



Embodwise Trauma Bibliography

The following resources support our ISITTA Trauma Training content.

Trauma Workbooks

Curran, L. (2013). 101 trauma informed interventions: Activities, exercises, and assignments to move the client and therapy forward. Eau Claire, WI: Premier Publishing and Media.

Mischke-Reeds, M. (2018). Somatic psychotherapy toolbox: 125 tools for trauma and stress. Eau Claire, WI: PESI Publishing and Media.

Roberts, T. (2009). The mindfulness workbook: A beginner's guide to overcoming fear and embracing compassion. Oakland, CA: New Harbinger Publications.

Schwartz, A. (2016). The complex PTSD workbook: A mind-body approach to regaining emotional control and becoming whole. Berkeley, CA: Althea Press.

Saakvitne, K. & Pearlman, L. (1996). Transforming the pain: A workbook on vicarious traumatization. New York, NY: W.W. Norton & Co.

Tedeschi, R. (2016). Post-traumatic growth workbook: Coming through wiser, stronger and more resilient. Oakland, CA: New Harbinger Publications.

Key Trauma Books

Badenoch, B. (2018). The heart of trauma: Healing the embodied brain in the context of relationship. New York, NY: W.W. Norton & Co.

Berceli, D. (2008). The revolutionary trauma release process: Transcend your toughest times. Vancouver, CA: Namaste Publishing, Inc.

Berceli, D. (2005). Trauma releasing exercises (TRE): A revolutionary new method for stress/trauma recovery. Self-published.

Courtois, C. and Ford, J. (2009). Treating complex traumatic stress disorders: An evidence-based guide. New York, NY: The Guilford Press.

Dana, D. (2018). The polyvagal theory in therapy: Engaging the rhythm of regulation. New York: W.W. Norton & Co.

Danieli, Y. (2005). The trauma of terrorism: Sharing knowledge and shared care, an international handbook. New York, NY: Routledge.

Eckberg, M. (2000). Victims of cruelty: Somatic psychotherapy in the healing of posttraumatic stress disorder. Berkeley, CA: North Atlantic Books.

Fisher, J. (2017). Healing the fragmented selves of trauma survivors. New York, NY: Routledge.

Herman, J. (1992). Trauma and recovery. The aftermath of violence from domestic abuse to political terror. New York, NY: Basic Books.

Heller, L. (2012). Healing developmental trauma: How early trauma affects self-regulation, self-image and the capacity for relationship. Berkeley, CA: North Atlantic Books.

Kain, K. (2018). Nurturing resilience: Helping clients move forward from developmental trauma—An integrative somatic approach. Berkeley, CA: North Atlantic Books.

Levine, P. (2010). In an unspoken voice. Berkeley, CA: North Atlantic Books.

Levine, P. (1997). Waking the tiger: Healing trauma. Berkeley, CA: North Atlantic Books.

Levine, P. (2015). Trauma and memory: Brain and body for the living past. Berkeley, CA: North Atlantic Books.

Menakem, R. (2017). My grandmother's hands: Racialized trauma and the pathway to mending our hearts and bodies. Las Vegas, NV: Central Recovery Press.

Narvaez, D. (2011). Neurobiology and the development of human morality: Evolution, culture, and wisdom. New York, NY: W.W. Norton & Co.

Ogden P., Minton, K. & Pain, C. (2006). Trauma and the body: A sensorimotor approach to psychotherapy. New York, NY: W.W. Norton & Co.

Porges, S. (2017). Clinical insights from the polyvagal theory. New York, NY: W.W. Norton & Co.

Rothschild, B. (2000). The body remembers: The psychophysiology of trauma and trauma treatment. New York, NY: W.W. Norton & Co.

Rothschild, B. (2003). The body remembers casebook: Unifying methods and models in the treatment of trauma and PTSD. New York, NY: W.W. Norton & Co.

Scaer, R. (2007). The body bears the burden: Trauma, dissociation, and disease. (2nd ed.). New York, NY: Routledge.

Scaer, R. (2005). The trauma spectrum: Hidden wounds and human resiliency. New York, NY: W.W. Norton & Co.

Schwartz, A. (2018). EMDR and somatic psychology: Interventions to enhance embodiment in trauma treatment. New York, NY: W.W. Norton & Co.

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Wolynn, M. (2016). It didn't start with you: How inherited family trauma shapes who we are and how to end the cycle. New York, NY: Penguin Books.

General Trauma Resources

Aldwin, A. (2007). Stress, coping and development. New York, NY: The Guilford Press.

Alpert, M., Malan, D., McCullough, L., Neborsky, R. J., Shapiro, S. & Solomon, M. Short-term therapy for long-term change. New York, NY: W.W. Norton & Co.

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Boss, P. (1999). *Ambiguous Loss: Learning to live with unresolved grief*. Cambridge, MA: Harvard University Press.

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Personal Stories on Trauma

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Trauma and Dissociation

van de Hart, O. (2006). *The haunted self: Structural dissociation and the treatment of chronic traumatization*. New York, NY: W.W. Norton & Co.

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Hesse, E. & Main, M. (2006). Frightened, threatening, and dissociative parental behavior in low-risk samples: Description, discussion, and interpretations. In *Development and Psychology*, 18, 309-343.

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Vicarious/Secondary Trauma

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Mindfulness and Dharma

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Trauma Psychoeducation Resources for Your Clients

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