

FURTHER READING

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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 Forrest. *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.