

Trauma and Mental Health Resources

BOOKS

[*Coming Home to Self: The Adopted Child Grows Up*](#), by Nancy Verrier. Baltimore: Gateway Press, 2003.

[*Before Birth: A week-by-week guide to your baby's development during pregnancy*](#), by Create Space Independent Publishing Platform, Julie Currin. 2015.

[*The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder*](#), by Demetri Papolos and Janice Papolos. New York: Broadway Books, 2006.

[*Born for Love: Why Empathy is Essential and Endangered*](#), by Bruce D. Perry and Maia Szalavitz. New York: William Morrow Paperbacks, 2011.

[*The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are*](#), by Daniel Siegel. New York: The Guilford Press, 2012.

[*Helping Children with Sexual Behavior Problems: A Guidebook for Professionals and Caregivers*](#), by Toni Johnson Cavanagh. San Diego: Institute on Violence, Abuse and Trauma, 2007.

[*The Out-of-Sync Child Has Fun: Activities for Kids with Sensory Integration Dysfunction*](#), by Carol Stock Kranowitz. New York: Perigree Trade, Revised Edition, 2006.

[*Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive*](#), by Daniel J. Siegel and Mary Hartzell. New York: Jeremy P. Tarcher/Penguin, 2004

[*Scared Sick: The Role of Childhood Trauma in Adult Disease*](#), by Robin Karr-Morse and Meredith S. Wiley (Contributor). New York: Basic Books, 2012.

[*The Secret Life of the Unborn Child*](#), by Thomas Verny and John Kelly, New York: Dell Publishing, 1981.

[*Sensational Kids: Hope and Help for Children with Sensory Processing Disorder*](#), by Lucy Jane Miller. New York: Penguin Books, 2014.

[*The Simple Guide to Child Trauma: What It Is and How to Help*](#), by Betsy de Thierry. London: Jessica Kingley Publishers, 2016.

[*The Sound of Hope: Recognizing, Coping with, and Treating Your Child's Auditory Processing Disorder*](#), by Lois Kam Heymann.

[*Straight Talk about Psychiatric Medications for Kids*](#), by Timothy Wilens. (Fourth Edition). New York: Guilford Press, 2016.

[*Taking Charge of ADHD: The Complete, Authoritative Guide for Parents*](#), by Russell Barkley. New York: Guilford Press, 2013

[*Understanding Children's Sexual Behaviors: What's Natural and Healthy*](#), by Toni Cavanagh Johnson. San Diego: Institute on Violence, Abuse and Trauma, 2007.

BOOKLETS

[*Helping Children with Sexual Behavior Problems: A Guidebook for Professionals and Caregivers*](#), by Toni Cavanagh Johnson. San Diego: Institute on Violence, Abuse and Trauma, 2007.

[*Understanding Children's Sexual Behaviors: What's Natural and Healthy*](#), by Toni Cavanagh Johnson. San Diego: Institute on Violence, Abuse and Trauma, 2007.

BOOKS FOR PROFESSIONALS

[*Affect Regulation and the Origin of the Self: The Neurobiology of Emotional Development*](#), by Allan Schore. Philadelphia: Lawrence Erlbaum Associates, 1999.

[*The Anatomy of Violence: The Biological Roots of Crime*](#), by Adrian Raine. New York: Vintage, 2014.

[*Anxious: Using the Brain to Understand and Treat Fear and Anxiety*](#), by Joseph Ledoux. New York: Penguin Books, 2016.

[*Attachment-Focused Family Therapy*](#), by Daniel Hughes. New York: WW Norton and Co., 2007.

[*Becoming Attached: First Relationships and How They Shape Our Capacity to Love*](#), by Robert Karen. New York: Oxford University Press, 1994.

[*The Body Bears the Burden: Trauma, Dissociation, and Disease*](#) 3rd Edition, by Robert Scaer. London: Routledge, 2014.

[*The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma Reprint Edition*](#)
by Bessel van der Kolk. New York: Penguin Books, 2015.

[*Creative Interventions with Traumatized Children*](#), Cathy Malchiodi. New York: The Guilford Press, 2014.

[*In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*](#), by Peter Levine. Berkeley: North Atlantic Books, 2010.

[*The Interpersonal World of the Infant.*](#), by Daniel N. Stern. London: Karnac Books, 1998.

[*Love at Goon Park: Harry Harlow and the Science of Affection*](#), by Deborah Blum. Cambridge: Perseus Publishing, 2002.

[*Mind: A Journey to the Heart of Being Human*](#), by Daniel J. Siegel. New York: W. W. Norton & Company, 2016.

[*Neurofeedback in the Treatment of Developmental Trauma: Calming the Fear-Driven Brain 1st Edition*](#), by Sebern Fisher. New York: W.W. Norton & Co., 2014.

[*The Neuroscience of Human Relationships: Attachment and the Developing Social Brain \(Second Edition\) \(Norton Series on Interpersonal Neurobiology\) 2nd Edition*](#), by Louis Cozolino. New York: W. W. Norton & Company, 2014.

[*The Neuroscience of Psychotherapy: Healing the Social Brain \(Second Edition\) \(Norton Series on Interpersonal Neurobiology\) 2nd Edition*](#), by Louis Cozolino. New York: W. W. Norton & Company, 2010.

[*The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-regulation \(Norton Series on Interpersonal Neurobiology\)*](#), Stephen Porges. New York: W. W. Norton & Company, 2011.

[*Principles of Trauma Therapy: A Guide to Symptoms, Evaluation and Treatment*](#), by John Briere and Catherine Scott. Thousand Oaks: Sage Publications, 2012.

[*Sensorimotor Psychotherapy: Interventions for Trauma and Attachment \(Norton Series on Interpersonal Neurobiology\)*](#), by Pat Ogden & Janina Fisher. W. W. Norton & Company, 2015.

[*The Social Neuroscience of Education: Optimizing Attachment and Learning in the Classroom \(The Norton Series on the Social Neuroscience of Education\)*](#), by Louis Cozolino. New York: W.W. Norton Co. 2013.

[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 Levine. Berkeley: North Atlantic Books, 2015.

[Trauma and Recovery: From Domestic Abuse to Political Terror](#), Judith Lewis Herman. London: Pandora, 2001.

[The Trauma Spectrum: Hidden Wounds and Human Resiliency](#), by Robert Scaer. New York: WW Norton and Co., 2005.

[Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body and Society](#), by Bessel van der Kolk, Alexander McFarlane and Lars Weisaeth. (Editors) (New York: Guilford Press, 2007.)

[Walking the Tiger: Healing Trauma](#), by Peter Levine. Berkeley: North Atlantic Books, 1997.

WEBSITES

Center on the Developing Child Harvard University

<http://developingchild.harvard.edu/>

This center puts forth cutting edge videos and articles about the effect of toxic stress – the kind that occurs due to early childhood trauma – on infants, toddlers and children. It leads the way for parents and professionals to apply current neuroscience to improve the quality of life for the traumatized child as well as each of the adoptive family. I particularly like the article, “[Executive Function: Skills for Life and Learning](#).” Executive functions help us thrive in our relationships and our academic endeavors – in our life! The article offers concrete ways to facilitate the development of these very important skills.

Channing Bete Company

www.channing-bete.com

This company produces booklets and workbooks for parents to use with children of all ages. Topics range from abuse, neglect, mental health disorders, dating, peer relationships, feelings, prejudice, discrimination, life skills and etc.

Child Trauma Academy (CTA)

www.childtrauma.org

CTA recognizes the crucial importance of childhood experiences in shaping the health of the individual and, ultimately, society. A major activity of the CTA is to translate emerging findings about the human brain and child development into practical implications for the ways we

nurture, protect, enrich, educate and heal children. This site contains many valuable articles related to attachment, trauma, and grief and loss. There are also free online courses pertaining to attachment, brain development and the impact of trauma on children development.

National Child Traumatic Stress Network

www.nctsn.org

NCTSN is a unique collaboration of academic and community-based service centers whose mission is to raise the standard of care, and increase access to services for traumatized children and their families across the United States. Combining knowledge of child development, expertise in the full range of child traumatic experiences and attention to cultural perspectives, the NCTSN serves as a national resource for developing and disseminating evidence-based interventions, trauma-informed services, and public and professional education. This website is a must read for parents and professionals. It covers the impact of all types of trauma on the child's development. There are articles and videos viewable online.

National Institute of Mental Health (NIMH)

<https://www.nimh.nih.gov/index.shtml>

NIMH is the largest scientific organization in the world dedicated to research focused on the understanding, treatment, and prevention of mental disorders and the promotion of mental health. The website provides thorough descriptions and treatment options for all mental health diagnoses. Along with each disorder treatment recommendations are included.

The National Organization on Fetal Alcohol Syndrome (NOFAS)

www.nofas.org

NOFAS is the leading voice and resource of the Fetal Alcohol Spectrum Disorders (FASD) community. This website provides articles and additional resources for those parenting or working with children with FASD.

The Trauma Center

www.traumacenter.org

The Trauma Center provides comprehensive services to traumatized children and adults, and their families. The Executive Director is Joseph Spinazzola, PhD and the Medical Director and Founder is Bessel van der Kolk, MD—these two prominent professionals are part of the group responsible for the creation of the new means to describe trauma — [complex trauma](#). In addition to clinical services, the Trauma Center offers training, consultation and educational programming for postgraduate mental health professionals. Their Certificate Program in Traumatic Stress Studies has state-of-the-art seminars, lectures and supervision groups. Their Weekly Lecture Series is open to all mental health professionals.