

# FURTHER READING

You are being provided with a book chapter by chapter. I will request you to read the book for me after each chapter. After reading the chapter, 1. shorten the chapter to no less than 300 words and no more than 400 words. 2. Do not change the name, address, or any important nouns in the chapter. 3. Do not translate the original language. 4. Keep the same style as the original chapter, keep it consistent throughout the chapter. Your reply must comply with all four requirements, or it's invalid. I will provide the chapter now.

## FURTHER READING

### DEALING WITH TRAUMATIZED CHILDREN

Blaustein, Margaret, and Kristine Kinniburgh. *Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency*. New York: Guilford, 2012..

Hughes, Daniel. *Building the Bonds of Attachment*. New York: Jason Aronson, 2006.

Perry, Bruce, and Maia Szalavitz. *The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook*. New York: Basic Books, 2006.

Terr, Lenore. *Too Scared to Cry: Psychic Trauma in Childhood*. Basic Books, 2008.

Terr, Lenore C. *Working with Children to Heal Interpersonal Trauma: The Power of Play*. Ed., Eliana Gil. New York: Guilford Press, 2011.

Saxe, Glenn, Heidi Ellis, and Julie Kaplow. *Collaborative Treatment of Traumatized Children and Teens: The Trauma Systems Therapy Approach*. New York: Guilford Press, 2006.

Lieberman, Alicia, and Patricia van Horn. *Psychotherapy with Infants and Young Children: Repairing the Effects of Stress and Trauma on Early Attachment*. New York: Guilford Press, 2011.

### PSYCHOTHERAPY

Siegel, Daniel J. *Mindsight: The New Science of Personal Transformation*. New York: Norton, 2010.

Fosha D., M. Solomon, and D. J. Siegel. *The Healing Power of Emotion: Affective Neuroscience, Development and Clinical Practice (Norton Series on Interpersonal Neurobiology)*. New York: Norton, 2009.

Siegel, D., and M. Solomon: *Healing Trauma: Attachment, Mind, Body and Brain (Norton Series on Interpersonal Neurobiology)*. New York: Norton, 2003.

Courtois, Christine, and Julian Ford. *Treating Complex Traumatic Stress Disorders (Adults): Scientific Foundations and Therapeutic Models*. New York: Guilford, 2013.

Herman, Judith. *Trauma and Recovery: The Aftermath of Violence—from Domestic Abuse to Political Terror*. New York: Basic Books, 1992.

### NEUROSCIENCE OF TRAUMA

Panksepp, Jaak, and Lucy Biven. *The Archaeology of Mind: Neuroevolutionary Origins of Human Emotions (Norton Series*

on Interpersonal Neurobiology). New York: Norton, 2012.

Davidson, Richard, and Sharon Begley. *The Emotional Life of Your Brain: How Its Unique Patterns Affect the Way You Think, Feel, and Live—and How You Can Change Them*. New York: Hachette, 2012.

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

Fogel, Alan. *Body Sense: The Science and Practice of Embodied Self-Awareness* (Norton Series on Interpersonal Neurobiology). New York: Norton, 2009.

Shore, Allan N. *Affect Regulation and the Origin of the Self: The Neurobiology of Emotional Development*. New York: Psychology Press, 1994.

Damasio, Antonio R. *The Feeling of What Happens: Body and Emotion in the Making of Consciousness*. Houghton Mifflin Harcourt, 2000.

#### BODY-ORIENTED APPROACHES

Cozzolino, Louis. *The Neuroscience of Psychotherapy: Healing the Social Brain*, second edition (Norton Series on Interpersonal Neurobiology). New York: Norton, 2010.

Ogden, Pat, and Kekuni Minton. *Trauma and the Body: A Sensorimotor Approach to Psychotherapy* (Norton Series on Interpersonal Neurobiology). New York: Norton, 2008.

Levine, Peter A. *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*. Berkeley: North Atlantic, 2010.

Levine, Peter A., and Ann Frederic. *Waking the Tiger: Healing Trauma*. Berkeley: North Atlantic, 2012

Curran, Linda. *101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward*. PESI, 2013.

#### EMDR

Parnell, Laura. *Attachment-Focused EMDR: Healing Relational Trauma*. New York: Norton, 2013.

Shapiro, Francine. *Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy*. Emmaus, PA: Rodale, 2012.

Shapiro, Francine, and Margot Silk Forrester. *EMDR: The Breakthrough “Eye Movement” Therapy for Overcoming Anxiety, Stress, and Trauma*. New York: Basic Books, 2004.

#### WORKING WITH DISSOCIATION

Schwartz, Richard C. *Internal Family Systems Therapy* (The Guilford Family Therapy Series). New York: Guilford, 1997.

O. van der Hart, E. R. Nijenhuis, and F. Steele. *The Haunted Self: Structural Dissociation and the Treatment of Chronic Traumatization*. New York: Norton, 2006.

#### COUPLES

Gottman, John. *The Science of Trust: Emotional Attunement for Couples*. New York: Norton, 2011.

#### YOGA

Emerson, David, and Elizabeth Hopper. *Overcoming Trauma through Yoga: Reclaiming Your Body*. Berkeley: North Atlantic,

2012.

Cope, Stephen. *Yoga and the Quest for the True Self*. New York: Bantam Books, 1999.

#### NEUROFEEDBACK

Fisher, Sebern. *Neurofeedback in the Treatment of Developmental Trauma: Calming the Fear-Driven Brain*. New York: Norton, 2014.

Demos, John N. *Getting Started with Neurofeedback*. New York: Norton, 2005.

Evans, James R. *Handbook of Neurofeedback: Dynamics and Clinical Applications*. CRC Press, 2013.

#### PHYSICAL EFFECTS OF TRAUMA

Mate, Gabor. *When the Body Says No: Understanding the Stress-Disease Connection*. New York: Random House, 2011.

Sapolsky, Robert. *Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping*. New York: Macmillan 2004.

#### MEDITATION AND MINDFULNESS

Zinn, Jon Kabat and Thich Nat Hanh. *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*, revised edition. New York: Random House, 2009.