

PSYCHOLOGICAL TRAUMA

A listing of materials available at the Justice Institute Library

GENERAL BOOKS

8 Keys to Safe Trauma Recovery: Take-Charge Strategies to Empower Your Healing by Babette Rothschild. New York, NY: W.W. Norton. (RC 552 T7 R684 2010)

Aftermath: Survive and Overcome Trauma by Mariann Hybels-Steer. New York, NY: Simon & Schuster. (RC 552 P67 H93 1995)

Assessing Psychological Trauma and PTSD edited by John P. Wilson and Terence M. Keane. New York, NY: Guilford Press. (RC 552 P67 A85 2004)

A Basic Understanding of Trauma: Theories of Understanding How Trauma Travels through the Mind and Body by Gerald Kiesman. Victoria, BC: G. Kiesman. (RC 552 P67 K543 2007)

Becoming Trauma Informed edited by Nancy Poole and Lorraine Greaves. Toronto, ON: Centre for Addiction and Mental Health. (RC 552 T7 B42 2012)

Beyond Trauma: Conversations on Traumatic Incident Reduction edited by Victor R. Volkman. Ann Arbor, MI: Loving Healing Press. (RC 552 P67 V656 2005)

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel A. van der Kolk, M.D. New York, NY: Viking. (RC 552 P67 V355 2014)

The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment by Babette Rothschild. New York, NY: Norton. (RC 489 M53 R68 2000)

The Body Remembers: Volume 2: Revolutionizing Trauma Treatment by Babette Rothschild. New York, NY: Norton. (RC 489 M53 R68 2017)

Child Abuse Trauma: Theory and Treatment of Lasting Effects by John N. Briere. Newbury Park, CA: Sage Publications. (RC 569.5 C55 B75 1992)

A Clinical Handbook/Practical Therapist Manual: Assessing and Treating Adults with Post-Traumatic Stress Disorder (PTSD) by Donald Meichenbaum. Waterloo, ON: Institute Press. (RC 552 P67 M433 1994)

Cognitive Processing Therapy for PTSD: A Comprehensive Manual by Patricia A. Resick, Candice M. Monson, and Kathleen M. Chard. New York, NY: The Guilford Press. (RC 552 P67 R47 2017)

Compassion Fatigue: Coping with Secondary Traumatic Stress Disorder in Those Who Treat the Traumatized by Charles R. Figley. New York, NY: Brunner/Mazel. (RC 552 P67 C666 1995)

Conversations with a Rattlesnake: Raw and Honest Reflections on Healing and Trauma by Theo Fleury and Kim Barthel. North Vancouver, BC: Influence Publishing. (RC 569.5 A28 F56 2014)

A Cop Doc's Guide to Public-Safety Complex Trauma Syndrome: Using Five Police Personality Styles by Daniel Rudofossi. Amityville, NY: Baywood Pub. Co. (RC 451.4 P54 R83 2009)

Counselling for Post-Traumatic Stress Disorder by Michael J. Scott and Stephen G. Stradling. Thousand Oaks, CA: Sage Publications. (RC 552 P67 S35 2006)

Countertransference and the Treatment of Trauma by Constance J. Dalenberg. Washington, DC: American Psychological Association. (RC 489 C68 D37 2000)

Cultural Competence and Healing Culturally-Based Trauma with EMDR Therapy: Innovative Strategies and Protocols by Mark Nickerson. New York: Springer Publishing Company. (RC 489 E98 N53 2017)

Cultural Competence in Trauma Therapy: Beyond the Flashback by Laura S. Brown. Washington, DC: American Psychological Association. (RC 552 P67 B764 2008)

Day After Day the Price You Pay: Managing Your Second-Hand Shock by Ellie Izzo and Vicki Carpel Miller. CA: Janis Publications. (RC 552 P67 I993 2008)

Disaster Psychiatry: Intervening When Nightmares Come True edited by Anand Pandya and Craig L. Katz. Hillsdale, NJ: Analytic Press. (RC 552 P67 D528 2004)

Early Intervention for Trauma and Traumatic Loss edited by Brett T. Litz. New York, NY: Guilford Press. (RC 552 P67 E256 2004)

Effective Treatments for PTSD: Practice Guidelines from the International Society for Traumatic Stress Studies edited by Edna B. Foa ... [et al.]. New York, NY: Guilford Press. (RC 552 P67 E35 2009)

The Elements of Disaster Psychology: Managing Psychosocial Trauma: An Integrated Approach to Force Protection and Acute Care by James L. Greenstone. Springfield, IL: Charles C. Thomas, Publisher. (RC 480.6 G7193 2008)

An EMDR Therapy Primer: From Practicum to Practice by Barbara J. Hensley. New York, NY: Springer Publishing Company, LLC. (RC 489 E98 H46 2016)

Emotion-Focused Therapy for Complex Trauma: An Integrative Approach by Sandra C. Paivio and Antonio Pascual-Leone. Washington, DC: American Psychological Association. (RC 489 F62 P35 2010)

The Encyclopedia of Psychological Trauma edited by Gilbert Reyes, Jon D. Elhai, and Julian D. Ford. Hoboken, NJ: Wiley. (RC 552 P67 E53 2008)

- Ethnocultural Aspects of Posttraumatic Stress Disorder: Issues, Research, and Clinical Applications** edited by Anthony J. Marsella. Washington, DC: American Psychological Association. (RC 552 P67 E83 1996)
- Exploring Trauma: A Brief Intervention for Men** by Stephanie S. Covington and Roberto A. Rodriguez. Center City, MN: Hazelden. (RC 552 T7 C68 2017)
Content in PDFs on CD-ROM.
- Eye Movement Desensitization and Reprocessing (EMDR) Therapy: Basic Principles, Protocols, and Procedures** by Francine Shapiro. New York, NY: The Guilford Press. (RC 489 E98 S534 2018)
- FDNY Crisis Counseling: Innovative Responses to 9/11 Firefighters, Families, and Communities** by Paul Greene ... [et al.]. Hoboken, NJ: Wiley. (RC 552 P67 F396 2006)
- First Stage Trauma Treatment: A Guide for Mental Health Professionals Working with Women** by Lori Haskell. Toronto, ON: Centre for Addiction and Mental Health. (RC 552 P67 H37 2003)
- Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy** by Francine Shapiro. Emmaus, PA: Rodale Books. (RC 489 E98 S535 2012)
- Getting through the Day: Strategies for Adults Hurt as Children** by Nancy J. Napier. New York, NY: W.W. Norton. (RC 569.5 C55 N38 1993)
- Handbook of Post-Traumatic Therapy** edited by Mary Beth Williams and John F. Sommer. Westport, CT: Greenwood Press. (RC 552 P67 H35 1994)
- The Haunted Self: Structural Dissociation and the Treatment of Chronic Traumatization** by Onno van der Hart, Ellert Nijenhuis, and Kathy Steele. New York, NY: W.W. Norton. (RC 552 T7 H375 2006)
- Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation** by Janina Fisher. New York, NY: Routledge. (RC 552 T7 F57 2017)
- Healing the Traumatized Self: Consciousness, Neuroscience, Treatment** by Paul Frewen and Ruth Lanius. New York, NY: W. W. Norton & Company. (RC 552 P67 F745 2015)
- Healing Trauma: Attachment, Mind, Body, and Brain** edited by Marion F. Solomon and Daniel J. Siegel. New York, NY: W.W. Norton. (RC 552 P67 H426 2003)
- Helping Traumatized Families** by Charles R. Figley and Laurel J. Kiser. New York, NY: Routledge. (RC 552 P67 F54 2013)
- I Can't Get Over It: A Handbook for Trauma Survivors** by Aphrodite Matsakis. Oakland, CA: New Harbinger Publications. (RC 552 P67 M365 1996)
- Images of Trauma: From Hysteria to Post-Traumatic Stress Disorder** by David Healy. Boston, MA: Faber and Faber. (RC 552 P67 H43 1993)

In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness by Peter A. Levine. Berkeley, CA: North Atlantic Books. (RC 552 T7 L483 2010)

In the Line of Fire: Trauma in the Emergency Services by Cheryl Regehr and Ted Bober. Toronto, ON: Oxford University Press. (RC 451.4 E44 R445 2005)

International Handbook of Traumatic Stress Syndromes edited by John P. Wilson and Beverley Raphael. New York, NY: Plenum Press. (RC 552 P67 I58 1993)

Intervention and Resilience After Mass Trauma edited by Michael Blumenfield and Robert J. Ursano. New York, NY: Cambridge University Press. (RC 552 P67 I66 2008)

Interventions Following Mass Violence and Disasters: Strategies for Mental Health Practice edited by Elspeth Cameron Ritchie, Patricia J. Watson, and Matthew J. Friedman. New York, NY: Guilford Press. (RC 552 P67 I68 2006)

It's OK Not to Be OK--Right Now: How to Live through a Traumatic Experience: Practical Strategies that Will Ease Your Pain, Keep You Functioning, and Lessen the Likelihood of Ongoing Emotional Suffering by Mark D. Lerner. Melville, NY: Mark Lerner Associates. (BF 175.4 P75 L475 2006)

Listening to Their Voices of Bravery and Heroism: Exploring the Aftermath of Officers' Loss and Trauma in the Line of Duty edited by Konstantinos Papazoglou. New York, NY: NOVA Science. (HV 7936 J36 L57 2016)

The Little Book of Trauma Healing: When Violence Strikes and Community Security is Threatened by Carolyn Yoder. Intercourse, PA: Good Books. (RC 552 P67 Y63 2005)

Managing Trauma in the Workplace: Supporting Workers and Organizations edited by Noreen Tehrani. New York, NY: Routledge. (RC 552 P67 M356 2011)

Mind-Body Workbook for PTSD: A 10-Week Program for Healing After Trauma by Stanley H. Block and Carolyn Bryant Block. Oakland, CA: New Harbinger Publications. (RC 552 P67 B63 2010)

Mini-Series on Post-Traumatic Stress Disorder: Current Status and Future Directions edited by Terrence M. Keane (special issue of **Behavior Therapy** v. 20 (2) Spring 1989). New York, NY: Association for the Advancement of Behavior Therapy. (RC 552 P67 M557 1989)

Narrative Exposure Therapy: A Short-Term Treatment for Traumatic Stress Disorders by Maggie Schauer, Frank Neuner, and Thomas Elbert. Toronto, ON: Hogrefe. (RC 552 P67 S33 2011)

Neurofeedback in the Treatment of Developmental Trauma: Calming the Fear-Driven Brain by Sebern F. Fisher. New York, NY: W.W. Norton & Company. (RC 489 B53 F57 2014)

Overcoming Childhood Sexual Trauma: A Guide to Breaking through the Wall of Fear for Practitioners and Survivors by Sheri Oz and Sarah-Jane Ogiers. New York, NY: Haworth Press. (RC 569.5 A28 O92 2006)

- Phoenix Zones: Where Strength is Born and Resilience Lives** by Hope Ferdowsian. Chicago, IL: The University of Chicago Press. (BF 175.5 P75 F47 2018)
- Post-Traumatic Stress Disorder: A Complete Treatment Guide** by Aphrodite Matsakis. Oakland, CA: New Harbinger Publications. (RC 552 P67 M368 1994)
- Post Traumatic Stress Disorder (PTSD) and War-Related Stress.** Ottawa, ON: Veterans Affairs Canada. (RC 552 P67 P687 2006)
- Post-Traumatic Stress Disorder: Relationships & Brain Chemistry: A Manual for Lay People As Well as Clinicians** by Amy Banks. Wellesley, MA: Jean Baker Miller Training Institute. (RC 552 P67 B254 2001)
- Post-Traumatic Stress Disorder: The Victim's Guide to Healing and Recovery** by Raymond B. Flannery. New York, NY: Crossroad. (RC 552 P67 F55 1992)
- Posttraumatic Growth in Clinical Practice** by Lawrence G. Calhoun and Richard G. Tedeschi. New York, NY: Routledge. (RC 552 P67 C45 2013)
- Posttraumatic Stress Intervention: Challenges, Issues, and Perspectives** edited by John M. Violanti, Douglas Paton, and Christine Dunning. Springfield, IL: C.C. Thomas. (RC 552 P67 P675 2000)
- Post-Traumatic Therapy and Victims of Violence** edited by Frank M. Ochberg. New York, NY: Brunner/Mazel. (RC 552 P67 P68 1988)
- Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment** by John N. Briere and Catherine Scott. Los Angeles, CA: SAGE. (RC 552 P67 B7495 2015)
- Psychological Assessment of Adult Posttraumatic States: Phenomenology, Diagnosis, and Measurement** by John Briere. Washington, DC: American Psychological Association. (RC 552 P67 B75 2004)
- Psychological Trauma** by B. Van der Kolk. Washington, DC: American Psychiatric Press. (RC 552 P67 P77 1987)
- Retraumatization: Assessment, Treatment, and Prevention** edited by Melanie P. Duckworth and Victoria M. Follette. New York, NY: Routledge. (RC 552 P67 R48 2012)
- Roadmap to Resilience: A Guide for Military, Trauma Victims, and Their Families** by Donald Meichenbaum. Clearwater, FL: Institute Press. (BF 698.35 R47 M45 2012)
- Sources and Expressions of Resilienc in Trauma Survivors: Ecological Theory, Multicultural Practice** edited by Mary R. Harvey and Pratyusha Tummala-Narra. Binghamton, NY: Haworth Maltreatment & Trauma Press. (RC 552 T7 S68 2007)
- Strategic Interventions for People in Crisis, Trauma, and Disaster** by Diana Sullivan Everstine and Louis Everstine. New York, NY: Routledge. (RC 480.6 E913 2006)

Stress, Trauma, and Substance Use edited by Brian E. Bride and Samuel A. MacMaster. New York, NY: Routledge. (RC 564 S77 2008)

Tapping in: A Step-By-Step Guide to Activating Your Healing Resources through Bilateral Stimulation by Laurel Parnell. Boulder, CO: Sounds True. (RC 489 E98 P35 2008)

Textbook of Disaster Psychiatry edited by Robert J. Ursano ... [et al.]. New York, NY: Cambridge University Press. (RC 552 P67 T49 2017)

Transforming the Pain: A Workbook on Vicarious Traumatization by Karen W. Saakvitne and Laurie Anne Pearlman. New York, NY: Norton & Company. (RC 552 P67 S22 1996)

Trauma and Its Wake: The Study of Post-Traumatic Stress Disorder by C. Figley. New York, NY: Brunner/Mazel. (RC 552 P67 T73 1985)

Trauma & Memory edited by Linda M. Williams and Victoria L. Banyard. Thousand Oaks, CA: Sage Publications. (RC 552 T7 T73 1999)

Trauma and Memory: Brain and Body in a Search for the Living Past: A Practical Guide for Understanding and Working with Traumatic Memory by Peter A. Levine. Berkeley, CA: North Atlantic Books. (BF 376 L48 2015)

Trauma and Recovery: The Aftermath of Violence, from Domestic Abuse to Political Terror by Judith Herman. New York, NY: Basic Books. (RC 552 P67 H47 2015)

Trauma and the Body: A Sensorimotor Approach to Psychotherapy by Pat Ogden, Kekuni Minton, and Clare Pain. New York: W.W. Norton. (RC 489 M53 O353 2006)

Trauma & Transformation: Growing in the Aftermath of Suffering by Richard G. Tedeschi and Lawrence G. Calhoun. Thousand Oaks, CA: Sage Publications. (BF 789 S8 T43 1995)

The Trauma Counselor Training Manual by Gerald Kiesman. Victoria, BC: G. Kiesman. (RC 552 P67 K548 2007)

Trauma: Explorations in Memory edited by Cathy Caruth. Baltimore, MD: Johns Hopkins University Press. (BF 175.5 P75 T73 1995)

Trauma Healing Guide for Aboriginal Children and Youth: Healing and Self-Care Exercises by Gerald Kiesman. Victoria, BC: G. Kiesman. (RC 451.5 I5 K5483 2007)

Trauma Healing Guide for Aboriginal People with a Disability and for Caregivers: Healing and Self-Care Exercises by Gerald Kiesman. Victoria, BC: G. Kiesman. (RC 451.5 I5 K54833 2007)

Trauma Healing Guide for Adult Aboriginal People: Healing and Self-Care Exercises by Gerald Kiesman. Victoria, BC: G. Kiesman. (RC 451.5 I5 K54836 2007)

- Trauma Healing Guide for Former Residential School Students: Healing and Self-Care Exercises**
by Gerald Kiesman. Victoria, BC: G. Kiesman. (RC 451.5 I5 K5484 2007)
- Trauma-Informed Practice and the Opioid Crisis: A Discussion Guide for Health Care and Social Justice Providers.** Vancouver, BC: Centre of Excellence for Women's Health.
(RC 552 T7 T738 2018)
http://bccewh.bc.ca/wp-content/uploads/2018/06/Opioid-TIP-Guide_May-2018.pdf
- Trauma-Informed Practice Guide.** Vancouver, BC: British Columbia Centre of Excellence for Women's Health. (RC 552 P67 T738 2013)
<http://www.bccewh.bc.ca/publications-resources/documents/TIP-Guide-May2013.pdf>
- Trauma, Memory, and Dissociation** edited by J. Douglas Bremner and Charles R. Marmar.
Washington, DC: American Psychiatric Press. (RC 553 D5 T73 1998)
- Trauma, Recovery, and Growth: Positive Psychological Perspectives on Posttraumatic Stress**
edited by Stephen Joseph and P. Alex Linley. Hoboken, N.J.: Wiley. (RC 552 P67 T737 2008)
- The Trauma Recovery Group: A Guide for Practitioners** by Michaela Mendelsohn ... [et al.]. New York, NY: Guilford Press. (RC 552 P67 M454 2011)
- Trauma-Related Stress in Australia: Essays by Leading Australian Thinkers and Researchers**
edited by Bob Douglas and Jo Wodak. Weston, ACT: Australia 21 Ltd. (RC 552 P67 T73 2016)
- The Trauma Response: Treatment for Emotional Injury** by Diana Sullivan Everstine and Louis Everstine. New York, NY: Norton. (RC 552 P67 E84 1993)
- Trauma, Transformation, and Healing: An Integrative Approach to Theory, Research, and Post-Traumatic Therapy** by John P. Wilson. New York, NY: Brunner/Mazel.
(RC 552 P67 W55 1989)
- Trauma Treatment Techniques: Innovative Trends** edited by Jacqueline Garrick and Mary Beth Williams. Binghamton, NY: Haworth Maltreatment & Trauma Press. (RC 552 P67 T7553 2006)
- Traumatic Incident Reduction: Research and Results** edited by Victor R. Volkman. Ann Arbor, MI: Loving Healing Press. (RC 552 P67 T755 2008)
- Traumatic Stress: From Theory to Practice** edited by John R. Freedy and Stevan E. Hobfoll. New York, NY: Plenum Press. (RC 552 P67 T756 1995)
- Traumatic Stress in Police Officers: A Career-Length Assessment from Recruitment to Retirement**
by Douglas Paton ... [et al.]. Springfield, IL: Charles C. Thomas. (HV 7936 J63 T73 2009)
- Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society** edited by Bessel A. van der Kolk, Alexanders C. McFarlane, and Lars Weisaeth. New York, NY: Guilford Press. (RC 552 P67 T758 1996)
- Treating Compassion Fatigue** edited by Charles R. Figley. New York, NY: Brunner-Routledge.
(RC 451.4 M44 T74 2002)

Treating Complex Traumatic Stress Disorders: An Evidence-Based Guide edited by Christine A. Courtois and Julian D. Ford. New York, NY: Guilford Press. (RC 552 P67 T763 2009)

Treating Victims of Mass Disaster and Terrorism by Jennifer Housley and Larry E. Beutler. Cambridge, MA: Hogrefe. (RC 451.4 D57 H68 2007)

Treatment of Traumatized Adults and Children edited by Allen Rubin and David W. Springer. Hoboken, NJ : Wiley. (RC 552 P67 T767 2009)

Trust After Trauma: A Guide to Relationships for Survivors and Those Who Love Them by Aphrodite Matsakis. Oakland, CA: New Harbinger Publications. (RC 552 P67 M287 1998)

Understanding Trauma: Integrating Biological, Clinical and Cultural Perspectives edited by Laurence J. Kirmayer, Robert Lemelson, and Mark Barad. Cambridge, ENG: Cambridge University Press. (RC 552 P67 U534 2008)

Waking the Tiger: Healing Trauma: The Innate Capacity to Transform Overwhelming Experiences by Peter A. Levine. Berkeley, CA: North Atlantic Books. (RC 552 P67 L48 1997)

What Doesn't Kill Us: The New Psychology of Posttraumatic Growth by Stephen Joseph. New York, NY: Basic Books. (RC 552 P67 J673 2011)

Working with Traumatized Police Officer-Patients: A Clinician's Guide to Complex PTSD Syndromes in Public Safety Professionals by Daniel M. Rudofossi. Amityville, NY: Baywood Pub. Co. (RC 552 P67 R83 2007)

GENERAL AUDIO CDs

Surviving and Thriving: Living Through a Traumatic Experience: 3 Sessions with Dr. Mark Lerner by Mark D. Lerner. Commack, NY: M. Lerner. (BF 175.4 P75 L477 2004)

Practical information that addresses the emotional needs of those living through a traumatic experience to help ease the pain, keep you functioning, lessen the likelihood of long-term emotional suffering, and help you see the opportunities a crisis can bring.

GENERAL DVDs

D1724 **Addressing Trauma** (DVD, 104 minutes)

Dr. Solanto speaks about trauma, how it affects people and working with wounded clients. (Heartspeak Productions) (RC 552 T7 S653 2013)

D2177 **Bessel van der Kolk Trauma Interview Series: Frank Putnam.** (DVD, 308 minutes)

Bessel A. van der Kolk interviews pioneering researcher Frank Putnam, one of the world's foremost scientists in the field of trauma, dissociation and attachment. He discusses his studies on sexual abuse, transgenerational trauma, and dissociation and multiple personality disorders (DID). He provides an understanding of the impact of trauma on the mind and brain that inform trauma treatment. (PESI) (RC 552 P67 V355 2017)

- D2144 **Clinical Demonstration: Transforming Trauma: Awakening the Ordinary Miracle of Healing** (DVD, 57 minutes)
Through demonstration, Peter Levine teaches how to notice the ways trauma is imprinted on the body. He teaches how to recognize, avoid and heal with appropriate support and tools to help overcome and prevent trauma. (Odin Books) (RC 552 P67 L48 2014)
- D1346 **The Counting Method** (DVD, 25 minutes)
This program documents a specific technique for mastering flashbacks and intrusive recollections, and a collegial, collaborative relationship between psychotherapist and client, midway through a long-term, multifaceted out-patient treatment. (Kinetic) (RC 552 P67 C685 1993)
- D1031 **Counting the Cost: The Lasting Impact of Childhood Trauma**
Dr. Bessel van der Kolk and three clinicians explore the various symptoms of Disorder of Extreme Stress. Four survivors of severe early trauma add their perspectives on its effect on their lives and their attempts to cope with those effects. (Cavalcade Productions Inc.) (RC 552 P67 C69 1995)
- D1581 **EMDR, A Closer Look** (DVD, 40 minutes)
A group of experts present their perspectives on a variety of issues concerning EMDR. Dr. Francine Shapiro demonstrates the eight-step EMDR protocol and discusses the relationship between EMDR and trauma. (Guilford Press) (RC 489 E98 E437 1999)
- D2049 **Moving Forward ... in the Aftermath of Trauma** (DVD, 14 minutes)
This is invaluable information for those directly (or indirectly) affected by traumatic incidents in the workplace and beyond. Gathers a group of leading experts in the field of trauma, who give practical suggestions for moving forward. Viewers learn to understand the normal responses to all types of trauma; take practical steps towards recovery; support coworkers, employees, friends and family; work together within organizations, and gain strength as individuals and communities. (Owen-Stewart Performance Resources) (RC 552 P67 M68 2002)
- D2174 **The Neurophysiology of Trauma, Attachment, Self-Regulation & Emotions: Clinical Applications of the Polyvagal Theory** (DVD, 358 minutes)
Dr. Stephen Porges is an international expert on the neurophysiology of emotions, trauma, attachment and self-regulation. He demonstrates how to put this understanding to use when implementing interventions for mediating symptoms of many mental health disorders including autism, depression, ADD and PTSD. In addition, he covers strategies to trigger states of safety in your clients by activating the "highest level" mechanism. (PESI) (RC 552 T7 P67 2016)
- D2141 **Overcoming Trauma-Related Shame and Self-Loathing** (DVD, 58 minutes)
This is a recording of a webcast from Dr. Janina Fisher. She introduces shame from a neurobiological perspective -- as a survival strategy driving somatic responses of automatic obedience and total submission. She covers how to help clients relate to their symptoms with curiosity rather than automatic acceptance, discriminate the cognitive, emotional, and physiological components of shame, and to integrate somatic as well as traditional psychodynamic and cognitive-behavioral techniques to transform shame-related stuckness. (Odin Books) (RC 552 P67 J36 2013)

- D2173 **The Polyvagal Theory** (DVD, 83 minutes)
This presentation informs the therapist about how to assess the deleterious consequences of trauma-related experiences by understanding the adaptive psychological, behavioral, and health features of each of the three “polyvagal” visceral response strategies (i.e., social engagement, mobilization, and immobilization). It also covers how successful therapeutic interventions promote a neuroception of safety with the consequential improvements in mental and physical health by enabling mobilization and immobilization to occur without fear. (PESI) (QP 401 P67 2014)
- D2145 **Shame and Self-Loathing in the Treatment of Trauma** (DVD, 362 minutes)
Shame often prevents traumatized clients’ recovery and hampers their ability to find relief and perspective despite effective treatment. Feelings of worthlessness and inadequacy interfere with taking in positive experiences, leaving only hopelessness. In this seminar, Dr. Janina Fisher discusses the following: the role of shame and self-loathing as symptoms of trauma; the neurobiological effects of shame; the role of negative cognitive schemas in perpetuating shame; the physiological and cognitive contributors to shame; somatic interventions drawn from Sensorimotor Psychotherapy that decrease shame; and memory processing, cognitive-behavioral and ego state techniques. (Odin Books) (RC 552 T7 S43 2013)
- D1277 **Telling the Untold Stories** (DVD, 36 minutes)
This program demonstrates the potential impact of traumatic workplace events on staff, including how external resources may assist an organization, and illustrates the stages of a group debriefing. A non-emergency services work site is used to show the applicability of these debriefings in a general workplace setting. (Justice Institute of British Columbia, Social Services and Community Safety Division) (RC 552 P67 T448 1997)
- D2143 **Trauma and Attachment with Bessel van der Kolk, M.D.** (DVD, 87 minutes)
Bessel A. van der Kolk, M.D. shares the latest on how our brains, minds and bodies respond to traumatic experiences. He explains how affect modulation techniques, EMDR, yoga and neurofeedback are used in overcoming the destabilization and disintegration caused by trauma. This seminar recording presents an understanding of how these experiences are processed by unconscious interpretations (subcortical) that take place outside of awareness. Learn why therapeutic methods that do not depend exclusively on understanding and cognition are needed to move the client beyond the “replay of the past” in their current experiences. (Odin Books) (RC 552 P67 V355 2012)
- D1594 **Trauma, Attachment & Neuroscience** (DVD, 385 minutes)
In this seminar Dr. Bessel van der Kolk discusses new psychotherapeutic treatments for trauma victims. He addresses affect regulation, the integration of dissociated aspects of experience, overcoming helplessness, and the re-integration of human connections. (PESI/CMI Education) (BF 175.5 P75 T63 2011)
- D2142 **Trauma, Mindfulness & Neurobiology of Self** (DVD, 80 minutes)
There has been increasing recognition of mindfulness and self-awareness as the foundations of emotional responsiveness, psychological change, and personal growth. This program highlights work that constitutes the cutting edge on the neurobiological foundations of stress resilience, mindfulness, the effects of trauma on self-awareness and self-organization, and how mindfulness meditation and yoga can change the brain. (Odin Books) (RC 489 M55 T8 2013)

- D730 **Trauma, Violence and Human Dignity** (DVD, 72 minutes)
Five therapists describe how they are educated and inspired by their clients' courage and informed by community and cultural values. Useful therapeutic questions and steps are described and illustrated by clinical example. In-depth theory is provided through professional articles in the accompanying manual. You will be inspired by the stories of these therapists. (Dale Trimble and Associates) (RC 569.5 V55 T728 2007)

TRAUMA IN CHILDREN AND YOUTH - BOOKS

- 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** by Bruce D. Perry and Maia Szalavitz. New York, NY: Basic Books. (RJ 499.34 P47 2017)
- Cheering for the Children: Creating Pathways to Hope for Children Exposed to Trauma** by Casey Gwinn. Tucson, AZ: Wheatmark. (RJ 506 P66 G75 2015)
- The Child Survivor: Healing Developmental Trauma and Dissociation** by Joyanna L. Silberg. New York, NY: Routledge. (RJ 506 D55 S55 2012)
- Child Trauma Handbook: A Guide for Helping Trauma-Exposed Children and Adolescents** by Ricky Greenwald. New York, NY: Haworth Maltreatment and Trauma Press. (RJ 506 P66 G74 2005)
- Creative Interventions with Traumatized Children** edited by Cathy A. Malchiodi. New York, NY: The Guilford Press. (RJ 506 P66 C74 2015)
- Doodles, Dances & Ditties: A Trauma-Informed Somatosensory Handbook** by Mollie Hiebert ... [et al.]. Denver, CO: Mount Saint Vincent Home. (RJ 506 P66 H54 2013)
- Effects of and Interventions for Childhood Trauma from Infancy Through Adolescence: Pain Unspeakable** by Sandra B. Hutchison. New York, NY: Haworth Maltreatment and Trauma Press. (RJ 504.2 H885 2004)
- EMDR and the Art of Psychotherapy with Children: Infants to Adolescents** by Robbie Adler-Tapia and Carolyn Settle. New York, NY: Springer Publishing Company, LLC. (RJ 505 E9 A35 2017)
- Gentling: A Practical Guide to Treating PTSD in Abused Children** by William E. Krill Jr. Ann Arbor, MI: Loving Healing Press. (RJ 506 P55 K75 2011)
- Helping Children Cope with Disasters and Terrorism** edited by Annette M. La Greca ... [et al.]. Washington, DC: American Psychological Association. (RJ 506 P66 H45 2002)
- Helping Kids Heal: 75 Activities to Help Children Recover from Trauma and Loss** by Rebecca Carman. Plainview, NY: Bureau for At-risk Youth. (RJ 506 P55 C37 2004)
- How Long Does it Hurt? A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families** by Cynthia L. Mather. San Francisco, CA: Jossey-Bass. (HV 6570.7 M337 2004)

- How to Help Children After a Disaster: A Guidebook for Teachers.** Alameda County Mental Health Services. Washington, DC: Federal Emergency Management Agency. (BF 723 D5 H684 1991)
- How Schools Can Help Students Recover from Traumatic Experiences: A Tool-Kit for Supporting Long-Term Recovery** by Lisa H. Jaycox ... [et al.]. Santa Monica, CA: Rand Gulf States Policy Institute. (RJ 506 P66 H59 2006)
<http://www.rand.org/pubs/technical%5Freports/2006/RAND%5FTR413.pdf>
- The Link between Childhood Trauma and Mental Illness: Effective Interventions for Mental Health Professionals** by Barbara Everett and Ruth Gallop. Thousand Oaks, CA: Sage Publications. (RC 569.5 C55 E94 2001)
- Mass Trauma and Violence: Helping Families and Children Cope** edited by Nancy Boyd Webb. New York, NY: Guilford Press. (RC 552 P67 M363 2004)
- Paper Dolls and Paper Airplanes: Therapeutic Exercises for Sexually Traumatized Children** by Geraldine Crisci, Marilyn Lay, and Liana Lowenstein. Indianapolis, IN: KIDSRIGHTS. (RJ 507 S49 C756 1998)
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- Working with Children to Heal Interpersonal Trauma: The Power of Play** edited by Eliana Gil. New York, NY: Guilford Press. (RJ 506 P66 W64 2010)
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TRAUMA IN CHILDREN AND YOUTH - DVDs

- D2005 **The ACE Study: The Adverse Childhood Experiences Study: Background, Findings, and Paradigm Shift** (DVD, 100 minutes)
This program contains the most comprehensive description of the ACE Study findings and replications of those findings among a general population sample in Washington State and other similar findings from large nationally representative samples. It features plenary addresses by the ACE Study co-investigators along with discussion by an internationally renowned childhood trauma researcher and child psychiatrist. (Academy on Violence & Abuse) (RJ 506 P66 A34 2012)
- D1333 **Children and Trauma: The School's Response** (DVD, 21 minutes)
A program for mental health professionals, school administrators and teachers. Trauma's impact on children and schools, normal and prolonged stress responses, assessment considerations, and intervention models are presented. (RJ 506 P66 C457 1992)
- D2172 **Developmental Trauma Disorder** (DVD, 74 minutes)
This program reviews the development of Developmental Trauma Disorder (DTD) as a diagnosis and gives an overview of the field trial for DTD for inclusion in the DSM-V. It covers symptom clusters and describes how traumatic experiences impact brain development and affect regulation. (PESI) (RJ 506 P55 V355 2010)
- D1425 **Essentials of Play Therapy with Abused Children** (DVD, 40 minutes)
Program presenter Eliana Gil discusses the unique benefits of play therapy for children who have been physically or sexually abused. Dr. Gil brings viewers into the therapeutic playroom, describes how play activities fit into the reparative process, and provides helpful pointers for practice. With the help of child volunteers (not actual patients), the video demonstrates specific art and play activities that can help children. (Login Brothers Canada) (RJ 505 P6 E87 1998)
- D1206 **Helping Children Cope with Frightening Events: What You Can Do!**
(DVD, 25 minutes)
This program gives teachers the skills to help their preschool and early elementary children get back to normal after a traumatic event, such as a natural disaster. It is based on developmentally best practices, research, Head Start Performance Standards, NAEYC standards, and the work of the Child Trauma Academy. (Educational Activities) (BF 723 D5 H453 2005)
- D1843 **I Was Just a Kid** (DVD, 30 minutes)
Through the experiences of a group of women, explores the connection between childhood trauma and adult substance abuse; illustrates the fact that recovery from substance abuse entails recovering from the trauma of victimization. (THA Media Distributors) (HV 6626.5 I93 1997)

- D1427 **Play Therapy for Severe Psychological Trauma** (DVD, 36 minutes)
Play and family therapist Eliana Gil discusses the nature of trauma, how to recognize it, and how to manage its effects on children's development. Includes a reenacted clinical interview, footage from an actual play session, and a discussion of dissociation and other symptoms associated with posttraumatic stress disorder. (Guilford Publications) (RJ 505 P6 P63 1998)
- D833 **Trauma and Dissociation in Children. I, Behavioral Impacts** (DVD, 42 minutes)
Part of a 3-disc series intended to give child protection professionals a grounding in the psychological impacts of abuse, and provide them with better tools for working with traumatized children. This program explains the internal effects of trauma on children, and the behaviors that abused and neglected children may display. (International Society for the Study of Trauma and Dissociation) (RJ 506 P66 T738 2007 v.1)
- D834 **Trauma and Dissociation in Children. II, Issues for Interviewers** (DVD, 44 minutes)
Part of a 3-disc series intended to give child protection professionals a grounding in the psychological impacts of abuse, and provide them with better tools for working with traumatized children. This program discusses ways to make the interview process less stressful and more productive. (International Society for the Study of Trauma and Dissociation) (RJ 506 P66 T738 2007 v.2)
- D835 **Trauma and Dissociation in Children. III, Guidelines for Prosecutors**
(DVD, 43 minutes)
Part of a 3-disc series intended to give child protection professionals a grounding in the psychological impacts of abuse, and provide them with better tools for working with traumatized children. This program delves into the difficult issues prosecutors may face when pursuing child abuse cases. (International Society for the Study of Trauma and Dissociation) (RJ 506 P66 T738 2007 v.3)
- D2002 **Trauma, Brain and Relationship: Helping Children Heal** (DVD, 24 minutes)
Trauma profoundly affects the way children think, feel and act and is far more prevalent than formerly thought. It affects their abilities to focus or attend (mental), to calm themselves (emotional), and to be aware of others or their environment (situational). This program introduces ways to help identify, prevent and heal trauma in children. (Healing Resources Info) (RJ 506 P66 T7284 2004)
- D963 **Trauma through a Child's Eyes: Awakening the Ordinary Miracle of Healing: Infancy through Adolescence** (DVD, 290 minutes)
Workshop with Peter A. Levine, Ph.D., and Maggie Kline, M.S., M.F.T. Geared for professionals who have an interest in working with children, as well as those wishing to deepen their understanding of inner child work with adults. (Foundation for Human Enrichment) (RJ 499.3 T728 2008)

Understanding Childhood Trauma Video Series

(D692, D695, D694, D693, D697, D691, D696, D690)

D692

The Brain — Effects of Childhood Trauma (DVD, 29 minutes)

Trauma in childhood can have devastating effects on the developing brain. Current research confirms that trauma can activate various systems in the brain that change neuron response and cognitive pathways and cause children to develop systems in the brain that cause them to be constantly hyper-aroused and hyper-vigilant. These changes can result in severe problems in learning ability, mood, bonding and attachment, and in problem solving. This program offers caregivers, teachers and health care providers suggestions for avoiding and dealing with damage to the brain from emotional trauma, with primary emphasis being placed on prevention and timely intervention. (McIntyre Media) (RJ 506 P55 B724 2002)

D695

Domestic Violence & Childhood Trauma (DVD, 29 minutes)

The connection between trauma in childhood and domestic violence later in life is obvious to Jane Middleton-Moz, a relationship and trauma expert featured in this program. She states that children who experience domestic violence grow up learning to stuff feelings and emotions. They go through the world in a deep freeze, and have whole parts of themselves cut off. In domestic violence, if a partner wasn't allowed their vulnerability as a child, then as an adult, if that vulnerability is touched, they will act out in rage. If the other partner wasn't allowed their anger as a child, then as an adult they get the other partner to act out their anger for them. This program also features interviews with people recovering from the trauma of domestic violence, who relate the consequences of family violence. (McIntyre Media) (HQ 809 D648 2002)

D694

Identifying & Responding to Trauma in Ages 6 to Adolescence (DVD, 29 minutes)

Older children suffering from the effects of emotional trauma are frequently misdiagnosed as having attention deficit disorder or chronic depression. Misdiagnosed characteristics of trauma are typically sex related, with boys who are hyperactive and act-out and girls who dissociate and withdraw. An accurate assessment of the problem is critical to the success of intervention. Common trauma-related problems also include learning difficulties, text anxiety, difficulty in forming relationships, difficulty with authority figures, substance abuse, acquiescence to abuse, and violent behaviour. Since teachers spend so much time with this age group, this program specifically targets teachers to help them form positive attachments and offer concrete help to their students. Sample guidelines include being respectful, giving positive reinforcement, investing time and attention, being consistent, and building honest relationships. (McIntyre Media) (RJ 506 P55 I348 2002)

D693

Identifying & Responding to Trauma in Children 0 to 5 Years Old
(DVD, 29 minutes)

Trauma in the life of children from birth to five years of age has a profound impact which intensifies the need for early identification and intervention. Young children are either pre-verbal or inexperienced with the verbal language and consequently are unable to express their thoughts and feelings or describe threatening life events. In order to understand a child's behaviour and plan for care and intervention it is necessary for the caregiver, teacher, or health care provider to determine the child's history and emotional state from other sources. Segments in this program include determining the trauma, guidelines for caregivers, non-verbal interaction, significant loss, dissociating, being an example, and acceptance. Particular emphasis is given to a discussion on how caregivers and teachers can intervene to build trust and provide guidance, predictability and support. (McIntyre Media) (RJ 506 P55 I347 2002)

- D697 **A Parent's Guide to Identifying & Responding to Childhood Trauma**
(DVD, 39 minutes)
This video helps parents identify and respond to trauma from parental divorce, the death of a parent or sibling, a life threatening accident or illness, extreme school violence and natural catastrophic disasters, as well as terrorist attacks. The suddenness of the event, the fear produced, the confusion, and the lack of coping skills makes these events traumatic for many children. It is important for parents to know what to do in identifying reactions to these events in their children and, in turn, the appropriate responses to take. (McIntyre Media) (RJ 506 P66 P273 2002)
- D691 **Significant-Event Childhood Trauma** (DVD, 29 minutes)
Sometimes a significant event can cause trauma in the life of a child. Such events include the death of a parent or sibling, parental divorce, violence, and natural disasters. If not addressed, that trauma will negatively affect normal and healthy childhood development. Typical effects of trauma are the alarm state, re-experiencing, emotional memory, avoidance, and dissociation. Effective intervention involves openness and honesty, nurturance, and the frank discussion of details. Program segments include: significant event trauma effects, targeting resources, in the classroom, divorce, single parents, addiction, violence, and intervention. Over time and with compassionate care and intervention children can recover from traumatic childhood events and be better prepared for similar losses and trauma later in life. (McIntyre Media) (RJ 506 P55 S534 2002)
- D696 **Trauma & Healing** (DVD, 29 minutes)
Adults who have suffered trauma in childhood often have difficulty expressing anger. This program features trauma expert Jane Middleton-Moz. It also features interviews with Vickie, Cynthia, and Curtis, adults recovering from childhood trauma. Recovery from childhood trauma ultimately depends on accepting and understanding the original trauma, and then relying on the same survival skills that one had as a child. (McIntyre Media) (RJ 506 P55 T723 2002)
- D690 **What Is Childhood Trauma?** (DVD, 29 minutes)
Defines childhood trauma as an experience that raises a child's stress response for an unreasonable amount of time. Delves into the ranges of childhood trauma, symptom assessment, as well as its impact on the child's physical and emotional health, development, as well as its potential impact on society as a whole. (McIntyre Media) (RJ 506 P55 W53 2002)

Other related bibliographies:

- Critical Incident Stress

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