather than automatic acceptance. In this recording you will understand shame from a neurobiological perspective—as a survival strategy driving somatic responses of automatic obedience and total submission—enforced by the client's punitive introspection. Watch this recording and learn to integrate traditional psychodynamic and cognitive-behavioral techniques with Sensorimotor interventions that emphasize posture, movement and gesture. With these new techniques, issues of shame can become an avenue to transformation. The audience for this DVD includes: psychologists, counselors, social workers, case managers, addiction counselors, marriage and family therapists, nurses, and other mental health professionals.

616.8588 R329

Reese, Christina

**Attachment : 60 trauma-informed assessment and treatment interventions across the lifespan**

Eau Claire, WI : PESI Publishing & Media, 2018.

*Subjects:* Attachment disorder—Treatment.

*Summary:* Simply, attachment is the way that we connect to each other. Without attachment, people feel alone to deal with challenges they face, which leads to distress, dysfunction and mental health disorders. It is possible to repair dysfunctional attachment, but first it is necessary to recognize attachment style, unhealthy relationship patterns, and the impact they are having. Improve your client's relationships by teaching them strategies to feel more connected, reestablish trust, and restore positive emotions. The author, a recognized attachment and trauma professional, has created a comprehensive guide that explains attachment over a lifetime, and offers trauma-informed approaches to treat attachment at any age.

616.89008997 D948

Duran, Eduardo

**Healing the soul wound : trauma-informed counseling for Indigenous communities. Second edition**

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. Indigenous Peoples in Canada. Psychotherapy.

*Summary:* This second edition includes an important new chapter devoted to working with veterans, examining what it means to go to war and what is required for veterans to heal. The author also updates his thinking on research, including suggestions on how to invent a new liberation research methodology through applied story science. Translating theory into day-to-day practice, the text presents case materials that illustrate effective intervention strategies for prevalent problems, including substance abuse, intergenerational trauma, and internalized oppression. This unique resource explores theoretical Indigenous understanding of cosmology and how understanding natural law can lead us to new ways of understanding and healing the psyche.

616.891656 E37

Elbrecht, Cornelia

**Healing trauma with guided drawing : a sensorimotor art therapy approach to bilateral body mapping**

Berkeley, CA : North Atlantic Books, 2018.

*Subjects:* Art therapy—Problems, exercises, etc. Art therapy. Drawing—Technique.

*Summary:* This book describes a body-focused, trauma-informed art therapy that will appeal to art therapists, somatic experiencing practitioners, bodyworkers, artists, and mental health professionals.

616.891656 M242

Malchiodi, Cathy A.

**The art therapy sourcebook. Revised and updated edition**

New York, NY : McGraw-Hill, 2007.

*Subjects:* Art therapy.

*Summary:* This resource features illustrated examples, exercises, and case studies on how art therapy works and how it can be used in health care and mental health counseling. It shows how art therapy can help your patients express and understand emotions, deal with trauma, relieve stress, and manage grief.

618.928521 C912

Malchiodi, Cathy A. (Ed.)

**Creative interventions with traumatized children. Second edition**

New York, NY : Guilford Press, 2015.

*Subjects:* Art therapy for children. Post-traumatic stress disorder in children—Treatment. Psychic trauma 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 D442

Desautels, Lori L.; McKnight, Michael

**Eyes are never quiet : listening beneath the behaviors of our most troubled students**

Deadwood, OR : Wyatt-MacKenzie Publishing, 2019.

*Subjects:* Adjustment (Psychology) in children. Brain—Growth. Developmental neurobiology. Psychopathology. Resilience (Personality trait) in children. Stress in children—Treatment.

*Summary:* Hurt people hurt people. Our children can become violent, detached, or shut down when early development is toxic, severely disrupted and challenged by significant adverse childhood experiences. This book begins with the awareness and research that adversity just doesn't happen to a child — it attacks and hijacks a child's brain, body and nervous system function, reprogramming how they react and respond to all life. For educators, counselors, social workers, mental health professionals and law enforcement, this book presents the neurobiology of adversity and trauma in youth and the resiliency of hope and mindfulness ... and how to help.

618.928521 E66

Erdman, Sarah; Colker, Laura J.

**Trauma and young children : teaching strategies to support and empower**

Washington, DC : National Association for the Education of Young Children, 2020.

*Subjects:* Child mental health. Early childhood education—Psychological aspects. Post-traumatic stress disorder in children. Psychic trauma in children.

*Summary:* Educators need access to accurate and useful guidance on helping children and families who have been exposed to trauma. Learn the basics of what trauma is, what the effects can look like, and specific types of trauma that may be experienced, as well as targeted suggestions for creating trauma-informed practices that support children and families.

618.928521 N163

Nakazawa, Donna Jackson

**Childhood disrupted : how your biography becomes your biology, and how you can heal**

New York, NY : Atria Paperback, 2015.

*Subjects:* Adult child abuse victims—Mental health. Parent and child. Post-traumatic stress disorder. Psychic trauma in children.

*Summary:* The emotional trauma we suffer as children not only shapes our emotional lives as adults, but it also affects our physical health, longevity, and overall wellbeing. Scientists now know on a bio-chemical level exactly how parents' chronic fights, divorce, death in the family, being bullied or hazed, and growing up with a hypercritical, alcoholic, or mentally ill parent can leave permanent, physical "fingerprints" on our brains. When children encounter sudden or chronic adversity, stress hormones cause powerful changes in the body, altering the body's chemistry. The developing immune system and brain react to this chemical barrage by permanently resetting children's stress response to "high," which in turn can have a devastating impact on their mental and physical health as they grow up.

618.928521 T772

Tracey, Norma (Ed.)

**Transgenerational trauma and the Aboriginal child : healing through intervention**

Lanham, MD : Rowman & Littlefield, 2015.

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

618.928521 W926

Pozzulo, Joanna (Ed.)

**Working with trauma-exposed children and adolescents : evidence-based and age-appropriate practices**

New York, NY : Routledge, 2019.

*Subjects:* Psychic trauma in children—Treatment. School children—Mental health. Schools—Sociological aspects.

*Summary:* Far too often, children and youth experience trauma, from rare events such as mass shootings, terrorism attacks, and school lockdowns, to very common occurrences such as bullying, exposure to drugs and alcohol, or various mental health issues. They can experience these events both directly and indirectly (from surfing the internet, watching television, or through their friends). Our children spend a large portion of their day at school interacting with other students, teachers, and school personnel, where these topics are raised and discussed. This edited volume addresses how our teachers and school personnel can help students deal with these potentially traumatic events to reach the most positive possible outcomes.

618.928521 W994

Wyskowski, Lindsay

**Living with PTSD**

San Diego, CA : ReferencePoint Press, 2019.

*Subjects:* Post-traumatic stress disorder.

*Summary:* People with post-traumatic stress disorder (PTSD) are deeply affected by events such as a military conflict or a natural disaster, experiencing repeated thoughts about the events and increased anxiety. They face challenges in school, work, and daily life. This book examines the causes and symptoms of these conditions, looks at the everyday realities of people with PTSD and explores the management and treatment options available today.

813.6 F791

Fox, Bevann.

**Genocidal love : a life after residential school**

Regina, SK : University of Regina Press, 2020.

*Subjects:* Fox, Bevann, 1968- —Childhood and youth—Fiction. Indigenous children—Abuse of—Canada—Fiction. Indigenous Peoples in Canada. Native Peoples—Education—Canada—Fiction. Off-reservation boarding schools—Canada—Fiction.

*Summary:* A residential school survivor's complicated path toward healing and love, this book delves into the long-term effects of childhood trauma on those who attended residential school and demonstrates the power of story to help in recovery and healing. Myrtle recounts her early childhood filled with love and warmth on the First Nation reservation with her grandparents. At the age of seven she was sent to residential school, and her horrific experiences of abuse there left her without a voice, timid and nervous, never sure, never trusting, and always searching. This is the story of Myrtle battling to recover her voice, to make a claim for compensation for the

abuse she experienced at residential school, and to stand up to the painful truth of her past and move beyond it for the sake of her children and grandchildren.

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." This book 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. The author'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 the present, the personal and the political.

971.00497 M592

Method, 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. This book also shows how we can come back from this with Indigenous ways of knowing lighting the way.