

This is a small sampling of titles and websites that provide trauma-informed information on recovery and self care. For more information, you may also browse NYSCASA's library at [www.nyscasa.org](http://www.nyscasa.org) .

## Self Care for the Soul – Resources

December 4, 2013

### BOOKS

*Eight Keys to Safe Trauma Recovery*, Babette Rothschild

*The Essence of Being Real*, Jennifer Wilkerson

*Growing Beyond Survival*, Elizabeth Vermilyea

*Healing the Child Within*, John Bradshaw

*Healing the Trauma of Abuse, A Women's Workbook*, Mary Ellen Copeland and Maxine Harris

*Healing Trauma*, Peter Levine

*How to Use Herbs, Nutrients, and Yoga in Mental Health Care*, Brown, Gerbarg and Muskin M.D.s

*Invisible Heroes, Survivors of Trauma and How They Heal*, Belleruth Naparstek

*Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing*, Dr. Joy DeGruy-Leary

*Risking Connection: A Training Curriculum for Working with Survivors of Childhood Abuse*, Saakvitne, et. al.

*Scared Sick: The Role of Childhood Trauma in Adult Disease*, Robin Karr-Morse & Meredith Wiley

*Transforming the Pain*, L. Pearlman & K. Saakvitne

*Trauma and the Body: A Sensorimotor Approach to Psychotherapy*, Ogden, Minton and Pain

*Trauma Stewardship: Guide to Caring for Self While Caring for Others*, Laura van Dernoot Lipsky

*The Truth About Rape: Emotional, Spiritual, Physical and Sexual Recovery from Rape*, Theresa M. Lauer, M.A.

*Unconditional Self-Love, What it Is, Why It's Important and How to Nurture it In Your Life*, Rita Loyd

*Waking the Tiger, Healing Trauma*, Peter Levine

*When the Body Says No, In the Realm of Hungry Ghosts, Scattered Minds*, Dr. Gabor Mate:

<http://drgabormate.com/about/>

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## WEB SITES

Adverse Childhood Experiences (ACE) [acestudy.org](http://acestudy.org); <http://acestudy.org/>

The Anna Institute, <http://theannainstitute.org>

*Breath, Body, Mind Workshops*, Drs Richard Brown and Pat Gerbarg,  
<http://haveahealthymind.com>

“COLEVA” means the “Consequences of Lifetime Exposure to Violence and Abuse.” <http://www.coleva.net/> (The “COLEVA PROJECT” by David McCollum, MD is an effort to demonstrate the wide-ranging impact that violence and abuse has on the health and well-being of all people.)

SAMHSA: [www.samhsa.gov/prevention-practices](http://www.samhsa.gov/prevention-practices)

National Center for Trauma Informed Care [www.samhsa.gov/nctic/](http://www.samhsa.gov/nctic/)

Sidran Foundation [www.sidran.org](http://www.sidran.org)

*Therapeutic Effects of Drumming* By Michael Drake  
<http://healing.about.com/od/drums/a/drumtherapy.htm>

Trauma Stewardship: <http://traumastewardship.com/> Laura van Dernoot Lipsky's website.

Women's Consortium of CT: [http://www.womensconsortium.org/trauma\\_matters\\_newsletter.cfm](http://www.womensconsortium.org/trauma_matters_newsletter.cfm)  
Since 2002, the *Trauma Matters Newsletter* has provided information about trauma and trauma-informed care by examining best practices and efforts in behavioral health.

## Contact Us:

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