



Trauma Recovery

Books:

Achor, Shawn. Before Happiness.

Allison RN, MSW, Helen. Stay, Breathe with Me: The Gift of Compassionate Medicine.

Burnett, Bill and Dave Evans. Designing Your Life: How to Build a Well-Lived Joyful Life.

Cori, Jasmin Lee. Healing from Trauma – A Survivors Guide to Understanding Your Symptoms and Reclaiming Your Life.

Doidge, Norman. The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science.

Duckworth, Angela. Grit: The Power of Passion & Perseverance.

Forbes, Heather. Power of the Mind. (audio CD)

Germer, Christopher K. The Mindful Path to Self-Compassion.

Hahn, Thich Nhat. Peace is Every Step – The Path of Mindfulness in Everyday Life.

Harris, Dan. 10% Happier: How I Tamed the Voice in my Head, reduced Stress Without Losing my Edge and Found Self Help That Actually Works – A True Story.

Herman, Judith. Trauma & Recovery: The Aftermath of Violence from Domestic Abuse to Political Terror.

Lipsky, Laura Van Dernoot. Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others.

Mate, Gabor. When the Body Says No: Exploring the Stress-Disease Connection.

Mate, Gabor and Peter A. Levine. In the Realm of Hungry Ghosts: Close Encounters with Addiction.

Mathieu, Francoise. The Compassion Fatigue Workbook.

Mucklow, Lacy. Color Me Calm.

Neff, Kristin. Self-Compassion: The Proven Power of Being Kind to Yourself.

Remen MD, Rachel Naomi. Kitchen Table Wisdom.

Richardson, Cheryl. Take Time for Your Life: A 7 Step Program for Creating the Life You Want.

Rothschild, Babette. Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma.

Saakvitne, Karen W. and Laurie Anne Pearlman. Transforming the Pain: A Workbook on Vicarious Traumatization.

Skovholt, Thomas. The Resilient Practitioner: Burnout Prevention and Self-Care Strategies for Counselors, Therapists, Teachers, and Health Professionals.

Van der Kolk MD, Bessel. The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma.

Websites:

www.acestoohigh.com

www.americanbalintsociety.com

www.calm.com

www.cdc.gov/ace/-Ace_Study

www.coloringcastle.com

www.compassionfatigue.ca

www.donothingfor2minutes.com

www.rescuetime.com

www.greentreeyoga.org

www.heartmath.com

www.greatergood.berkeley.edu

www.MrsMindfulness.com

www.mindful.org

www.palousemindfulness.com

www.resiliencetrumpsaces.org

www.fulfillmentdaily.com

www.resiliency.com

www.search-institute.org

www.zenhabits.net

www.self-compassion.org

www.randomactsofkindness.org

www.myselfcare.org

Apps:

Breathe2Relax

Insight Timer (guided meditations & timer)

Virtual Hope Box

CBT-I Coach

Provider Resilience

PTSD Coach!

T2 Mood Tracker

iTunes U (meditation)

Relax Melodies

Calm

Checky (phone habit breaker)

Whil. (mindfulness & yoga)

Daily Yoga

5-Minute Yoga

Smiling Mind

Gratitude Tree Journal

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“Assisting Survivors of Childhood Trauma” May 2017