

Resources on Trauma

Books for Adults to Understand Trauma

- *The Body Keeps the Score* by Bessel Van Der Kolk
- *What Happened to You?* By Bruce Perry and Oprah Winfrey
- *Childhood Disrupted* by Donna Jackson Nakazawa
- *The Boy Who Was Raised as a Dog* by Bruce Perry

Books for Children

- *Brave Bart* by Carolin Sheppard
- *A Terrible Thing Happened* by Margaret Holmes
- *Becoming a Superhero* by Miri Bar Halpern, Psy.D.
- *Healing Days* by Susan Farber Straus
- *The Invisible String* by Patrice Karst
- *Once I Was Very Very Scared* by Chandra Ghosh Ippen
- *Grief is Like a Snowflake* by Julia Cook
 - Julia Cook has excellent books for kids

Websites & Other Resources

- The National Child Traumatic Stress Network – www.nctsn.org
 - Many wonderful fact sheets, resource tools, and training
- National Suicide Prevention Lifeline – 1-800-273-8255

