

# Resources for Clients

## **Audio-Books for Healing**

- Levine, P.A. (2003). Sexual Healing (Transform the Sacred Wound).
- Levine, P.A. (2004). It Won't Hurt Forever: Guiding Your Child Through Trauma
- Parnell, L. (2008). Tapping In: A Step-By-Step Guide to Activating Your Healing Resources Through Bilateral Stimulation.

## **Books to Explain Trauma**

- Bernstein, P.M. (2013). Trauma: Healing the Hidden Epidemic.
- Cori, J.L. (2008). Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life.
- Courtois, C.A. (2014). It's Not You, It's What Happened to You: Complex Trauma and Treatment.
- Naparstek, B. (2005). Invisible Heroes: Survivors of Trauma and How They Heal.
- Naparstek, B. (2011). Trauma Essentials: The Go-To Guide

## **Computer Based Biofeedback Program**

- Wild Divine – Meditation and Mindfulness Program

## **Meditation CDs/MP3s**

- Naparstek, B. (1999). Healing Trauma: Guided Imagery for Posttraumatic Stress (Health Journeys).
- Naparstek, B. (2005). Guided Imagery for the Three Stages of Healing Trauma--Nine Meditations for Posttraumatic Stress.

## **Mindfulness Workbooks**

- Altman, D. (2014). The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain.
- Bourne, E. (2015). The Anxiety and Phobia Workbook (Sixth Edition).
- Forsyth, J.P. & Eifert, G.H. (2008). The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy.
- Hayes, S.C. & Smith, S. (2005). Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy.
- McKay, M., Wood, J.C., & Brantley, J. (2007). The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & Distress Tolerance.
- Phelan, J.E. (2007). The Addictions Workbook: 101 Practical Exercises for Individuals and Groups.
- Sandoz, E.K., Wilson, K.G., & DuFrene, T. (2011). The Mindfulness and Acceptance Workbook for Bulimia: A Guide to Breaking Free from Bulimia Using Acceptance and Commitment Therapy.
- Stahl, B. & Goldstein, E. (2010). A Mindfulness-Based Stress Reduction Workbook.
- Williams, R.E. & Kraft, J.S. (2012). The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors.
- Wilson, K.G. & DuFrene, T. (2012). The Wisdom to Know the Difference: An Acceptance and Commitment Therapy Workbook for Overcoming Substance Abuse.

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## **Personal Accounts of Healing**

- Rogers, A.G. (1996). A Shining Affliction: A Story of Harm and Healing in Psychotherapy.
- Rogers, A.G. (2007). The Unsayable: The Hidden Language of Trauma.
- Walker, P. (2013). Complex PTSD: From Surviving to Thriving: A Guide and Map for Recovering from Childhood Trauma

## **Phone Apps (Look up in Android and iPhone App Stores)**

- Buddha Mind
- Calm
- GPS for the Soul
- Head Space
- Heart Math
- Heart Rate+ Coherence
- HRV+
- Insight Timer (the one with the meditation bowl and light blue background has many different length body scans and meditations)
- Mind Body Connect
- My Calm Beat
- Relaxing Rhythms Guided Meditation Program
- Smartbeat
- Stop Breathe Think
- Sweetbeat

## **Self-Help Books**

- Engel, B. (2015). It Wasn't Your Fault: Freeing Yourself from the Shame of Childhood Abuse with the Power of Self-Compassion
- Frederick, R.J. (2009). Living Like You Mean It: Use the Wisdom and Power of Your Emotions to Get the Life You Really Want.
- Rothschild, B. (2010). 8 Keys to Safe Trauma Recovery: Take-Charge Strategies to Empower Your Healing.
- Levine, P.A. (2008). Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body.
- Orange, C. (2010). Shock Waves: A Practical Guide to Living with a Loved One's PTSD.
- Parnell, L. (2008). Tapping In: A Step-By-Step Guide to Activating Your Healing Resources Through Bilateral Stimulation.
- Rosenthal, M. (2015). Your Life After Trauma: Powerful Practices to Reclaim Your Identity
- Scaer, R. (2012). 8 Keys to Brain-Body Balance.
- Schwartz, J. & Brennan, B. There's a Part of Me.
- Shapiro, F. (2013). Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy.

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## **Trauma Workbooks**

- Block, S.H. & Block, C.B. (2010). *Mind-Body Workbook for PTSD: A 10-Week Program for Healing After Trauma*.
- Boon, S., Steele, K., van der Hart, O. (2011). *Coping with Trauma Related Dissociation: Skills Training for Patients and Therapists*.
- Cohen, B.M., Barnes, M.M., & Rankin, A.B. (1995). *Managing Traumatic Stress Through Art: Drawing from the Center*.
- Copeland, M.E. & Harris, M. (2000). *Healing the Trauma of Abuse: A Women's Workbook*.
- Follette, V.M. & Pistorello, J. (2007). *Finding Life Beyond Trauma: Using Acceptance and Commitment Therapy to Heal from Post-Traumatic Stress and Trauma-Related Problems*.
- Lee, D.A. & James, S. (2013). *The Compassionate-Mind Guide to Recovering from Trauma and PTSD: Using Compassion-Focused Therapy to Overcome Flashbacks, Shame, Guilt, and Fear*.
- Miller, D. (2003). *Your Surviving Spirit: A Spiritual Workbook for Coping with Trauma*.
- Paulsen, S. (2009). *Looking Through the Eyes of Trauma and Dissociation: An illustrated guide for EMDR therapists and clients*.
- Raja, S. (2012). *Overcoming Trauma and PTSD: A Workbook Integrating Skills from ACT, DBT, and CBT*.
- Rosenbloom, D., Williams, M.B., & Watkins, B.E. (2010). *Life After Trauma: A Workbook for Healing (Second Edition)*.
- Rothbaum, B.O., Foa, E.B., & Hembree, E.A. (2007). *Reclaiming Your Life from a Traumatic Experience: A Prolonged Exposure Treatment Program Workbook*.
- Schiraldi, G.R. (2009). *The Post-Traumatic Stress Disorder Sourcebook: A Guide to Healing, Recovery, and Growth*.
- Williams, M.B. & Poijula, S. (2013). *The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms (Second Edition)*.