

Annotated Bibliography on Trauma

The Wendt Center for Loss and Healing is pleased to offer this bibliography to the larger community of survivors and those who aim to support them. While the Wendt Center does not endorse any of the literature that is included here, our intention is that the bibliography will support individuals on their journey towards healing. We are very grateful to Elizabeth Gomart, a graduate clinician, who compiled this helpful list!

Healing from Trauma

Cori, J. L. (2008). *Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Recovering Your Life.* Cambridge, MA: Marlowe & CO. Written by a mental health counselor. Focuses on resilience of the spirit, regaining control and resuming a renewed life.

Levine, P. (1997). *Waking the Tiger: Healing Trauma; The Innate Capacity to Transform Overwhelming Experiences.* Berkeley, CA: North Atlantic Books. Written by an innovator and leader in the field of trauma treatment. Normalizes the symptoms of trauma and outlines the steps needed to heal them through body-focused exercises.

Matsakis, A. (1996). *I Can't Get over It: A Handbook for Trauma Survivors.* Oakland, CA: New Harbinger Publications. Written by a specialist in PTSD treatment. Leads the reader step by step through the healing process.

Phillips, S. B. & Kane, D. (2009). *A Couple's Guide to Coping with Trauma & Post-Traumatic Stress.* Oakland, CA: New Harbinger Publications. Offers support to those whose partners has faced trauma in any of its forms (war, violence, life-threatening accident, sexual violence, etc) and helps build a resilient relationship.

Rothschild, B. (2010). *8 Keys to Safe Trauma Recovery: Take-Charge Strategies to Empower Your Healing.* New York, NY: W. W. Norton and Company. Gives readers the skills to understand and implement eight keys to successful trauma healing. Written by one of the most innovative leaders in the field of trauma treatment.

Williams, M. (2002). *The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms.* Oakland, CA: New Harbinger Publications. The author with extensive experience treating trauma survivors leads the reader in a process of learning techniques to relieve symptoms associated with post-traumatic stress.

Trauma from Violence in the Family and Community

Copeland, M. E. & Harris, M. (2000). *Healing the Trauma of Abuse: A Women's Workbook.* Oakland, CA: New Harbinger Publications, Inc. Offers skills for coping, exercises and techniques for reestablishing safety and self-worth.

Herman, J. (1997) *Trauma and Recovery: The Aftermath of Violence – From Domestic Abuse to Political Terror*. New York, NY: Basic Books. A groundbreaking work that places the individual experience of violence (familial, community, political terrorist, etc.) in a broader social and political framework.

Holling, B. & Aina, A. (2009). *Emotional Triangle: A True Story Of Overcoming Childhood Trauma, Years Of Grief, And Post Traumatic Stress Disorder*. Hollingpress.com: Holling Press. Chronicles a personal journey of healing from multiple traumatic experiences and losses.

Kubani, E. S. McCraig, M. A., Laconsay, J. (2004). *Healing Trauma of Domestic violence: A Workbook for Women*. Oakland, CA: New Harbinger Publications. The first book written expressly to address post traumatic stress symptoms in women who have suffered serious violence at the hands of their partners.

Lattanzi-Licht, M., & Doka, K. J. (Eds.). (2003). *Coping with Public Tragedy*. New York, NY: Brunner-Routledge. Written in conjunction with the American Hospice Foundation. Addresses our responses to public tragedies.