

Trauma Resources

- “The Neuroscience of Psychotherapy: Building and Rebuilding the Human Brain” by Louis Cozolino
- “Focusing” by E.T. Gendlin
- “Waking the Tiger” by P. Levine
- “Trauma and the Body” by P. Ogden
- “Crash Course” by Poole-Heller
- “Beyond the Trauma Vortex” by G. Ross
- “The Body Remembers” by B. Rothschild
- “The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are” by Daniel J. Siegel
- “The Trauma Spectrum: Hidden Wounds & Human Resiliency” and “The Body Bears the Burden” by Robert Scaer
- “Traumatic Stress” by B. Van Der Kolk