

---

# Trauma

---

Trauma in the Creative and Embodied Therapies  
The Complete Guide to Crisis & Trauma Counseling  
Trauma Stewardship  
Healing from Trauma  
Trauma-Invested Practices to Meet Students' Needs (Quick Reference Guide)  
Transforming Trauma in Children and Adolescents  
In an Unspoken Voice  
Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing  
Trauma  
Restoring Sanctuary  
Assessing Psychological Trauma and PTSD  
Trauma  
Coaching and Trauma  
Coping with Trauma-related Dissociation  
Trauma-Sensitive Mindfulness  
Healing the Soul Wound  
The Tao of Trauma  
Treating Risky and Compulsive Behavior in Trauma Survivors  
The Trauma of Everyday Life  
Trauma Essentials: The Go-To Guide (Go-To Guides for Mental Health)  
Energy Tapping for Trauma  
Readings of Trauma, Madness, and the Body  
Using Trauma-focused Therapy Stories  
Healing Developmental Trauma  
Trauma Systems Therapy for Children and Teens, Second Edition  
Trauma Therapy And Clinical Practice: Neuroscience, Gestalt And The Body  
Trauma-Proofing Your Kids  
The Body Keeps the Score  
Trauma Transformed  
Handbook of Stress, Trauma, and the Family  
Organizational Trauma and Healing  
Trauma and Expressive Arts Therapy  
Adaptive Disclosure  
Trauma Through a Child's Eyes  
Psychological Trauma  
Understanding and Healing Emotional Trauma  
Life After Trauma  
Trauma and Recovery

Trauma and Grief Component Therapy for Adolescents  
Trauma and Memory

Trauma

Downloaded from [blackforesttogether.org](http://blackforesttogether.org)  
by guest

---

## DEON ADELAIDE

---

*Trauma in the Creative and Embodied Therapies* Routledge

This book weaves together the experience of trauma, neuroscience and Gestalt theory and applies these to clients.

*The Complete Guide to Crisis & Trauma Counseling* Hay House, Inc

Whether it's physical, psychological, social, historical, or ongoing, trauma is a universal experience, and this book provides professionals with the approaches necessary for successful and empowering interventions across the trauma spectrum. Part one examines the steps individuals take to heal their traumas. Nicolas survives an attack by his own dog; Tay rebuilds her life after years of incest; Claire speaks out about being molested by a program participant at her mental health clinic; and Erma copes with the shattering memories of childhood abuse. Part two focuses on interpersonal dynamics. Frank is held accountable for his violence toward his wife; Erin and her mother confront the reality of bullying and victimization in schools; Beth faces discrimination because of her sexual orientation; and staff members at a transitional housing shelter deal with the death of a client. Part three recounts stories of resilience and healing at the social and community level. Salome and her family process the historical trauma of the massacre of her American Indian ancestors. A group of boys who became fatherless after 9/11 respond to experiential ways of coping with their grief. Jennifer and Kim live daily with the social trauma of poverty. Three Liberian families survive torture, flight, refugee camps, and resettlement. Amory struggles to find meaning and move on from his experience as a combat veteran, and the story of Angelina Batiste epitomizes the loss and resilience of those who lived through Hurricane Katrina. *Trauma Transformed* provides insight into the psychological and spiritual resources practitioners need to help victims move forward and improve upon their circumstances. Readers will also learn to strengthen their sense of self to prevent secondary trauma.

**Trauma Stewardship** North Atlantic Books

"This groundbreaking book provides guidance to counselors working with Native Peoples and other vulnerable populations. Including an important new chapter devoted to working with veterans, the second edition presents case materials that illustrate effective intervention strategies for prevalent problems, including substance abuse, intergenerational trauma, and internalized oppression"--

[Healing from Trauma](#) Gospel Light Publications

Why do coaches need to understand trauma? This book highlights the role coaches must play - and how it differs to psychotherapists - in supporting clients with trauma. A role that both enhances the coach's skills and supports their clients' personal development. Trauma isn't an event, it is a lasting internal process through which the 'here and now' of life experience is affected by the 'there and then' of traumatising experience. Vaughan Smith provides a way to understand the internal process that affects all aspects of our physical and mental wellbeing. While providing an introduction to the theory of trauma, the main focus is on practical application within the context of coaching; distilling Franz Ruppert's theory of the surviving self and the healthy self. Written for practitioners, this important text raises trauma awareness, addresses the 'what if?' questions many coaches have and provides a clear framework for implementation. Rarely do coaching or organisational development books address the very prevalent issue of trauma and yet this is something every coach will come across in their practice. "This book busts the myth that trauma has nothing to do with coaching, while underlining clearly how coaches can maintain appropriate boundaries. A real gift to the profession and absolutely essential reading for any coaching supervisor." Paul Heardman, Leadership Coach and Coaching Supervisor "A clear, enlightening, practical book that is well-grounded in theory." Carolyn Mumby, Executive and Personal Coach-Therapist, Supervisor and Facilitator, Chair BACP Coaching Division "This is a book that coaching has been missing. From the first pages it's clear that we are in safe hands as Julia guides us through a topic that is sadly still taboo for many coaches." Helen Sieroda, Director

Wise Goose School of Coaching "Necessary reading for anyone serious about coaching. It's a profound book, and because it goes deep, it reveals fertile possibilities. It touches, evokes and - with great care - honours our necessary inventiveness." Jonathan Gosling, Emeritus Professor of Leadership, Exeter University and co-founder of CoachingOurselves.com "This book should interest therapists and coaches. If not, they should ask themselves why. It is a magnificent fusion of Julia's career as a clinician, manager, management consultant, therapist, coach and author." Brian Lewis, Bellettes Bay Company, Tasmania, Australia "Essential reading for coaching supervisors and coaches. It has transformed my practice." Dr Louise Sheppard, Coaching Supervisor and Executive Coach at Praesta Partners LLP "A must for anyone wanting to take their coaching to another level." Shirley Greenaway, Executive Coach, Head of Coaching at Management Futures

[Trauma-Invested Practices to Meet Students' Needs \(Quick Reference Guide\)](#) Cambridge University Press

An expert on traumatic stress outlines an approach to healing, explaining how traumatic stress affects brain processes and how to use innovative treatments to reactivate the mind's abilities to trust, engage others, and experience pleasure--

**Transforming Trauma in Children and Adolescents** North Atlantic Books

Trauma can turn your world upside down--afterward, nothing may look safe or familiar. This compassionate workbook has already helped tens of thousands of trauma survivors start rebuilding their lives. Full of practical strategies for coping and self-care, the book guides you toward reclaiming a solid sense of safety, self-worth, trust, and control, as well as the capacity to be close to others. The focus is on finding the way forward in your life today, no matter what has happened in the past. The updated second edition has a new section on managing emotions through mindfulness and an appendix on easing the stress of health care visits. Dozens of step-by-step questionnaires and exercises are included.

**In an Unspoken Voice** National Geographic Books

In *Trauma and Memory*, bestselling author Dr. Peter Levine

(creator of the Somatic Experiencing approach) tackles one of the most difficult and controversial questions of PTSD/trauma therapy: Can we trust our memories? While some argue that traumatic memories are unreliable and not useful, others insist that we absolutely must rely on memory to make sense of past experience. Building on his 45 years of successful treatment of trauma and utilizing case studies from his own practice, Dr. Levine suggests that there are elements of truth in both camps. While acknowledging that memory can be trusted, he argues that the only truly useful memories are those that might initially seem to be the least reliable: memories stored in the body and not necessarily accessible by our conscious mind. While much work has been done in the field of trauma studies to address "explicit" traumatic memories in the brain (such as intrusive thoughts or flashbacks), much less attention has been paid to how the body itself stores "implicit" memory, and how much of what we think of as "memory" actually comes to us through our (often unconsciously accessed) felt sense. By learning how to better understand this complex interplay of past and present, brain and body, we can adjust our relationship to past trauma and move into a more balanced, relaxed state of being. Written for trauma sufferers as well as mental health care practitioners, *Trauma and Memory* is a groundbreaking look at how memory is constructed and how influential memories are on our present state of being.

**Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing** North Atlantic Books

In this book, clinicians and consumers have a concise go-to desk reference for their questions about trauma theory and treatment options. --Book Jacket.

*Trauma* W. W. Norton & Company

From leading authority John Briere, this book provides a comprehensive treatment approach for survivors of childhood trauma who numb or avoid emotional distress by engaging in substance abuse, risky sexual activities, self-injury, suicidality, bingeing and purging, or other self-harming behaviors. Briere shows how to help clients identify and manage the triggers of these "distress reduction behaviors," learn to regulate intrusive emotional states, and safely process trauma- and attachment-related memories. Emphasizing the therapeutic relationship, Briere's approach draws on elements of psychodynamic, interpersonal, and cognitive-behavioral therapy; mindfulness

training; and dialectical behavior therapy. The book combines cutting-edge clinical and experimental research with clearly described interventions, case examples, and reproducible handouts and forms. Purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size.

*Restoring Sanctuary* Basic Books

Psychic trauma is one of the most frequently invoked ideas in the behavioral sciences and the humanities today. Yet bitter disputes have marked the discussion of trauma ever since it first became an issue in the 1870s, growing even more heated in recent years following official recognition of post-traumatic stress disorder (PTSD). In a book that is bound to ignite controversy, Ruth Leys investigates the history of the concept of trauma. She explores the emergence of multiple personality disorder, Freud's approaches to trauma, medical responses to shellshock and combat fatigue, Sándor Ferenczi's revisions of psychoanalysis, and the mutually reinforcing, often problematic work of certain contemporary neurobiological and postmodernist theorists. Leys argues that the concept of trauma has always been fundamentally unstable, oscillating uncontrollably between two competing models, each of which tends at its limit to collapse into the other. A powerfully argued work of intellectual history, *Trauma* will rewrite the terms of future discussion of its subject. *Assessing Psychological Trauma and PTSD* North Atlantic Books

This comprehensive, authoritative volume meets a key need for anyone providing treatment services or conducting research in the area of trauma and PTSD, including psychiatrists, clinical psychologists, clinical social workers, and students in these fields. It is an invaluable text for courses in stress and trauma, abuse and victimization, or abnormal psychology, as well as clinical psychology practica.

*Trauma* American Psychiatric Pub

Energy psychology is a scientifically validated body of research and core set of treatment techniques that conceptualizes thoughts, feelings, emotions, and other psychological phenomena as manifestations of energy working through the system of the human body. If some psychological phenomenon is causing pain, distress, or a lack of function to an individual, the somatic techniques of energy psychology work to disrupt the flow of energy causing that phenomenon. One of the more common

techniques in the energy psychology repertoire is called energy tapping, a practice, similar to acupuncture, that involves manipulating and tapping certain points along the body's energy meridians to influence psychological events. In this new book, author Fred Gallo applies energy psychology techniques specifically to recovering from acute trauma and post-traumatic stress symptoms. Some techniques in this book are adapted from *Energy Tapping* by Fred Gallo and Harry Vincenzi. *Energy Tapping for Trauma* offers a concise overview of how trauma affects us and why certain aspects of traumatic experience can linger as post-traumatic stress. The book adapts energy psychology techniques into simple, effective strategies for 'short-circuiting' the emotional problems associated with trauma. Throughout, the book advocates for a balanced and sensible 'whole-person' approach to dealing with and recovering from a traumatic event. For more information about Energy Tapping please visit the authors: Harry Vincenzi: [www.energytapping.org](http://www.energytapping.org) Fred Gallo: [www.energypsych.com](http://www.energypsych.com) Note: The book *Energy Tapping* was a joint development of Fred Gallo and Harry Vincenzi. Any statements to the contrary in print or on the web are false.

**Coaching and Trauma** W. W. Norton & Company

*Understanding and Healing Emotional Trauma* is an interdisciplinary book which explores our current understanding of the forces involved in both the creation and healing of emotional trauma. Through engaging conversations with pioneering clinicians and researchers, Daniela F. Sieff offers accessible yet substantial answers to questions such as: What is emotional trauma? What are the causes? What are its consequences? What does it mean to heal emotional trauma? and How can healing be achieved? These questions are addressed through three interrelated perspectives: psychotherapy, neurobiology and evolution. Psychotherapeutic perspectives take us inside the world of the unconscious mind and body to illuminate how emotional trauma distorts our relationships with ourselves and with other people (Donald Kalsched, Bruce Lloyd, Tina Stromsted, Marion Woodman). Neurobiological perspectives explore how trauma impacts the systems that mediate our emotional lives and well-being (Ellert Nijenhuis, Allan Schore, Daniel Siegel). And evolutionary perspectives contextualise emotional trauma in terms of the legacy we have inherited from our distant ancestors (James Chisholm, Sarah Blaffer Hrdy,

Randolph Nesse). Transforming lives affected by emotional trauma is possible, but it can be a difficult process. The insights shared in these lively and informative conversations can support and facilitate that process. This book will therefore be a valuable resource for psychotherapists, psychologists, counsellors and other mental health professionals in practice and training, and also for members of the general public who are endeavouring to find ways through their own emotional trauma. In addition, because emotional trauma often has its roots in childhood, this book will also be of interest and value to parents, teachers and anyone concerned with the care of children.

*Coping with Trauma-related Dissociation* Createspace Independent Pub

Trauma in the creative and embodied therapies is a cross-professional book looking at current approaches to working therapeutically and socially with trauma in a creative and embodied way. The book pays attention to different kinds of trauma; environmental, sociopolitical, early relational, abuse in its many forms and the trauma of illness, with contributions from international experts, drawn from the fields of the arts therapies, the embodied psychotherapies, as well as nature-based therapy and playback theatre. The book is divided into three sections: the first section takes into consideration the wider sociopolitical perspective of trauma and the power of community engagement. In the second section there are numerous clinical approaches to working with trauma, whether with individuals or groups, highlighting the importance of creative and embodied approaches. In the third section the focus shifts from client work to the impact of trauma on the practitioner, team and supervisor, and the importance of creative self-care and reflection in managing this challenging field. This book will be useful for all those working in the field of trauma, whether as clinicians, artists or social workers.

*Trauma-Sensitive Mindfulness* Guilford Press

Written for those working to heal developmental trauma and seeking new tools for self-awareness and growth, this book focuses on conflicts surrounding the capacity for connection. Explaining that an impaired capacity for connection to self and to others and the ensuing diminished aliveness are the hidden dimensions that underlie most psychological and many physiological problems, clinicians Laurence Heller and Aline

LaPierre introduce the NeuroAffective Relational Model® (NARM), a unified approach to developmental, attachment, and shock trauma that, while not ignoring a person's past, emphasizes working in the present moment. NARM is a somatically based psychotherapy that helps bring into awareness the parts of self that are disorganized and dysfunctional without making the regressed, dysfunctional elements the primary theme of the therapy. It emphasizes a person's strengths, capacities, resources, and resiliency and is a powerful tool for working with both nervous system regulation and distortions of identity such as low self-esteem, shame, and chronic self-judgment.

*Healing the Soul Wound* Guilford Publications

A complete guide to an innovative, research-based brief treatment specifically developed for service members and veterans, this book combines clinical wisdom and in-depth knowledge of military culture. Adaptive disclosure is designed to help those struggling in the aftermath of traumatic war-zone experiences, including life threat, traumatic loss, and moral injury, the violation of closely held beliefs or codes. Detailed guidelines are provided for assessing clients and delivering individualized interventions that integrate emotion-focused experiential strategies with elements of cognitive-behavioral therapy (CBT). Reproducible handouts can be downloaded and printed in a convenient 8 1/2" x 11" size.

**The Tao of Trauma** Multicultural Foundations of P

"[A] rare combination of solid scholarship, clinically useful methods, and passionate advocacy for those who have suffered trauma." —Rick Hanson, PhD, author of *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom* From elementary schools to psychotherapy offices, mindfulness meditation is an increasingly mainstream practice. At the same time, trauma remains a fact of life: the majority of us will experience a traumatic event in our lifetime, and up to 20% of us will develop posttraumatic stress. This means that anywhere mindfulness is being practiced, someone in the room is likely to be struggling with trauma. At first glance, this appears to be a good thing: trauma creates stress, and mindfulness is a proven tool for reducing it. But the reality is not so simple. Drawing on a decade of research and clinical experience, psychotherapist and educator David Treleaven shows that mindfulness meditation—practiced without an awareness of trauma—can

exacerbate symptoms of traumatic stress. Instructed to pay close, sustained attention to their inner world, survivors can experience flashbacks, dissociation, and even retraumatization. This raises a crucial question for mindfulness teachers, trauma professionals, and survivors everywhere: How can we minimize the potential dangers of mindfulness for survivors while leveraging its powerful benefits? *Trauma-Sensitive Mindfulness* offers answers to this question. Part I provides an insightful and concise review of the histories of mindfulness and trauma, including the way modern neuroscience is shaping our understanding of both. Through grounded scholarship and wide-ranging case examples, Treleaven illustrates the ways mindfulness can help—or hinder—trauma recovery. Part II distills these insights into five key principles for trauma-sensitive mindfulness. Covering the role of attention, arousal, relationship, dissociation, and social context within trauma-informed practice, Treleaven offers 36 specific modifications designed to support survivors' safety and stability. The result is a groundbreaking and practical approach that empowers those looking to practice mindfulness in a safe, transformative way.

*Treating Risky and Compulsive Behavior in Trauma Survivors* Columbia University Press

In *Readings of Trauma, Madness, and the Body*, Anderson explores how Modernist fiction narratives by Hemingway, the Fitzgeralds, and H.D. represent trauma, specifically addressing the conflict between speaking about and repressing traumatic memories, while also considering how authors' understandings of gender influence their depictions.

*The Trauma of Everyday Life* Palgrave Macmillan

A revolutionary reexamination of trauma's role in the life journey, opening the door to growth and healing Trauma does not just happen to a few unlucky people; it is the bedrock of our psychology. Death and illness touch us all, but even the everyday sufferings of loneliness and fear are traumatic. In *The Trauma of Everyday Life* renowned psychiatrist and author of *Thoughts Without a Thinker* Mark Epstein uncovers the transformational potential of trauma, revealing how it can be used for the mind's own development. Western psychology teaches that if we understand the cause of trauma, we might move past it while many drawn to Eastern practices see meditation as a means of rising above, or distancing themselves from, their most difficult

emotions. Both, Epstein argues, fail to recognize that trauma is an indivisible part of life and can be used as a lever for growth and an ever deeper understanding of change. When we regard trauma with this perspective, understanding that suffering is universal and without logic, our pain connects us to the world on a more fundamental level. The way out of pain is through it. Epstein's discovery begins in his analysis of the life of Buddha, looking to how the death of his mother informed his path and teachings. The Buddha's spiritual journey can be read as an expression of primitive agony grounded in childhood trauma. Yet the Buddha's story is only one of many in *The Trauma of Everyday Life*. Here, Epstein looks to his own experience, that of his patients, and of the many fellow sojourners and teachers he encounters as a

psychiatrist and Buddhist. They are alike only in that they share in trauma, large and small, as all of us do. Epstein finds throughout that trauma, if it doesn't destroy us, wakes us up to both our minds' own capacity and to the suffering of others. It makes us more human, caring, and wise. It can be our greatest teacher, our freedom itself, and it is available to all of us. Check out Epstein's latest book, *Advice Not Given: A Guide to Getting Over Yourself*. [Trauma Essentials: The Go-To Guide \(Go-To Guides for Mental Health\)](#) New Harbinger Publications  
An innovative somatic and attachment-based treatment for working with children and adolescents who suffer from complex trauma and neglect The SMART (Sensory Motor Arousal Regulation Treatment) program addresses three key processes that can be derailed by developmental trauma--somatic

regulation, trauma processing, and attachment-building--and uses movement and sensation to target the neurological structures that support emotional and behavioral regulation. *Transforming Trauma in Children and Adolescents* teaches therapists the eight key skills required for SMART mastery and provides seven regulation tools for clients, helping children and adolescents manage their feelings and attend to developmental tasks like making friends, participating at school, learning to play with others, and developing a sense of self that includes--but isn't defined by--the trauma they've experienced. Enriched with case studies and recommended adaptations, the book includes resources for parents and other caregivers who want to provide ongoing supportive care outside the clinical setting.