

Trauma:

Further information and helpful resources.

Books

Burnout: The Secret to Unlocking the Stress Cycle, by Emily Nagoski, PhD, and Amelia Nagoski, DMA

The common experience of burnout experienced by American women is explored. The authors explain the causes for this exhaustion, and present advice and exercises on how to overcome it.

It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle, by Mark Wolynn

The concept of inherited family trauma is explored so the reader may understand the cycle of trauma in families.

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma, by Bessel van der Kolk, MD

The author presents the science behind how trauma impacts the body and brain. Treatments are also presented.

The Deepest Well: Healing the Long-Term Effects of Childhood Trauma and Adversity, by Nadine Burke Harris, MD

An exploration of how childhood trauma impacts lifelong health, and ways to prevent and heal from toxic stress.

What Happened to You: Conversations on Trauma, Resilience, and Healing, by Bruce D. Perry and Oprah Winfrey

Understanding trauma through empathy and understanding for the behaviors that result.

For additional trauma-related book recommendations, see:

- ***National Association of School Psychologists (NASP): Recommended Books for Children Coping with Loss or Trauma*** (<https://www.nasponline.org/x33507.xml>)

Websites

After the Storm: A Guide to Help Children Cope with the Psychological Effects of a Hurricane

(<https://7-dippity.com/wp-content/uploads/2021/03/After-the-Storm-2018-7-Dippity.pdf>) A free workbook for parents or teachers to use with children who have experienced hurricane-related stress.

Centers for Disease Control and Prevention: Caring for Children in a Disaster
(www.cdc.gov/childrenindisasters)

Centers for Disease Control and Prevention: Adverse Childhood Experiences (ACEs)
(<https://www.cdc.gov/aces/about/index.html>)

Effective Child Therapy: Post-Traumatic Stress Disorder
(<https://effectivechildtherapy.org/concerns-symptoms-disorders/disorders/post-traumatic-stress-disorder/>)

HelpGuide.org: Emotional and Psychological Trauma
(<https://www.helpguide.org/mental-health/ptsd-trauma/coping-with-emotional-and-psychological-trauma>)

International Society for Traumatic Stress Studies (<https://istss.org/public-resources-8/>): Information and resources about severe stress and trauma.

National Center for PTSD (<https://www.ptsd.va.gov/>): Operated by the U.S. Department of Veterans Affairs, the website provides research and education on PTSD.

National Child Traumatic Stress Network (www.nctsn.org): Resources for children and families who experience or witness traumatic events.

National Education Association: Trauma-Informed Schools
(<https://www.nea.org/professional-excellence/student-engagement/trauma-informed-schools>): Educational practices that are trauma-informed help create safe and supportive learning environments for all students.

National Institute of Mental Health: Coping With Traumatic Events
(www.nimh.nih.gov/copingwithtrauma)

Psychology Today (<https://www.psychologytoday.com/us/basics/trauma>): Information and resources related to trauma. The site also offers a free “Find a Therapist” search tool.

Substance Abuse and Mental Health Services Administration (SAMHSA): Disaster Distress Helpline (<https://disasterdistress.samhsa.gov>): Immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. Available 24 hours a day, 7 days a week.

- Call or text 800-985-5990 or visit the website.