**Trauma Informed Care Resources**

**Self-Care**

**Books**

* *10% Happier: How I Tamed the Voice in my Head, Reduced Stress Without Losing my Edge and Found Self-Help That Actually Works – A True Story,* Dan Harris **Podcast:** 10% Happier
* *Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma*, Babette Rothschild
* *Self-Compassion: The Proven Power of Being Kind to Yourself,* Kristin Neff
* *The Compassion Fatigue Workbook*, Francoise Mathieu
* *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*, Laura van Dernoot Lipsky
* *When the Body Says No: Exploring the Stress-Disease Connection* - Gabor Mate, M.D.
* *Why We Sleep*: *Unlocking the Power of Sleep & Dreams,* Matthew Walker, PhD

**Websites**

* americanbalintsociety.org
* calm.com
* CapeAble.com (weighted products)
* Coloringcastle.com and doodle-art-alley.com (free mandala coloring pages)
* Compassionresiliency.com
* heartmath.com
* hopemadestrong.org
* mindfulhub.com
* mindful.org
* mindfulschools.org
* MrsMindfulness.com
* palousemindfulness.com (online MBSR free)
* proqol.org- Professional Quality of Life Scale
* rescuetime.com (daily habits on computer and mobile devices)
* self-compassion.org
* Tendacademy.ca
* zenhabits.net
* thistlefarms.org (essential oils)

**Apps**

* Breathe2Relax
* Calm
* CBT-i coach (sleep)
* Daily Yoga Workout & Fitness
* Insight Timer (guided meditations, timer for meditations)
* Productive Habit Tracker
* Provider Resilience
* PTSD Coach!
* Virtual Hope Box
* Whil. (mindfulness and yoga)
* 5-Minute Yoga (for beginners)
* Tapping Solution

**Trauma**

**Books**

* *A Terrible Thing Happened,* Margaret Holmes (Children’s book)
* *Building Resilient Teams: Facilitating Workplace Wellness & Organizational Health in Trauma-Exposed Environments,* Dr. Pat Fisher
* *Childhood Disrupted: How Your Biography Becomes Your Biology, And How You Can Heal,* Donna Jackson Nakazawa
* *Healing From Trauma: A Survivor’s Guide to Understanding your Symptoms and Reclaiming your Life,* Jasmin Lee Cori.
* *Healing Neen,* Tonier Cain
* *Help for Billy,* Heather T. Forbes
* *Resilience, Balance & Meaning: Supporting our Lives and our Work in High Stress, Trauma-Exposed Workplaces,* Dr. Pat Fisher
* *The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma*, Bessel A. van der Kolk, MD
* *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,* Bruce Perry, M.D., PhD
* *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity,* Nadine Burke Harris, M.D.
* *Trauma & Recovery: The Aftermath of Violence from Domestic Abuse to Political Terror*, Judith Herman, MD
* *Walking the Tiger: Healing Trauma: The Innate Capacity to Transform Overwhelming Experiences,* Peter Levine

**Websites**

* aap.org -American Academy of Pediatrics Family Media Plan
* cdc.gov/ace/, acestoohigh.com, aceconnection.com – ACE Study
* childtraumaacademy.com -Child Trauma Academy: Dr. Bruce Perry
* centerforyouthwellness.org
* commonsensemedia.org
* Dansiegel.com
* Mentalhealth.gov
* Mentalhealthamerica.net
* Mentalhealthrecovery.com – WRAP
* mentalhealth.samhsa.gov/nctic -National Center for Trauma-Informed Care
* NAMI.org – National Alliance on Mental Illness
* Ncmhr.org – National Coalition for Mental Health Recovery
* nctsnet.org -National Child Traumatic Stress Network
* ptsd.va.gov -National Center for PTSD
* search-institute.org - Developmental Assets
* theannainstitute.org
* traumacenter.org -The Trauma Center
* Traumaprevention.com – TRE – Dr. David Berceli

**Trauma Therapeutic Interventions**

* Child Parent Psychotherapy (CPP) – age birth to five. Childparentpsychotherapy.com
* Parent Child Interactive Therapy (PCIT), pcit.org
* Trauma Focused Cognitive Behavior Therapy
* EMDR trained therapists – emdr.com/find-a-clinician/
* Circle of Security Parenting Group – necosp,org