

A SHORT BUT AWESOME BOOKLIST

photo: Christophe Leung

1. [The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma](#), Bessel van der Kolk M.D.
2. [Trauma Competency: A Clinician's Guide](#), Linda Curran
3. [Trauma and Recovery](#), Judith Herma
4. [Trauma and the Body](#), Pat Ogden
5. [Invisible Heroes: Survivors of Trauma and How They Heal](#), Belleruth Naparstek
6. [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
7. [Neurofeedback in the Treatment of Developmental Trauma: Calming the Fear-Driven Brain](#), Sebern F. Fisher

8. [Coping with Trauma Related Dissociation Skills Training for Patients and Therapists](#), Boon, Suzette, Steele, Kathy, Hart, Onno van der Hart
9. [Creative Arts and Play Therapy for Attachment Problems](#), Cathy A. Malchiodi and David A. Crenshaw
10. [Trauma-Sensitive Yoga in Therapy](#), David Emerson
11. [It's Not You, It's What Happened to You: Complex Trauma and Treatment](#), Courtois Courtois
12. [Waking the Tiger: Healing Trauma](#), Peter A. Levine
13. [Growing Up Mindful: Essential Practices to Help Children, Teens, and Families Find Balance, Calm, and Resilience](#), Christopher Willard
14. [Introduction to the Internal Family Systems Model](#), Richard C. Schwartz
15. [Touching Enlightenment: Finding Realization in the Body](#), Reginald A. Ray
16. [TransMontana: A Memoir of Transformation in Body, Mind & Spirit](#), Roberta Zenker
17. [War and the Soul: Healing Our Nation's Veterans from Post-Traumatic Stress Disorder](#), Edward Tick